

## PSYB17-139 Introduction to Health Psychology

### Aim of the course

#### Aim of the course:

The global aim of the course is to provide students with basic but broad knowledge, skills and a perspective from health psychology.

#### Learning outcome, competences:

*You will acquire knowledge about:*

- Various topics within the field of health psychology (see overview below).
- The diverse approaches from health psychology.
- The complexity of health and diseases including different approaches to health, well being and flourishing.
- Links between health psychology and other health sciences.

#### *Attitude:*

- Students will acquire a perspective from health-psychology, taking into account the complex interplay between one's physical well being and a variety of biological, psychological, and social factors.

#### *Skills:*

- Students will discover how psychological methods and principles can be applied to increase health and well being, and to help patients manage and cope with chronic illness.
- The foundation will be provided that prepares students for advanced training in health psychology.

### Content of the course

#### Topics of the course:

- Social determinants of health and health inequalities.
- Health-risk and health-protective behaviours.
- Reducing risk of disease.
- Stress, and its relation to health and illness.
- Stress and illness moderators.
- Approaches to managing stress.
- Symptom perception, interpretation and response.
- Consultation.
- Illness and quality of life.
- Improving health and quality of life.

#### Learning activities, learning methods

Primary knowledge acquisition will be via lectures and by reading the mandatory material. Furthermore, students are required to prepare a paper, for which they have to acquire relevant information from academic papers of sound quality.

### Evaluation of outcomes

#### Learning requirements, mode of evaluation, criteria of evaluation:

##### Requirements

- Passing grade for the paper (APA 6th style) on a topic addressed during class.
- Passing grade for midterm exam.
- Passing grade for final exam.

Mode of evaluation:

- Two exams, one paper.

Criteria of evaluation:

- Students are required to have at least a passing grade for each assessment.
- Final grade = midterm exam 40%, final exam 40%, paper 20%.

### Reading list

#### Compulsory reading list

- Morrison, V. and Bennett, P. (2012). *Introduction to Health Psychology (3rd Ed.)*. Essex: Pearson Education Limited.

#### Recommended reading list

- Articles, To Be Announced