

SEMESTER-VI

CPSY-325

HEALTH PSYCHOLOGY

Credit Hour: 3

Type: Foundation

Course Objectives

The Course provides a detailed description of the introduction, historical perspective, scope and models in the field of Health Psychology. It also introduces various acute, chronic and lifestyle-related diseases. Furthermore, it aims to introduce various health promoting behaviors.

Course Contents

- **Introduction**

- Definition

- Scope of Health Psychology

- History of Health Psychology

- The Modern Concept of Health and Illness; Behavioral Medicine and Behavioral Health

- **Basic Concepts**

- Factors influencing Health

- Health Promoting Behaviors,

- Health Compromising Behaviors

- Health Restoration Behaviors

- Physical Health and Personality Type,

- Health Belief, Locus of Control, Self- efficacy, Social support.

- Assessment in Health Psychology

- Quality of life as major domain in Health Psychology

- **Models in Health Psychology**

- Bio Psycho Social model

- The Health Belief Model

- Theory of Reasoned Action

- Theory of Planned Behaviors

- Psycho - Neuro Immunology
- Response Shift Model
- Health promotion Model
- The Trans theoretical Model of Behavior Change
- **The Psychology of Sickness and Well-being**
- **The Biology of Health and Illness**
- **Stress & Health Psychology**
 - Models of stress
 - Measuring stress and identifying stressors
 - Stress management
- **Diseases Related to Physical Health**
 - Coronary Heart diseases (CHD)
 - Cancer
 - Diabetes
 - Asthma
 - Migraine
 - Sexual Problems
 - Adjustment with Chronic Illness
- **Psychological Interventions in Health Psychology**
 - Promoting Health life Styles and Diet
 - Relaxation training
 - Behavior Modification
 - Cognitive therapy
 - Counseling
 - Health Education

Course Outcomes

The Course will help Students to develop understanding about various models of health Psychology and their implication to the treatment of the patients. It will enable Students to develop an understanding of how various health-promoting behaviors can help minimize the burden of health related issues.

Recommended Books:

- Brannon, L., & Fiest, J. (2007). Introduction to health Psychology. New Dehli: Akash Press.
- Dalal, A.K., & Misra, G. (2012). New direction in health Psychology. Los Angeles: Sage Publications.
- Dryden, W., (2011). Understanding psychological health: The REBT perspective. London: Routledge.
- Feist, J., & Brannon, L. (2004). Health Psychology: An Introduction to behavior and health. New York: Wadsworth Thomson Learning, Inc.
- French, D., Vedhara, K., Kaptein, A., & Weinman, J. (2010). Health Psychology. (2nd ed.). USA: Blackwell Publishing Limited.
- Gilmartin, J. (Ed.). (2009). Health Psychology in context. UK: Wiley Blackwell.
- Layons, C. & Chamberlian, K. (2006). Health Psychology: A critical introduction. New York: Cambridge University Press.
- Michie, S., & Abraham, C. (2004). Health Psychology in practice. UK: BPS Blackwell.
- Ogden, J. (2007). Health Psychology: A text book. (4th ed.). New York: McGraw Hill.
- Sarafino, E.P., & Smith, T.W. (2012). Health Psychology: Biopsychosocial interactions. (7th ed). New Jersey: John Wiley & Sons.
- Taylor, S. (2003). Health Psychology. (5th ed.). London: The McGraw- Hill Companies, Inc.

- **Relevant published articles should be included in the list of reading material**