

Program	BS (4 Years)	Course Code	APSY-242	Credit Hours	3
Course Title	Health Psychology				
Course Introduction					
This course is designed to equip students to start taking a more whole-person approach to understanding health and illness, studying social issues and aspects such as obesity, lifestyle and stress, relationship between behavior, psychological variables, and physical illness and health. A strong emphasis is placed on health psychology theory, research and applications focused on wellness promotion and the prevention and behavioral treatment of illness.					
Learning Outcomes					
On the completion of the course, the students will be able to:					
<div><div>1. Understand health psychology concept and apply principles of Health Psychology in learning and developing healthy and unhealthy behaviors.</div><div>2. Understand the psychological interventions appropriate for managing health conditions, for disease prevention, promoting health behaviors, and health enhancement.</div></div>					
Course Contents					
Historical Background					
Definition, development, and scope of Health Psychology; The modern concept of health and illness					
Theoretical Models in Health Psychology					
The Bio-Psychosocial Model; The Health Belief Model; Theory of Planned Behavior/ Reasoned Action; Trans theoretical Models/ Theories of behavior change; Psychoneuroimmunology model (PNI)					
<u>The Psychology of Health and Illness</u>					
A brief introduction to:					
Psychophysiological Disorders; The immune system & Stress					
Psychological Factors Influencing Physical Health					
Illness Perceptions, Health Beliefs; Health Locus of Control; Doctor – patient communication; Compliance and Medication Adherence; Personality type & Health (The Big Five Traits and Health & Illness); Health beliefs, locus of control and self-efficacy					
Stress, Coping, and Health					
Models of stress: Seyle, Mason, and Lazarus; Stress and illness (Assessment of stress and identification of stressors); Stress management					
Application of Health Psychology with Reference to Specific Physical Ailments and Unhealthy Lifestyles					
Risk factors, prevention, rehabilitation, and psychological interventions: Overview of common diseases such as Coronary heart disease (CHD), Cancer, Pain, AIDS, Diabetes Mellitus, Obesity and eating disorders: Bulimia and Anorexia Nervosa, Substance abuse disorders: Smoking and drinking, Arthritis					
Grief and Bereavement					
Acceptance, adjustment and coping with chronic and terminal illnesses.					

Working with the Community

Health promotion programs for public awareness and disease prevention

Psychological Interventions in Health Psychology

In order to develop health promoting behaviors and adjustment to chronic physical conditions
Cognitive Behavior Therapy; and Counseling in Health Psychology set ups

Textbooks and Reading Material

2.1 Books

- Bernard, L.C. & Krupat, E. (1994). Health psychology: Biopsychological factors in health and illness. New York; Harcourt Brace College Publishers.
- Brannon, L. & Feist, J. (2004, 2010). Health psychology: An introduction to behavior and health. (5th ed.). USA: Wadsworth.
- Cockerham, W. C. (1998). Medical sociology. New Jersey: Prentice – Hall.
- Ewles, L. & Simnett, I. (1989). Promoting health: A practical guide to health education. Chichester: John Wiley & Sons.
- Forshaw, M. (2002). Essential health psychology. London: Arnold.
- Ogden, J. (2005) A Text book of Health Psychology. (6th ed.). Open University Press
- Pearce, S., & Wardle, J. (Eds.). (1989). The practice of behavioral medicine. Oxford: BPS Books.
- Sanderson, C. A. (2004). Health psychology. USA: Wiley
- Sanders, G. S., & Suls, J. (Eds.). (1982). Social psychology of health and illness. Hillsdale; Lawrence Erlbaum Associates Publishers.
- Spacapan, S., & Oskamp, S. (Eds.). (1988). The Social psychology of health and illness. London: SAGE Publication.

2.2 Journal Articles/ Reports

- Arden, M. A., & Chilcot, J. (2020). Health psychology and the coronavirus (COVID-19) global pandemic: A call for research. *British journal of health psychology*.
- Dunne, S., Sheffield, D., & Chilcot, J. (2018). Brief report: Self-compassion, physical health and the mediating role of health-promoting behaviours. *Journal of health psychology*, 23(7), 993-999.
- Jennings, V., & Bamkole, O. (2019). The relationship between social cohesion and urban green space: An avenue for health promotion. *International journal of environmental research and public health*, 16(3), 452.
- Kokou-Kpolou, C. K., Fernández-Alcántara, M., & Cénat, J. M. (2020). Prolonged grief related to COVID-19 deaths: Do we have to fear a steep rise in traumatic and disenfranchised griefs?. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(S1), S94.
- McNeil, M. J., Baker, J. N., Snyder, I., Rosenberg, A. R., & Kaye, E. C. (2021). Grief and bereavement in fathers after the death of a child: A systematic review. *Pediatrics*, 147(4).
- Shaw, R. L., Bishop, F. L., Horwood, J., Chilcot, J., & Arden, M. (2019). Enhancing the quality and transparency of qualitative research methods in health psychology. *British journal of health psychology*, 24(4), 739-745.

Note: It is preferable to use latest available editions of books.

Teaching Learning Strategies			
1. Lectures/Tutorials 2. Semester work 3. Class participation /Presentation 4. Assignments/Class Projects 5. Quizzes			
Assessment			
Sr. No.	Elements	Weightage	Details
1.	Midterm Assessment	35%	Written Assessment at the mid-point of the semester.
2.	Formative Assessment	25%	Continuous assessment includes: Classroom participation, assignments, presentations, viva voce, attitude and behavior, hands-on-activities, short tests, projects, practical, reflections, readings, quizzes etc.
3.	Final Assessment	40%	Written Examination at the end of the semester. It is mostly in the form of a test, but owing to the nature of the course the teacher may assess their students based on term paper, research proposal development, field work and report writing etc.