



<b>Course Code</b> PSY-270	<b>Course Title</b> Health Psychology	<b>ECTS Credits</b> 6
<b>Prerequisites</b> NURS-123	<b>Department</b> Life & Health Sciences	<b>Semester</b> Fall
<b>Type of Course</b> Required	<b>Field</b> Psychology	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Lecturer(s)</b> Dr. M. Perdikoyiani	<b>Year of Study</b> 3 <sup>rd</sup>
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

## Objectives of the Course:

The main objectives of the course are to:

- This course aims at examining the psychosocial aspects of health, the socio-cognitive models that describe the psychological processes leading to the maintenance of health, and the promotion of the psychological well-being of physically ill persons. The course also identifies the psychological and physiological responses of the individual within the social context in which the relevant health behaviors occur.

## Learning Outcomes:

After completion of the course students are expected to be able to:

- After completion of the course students are expected to be able to:
- Distinguish the complex interactions of biological, psychological, and social, factors as they impact human health and disease
- Identify the broad background of knowledge in health psychology, including the field's history and research and methods
- Explain the bio psychosocial model and its relevance for the prevention, etiology, and treatment of disease & apply that model to specific health issues
- Explain research on the factors involved in causing, maintaining, contributing to, preventing, and treating a specific health issue
- Discuss methods and issues in Health Psychology

**Course Contents:**

1. The Systems of the Body
2. Health Behaviours
3. Specific Health-Related behaviours
4. Stress
5. Moderators of Stress Experience
6. Using Health Care Services & Patient-Provider Relations
7. The Management of Pain and Discomfort
8. Management of Chronic Illness
9. Psychological Issues in Advancing and Terminal Illness
10. Heart Disease, Hypertension, Stroke, & Diabetes
11. Psychoneuroimmunology, AIDS, Cancer, & Arthritis

**Learning Activities and Teaching Methods:**

Lectures, assignments, library studies, online searches.

**Assessment Methods:**

Laboratory Practical Sessions, Tests, Final Examination

**Required Textbooks / Reading:**

Title	Author(s)	Publisher	Year	ISBN
Health Psychology	Taylor, S.E.,	McGraw- Hill	2009	007128360-9

**Recommended Textbooks / Reading:**

Title	Author(s)	Publisher	Year	ISBN
Psychology	<a href="http://www.alleydog.com/">http://www.alleydog.com/</a>	current	Updated monthly	