

University of Nicosia, Cyprus

Course Code PSYM-650	Course Title Clinical Health Psychology	ECTS credits 7.5
Department Social Sciences	Semester Fall	Prerequisites None
Type of Course Major Electives	Field Clinical Psychology	Language of Instruction English
Year of Study 2 nd OR 3rd	Mode of Delivery Face-to-face	Lecturer(s) Marios Adonis, PhD

Course Description:

Psychology of Health is a constantly evolving field. This course examines the role of psychological theory in understanding the factors related to the cause, progression and consequences of health and illness. It looks into what determines un/healthy behaviour, and perceptions of health risk firstly in terms of cognitions and secondly in terms of communications with health professionals. Furthermore, it explores how mass mediated health campaigns and media reportage of illnesses construct vulnerability to illness, blame, risk, and stigma finally, looks into aspects involved in changing health-related behaviours are explored.

Course Objectives and Learning Outcomes:

The main objectives of this course is to enable students

- to understand that 'health' does not merely operate at the level of individuals but that there are a host of ways in which social factors impact upon health and illness itself including the way by which health and illness is perceived
- to critically evaluate the role of psychological factors in the cause, progression and consequences of health and illness.

Course Contents::

- Introduction to Health Psychology
- Background and historical development; models of health; biopsychosocial model of health
- Understanding health behaviour
- Relationship between behaviour and health outcomes. Models of health behaviour (e.g. Health Belief Model, Theory of Planned Behaviour) and what is missing from these models. Applications of psychological theory to understanding changing behaviour.
- Developmental Health Psychology and Illness Cognitions
Children's adolescents' and adults perception of health and illness; adolescent

risk taking; health behaviour in adulthood

- Relational determinants of the individual's health behaviour
Doctor-patient dynamics and communication, adherence to medication and communication of risk.
- Stress
- Life events, the general adaptation syndrome and transactional model of stress. Changing representations, doctor-patient dynamics and communication, adherence to medication and communication of risk.
- Managing illness and disability.
- Coping and adjustment in chronic conditions; managing pain, stress and behaviour
- The media and health behaviour
- Health scares (the social amplification of health risks); the social representations of health risks (e.g., the cases of BSE and SARS) and changing representations of health risks and health related behaviours
- Promoting Health
- Theoretical models; primary and secondary prevention; contexts and policies.

Learning Activities and Teaching Methods:

Lectures and Assignments

Required Textbooks/Reading:

Authors	Title	Publisher	Year
Straub, Richard O.	Health Psychology..	Worth Publishers.	2002

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year
Engel, G.	The need for a new medical model: A challenge for biomedicine. In Marks D.F. Ed. (2002). The health psychology reader.	SAGE	2002
About, Frances E.	Health psychology in global perspective.	SAGE	1998

Assessment Methods:

1	Mid-Term Exam	
2	Final Exam	
3	Assignment	

