



Course Syllabus

Course Code	Course Title	ECTS Credits
PSY-385	Health Psychology	6
Prerequisites	Department	Semester
PSY-110, PSY-111	Social Sciences	Spring
Type of Course	Field	Language of Instruction
Elective	Psychology	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Dr. Nuno Ferreira	3 rd
Mode of Delivery	Work Placement	Co-requisites
Face-to-Face	N/A	None

Course Objectives:

The main objectives of the course are to:

- 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:

1. Distinguish the complex interactions of biological, psychological, and social, factors as they impact human health and disease
2. Identify the broad background of knowledge in health psychology, including the field's history and research and methods
3. Explain the biopsychosocial model and its relevance for the prevention, etiology, and treatment of disease & apply that model to specific health issues

4. Explain research on the factors involved in causing, maintaining, contributing to, preventing, and treating a specific health issue
5. Discuss methods and issues in Health Psychology

Course Content:

1. The Systems of the Body
2. Health Behaviors
3. Specific Health-Related Behaviors
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

Assessment Methods:

Mid-term, Final exam

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Health Psychology	Taylor, S.E.,	McGraw-Hill	2009	007-128360-9