



Course Code PSY-270	Course Title Health Psychology	ECTS Credits 6
Prerequisites NURS-123	Department Life & Health Sciences	Semester Fall
Type of Course Required	Field Psychology	Language of Instruction English
Level of Course 1 st Cycle	Lecturer(s) Dr. M. Perdikoyiani	Year of Study 3 rd
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites 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	http://www.alleydog.com/	current	Updated monthly	