

HEALTH PSYCHOLOGY

Semester	Subject Code	Category	Lecture		Theory		Practical	Credit
			Hrs/Week	Hrs/Sem	Hrs/Week	Hrs/Sem		
VI		Elective III	05	75	04	60	15	03

COURSE OBJECTIVE

This course creates awareness in students related to the Psychological and behavioral processes in health, illness and health care.

COURSE OUTCOMES

On successful completion of the course, students will be able to

Number	CO Statement	Knowledge Level (K1-K4)
CO1	Understand the need and role of health Psychology and the precipitating factor behind the Bio-Psychosocial model of health.	K1
CO2	Modify the health habit using theoretical models	K3
CO3	Integrate health enhancing behaviour	K3
CO4	Plan a Psychological management of chronic and terminal illness that promote the quality of life	K4
CO5	Analyze and management of serious illness and pain	K4

MAPPING WITH PROGRAMME OUTCOMES

COS	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	S	M	M	M	M
CO2	S	S	S	S	M	M
CO3	S	S	S	S	S	S
CO4	S	S	S	S	S	S
CO5	S	S	S	S	S	S

S- Strong

M-Medium

L-Low

UNIT I Introduction to Health Psychology

15 hrs

Definition of Health Psychology- Need of Health Psychology- Bio Psychosocial Models in Health Psychology- Training for a Career in Health Psychology Health Behaviors.

Health Behavior: Definition –Practicing and Changing Health Behavior - Barriers to modify Poor Health Behavior- Intervention to Children, Adolescents, RiskPeople and Elderly.

UNIT II Modification of Health Behavior

15 hrs

Changing Health Habits –Health Belief Model –Theory of Planned Behaviour - Cognitive Behavioral Approaches to Health Behavior Change–Transtheoretical Model of Behaviour Change – Changing Health Behaviour through Social Engineering - Appropriate Venue for Health Habit Modification.

UNIT III Health Enhancing Behavior

15 hrs

Exercise- Benefits, Determinants of Regular Exercise- Accident Prevention- Cancer Related Health Behavior- Weight Control and Obesity Developing - Maintaining aHealthy Diet- Eating Disorder– Sleep and Health.

UNIT IV Management of Chronic And Terminal illness 15 hrs

Quality of Life- Emotional Response to Chronic Illness- Personal Issues in Chronic Disease- Coping with Chronic Illness- Psychological Interventions and Chronic Illness-

Terminal illness: Psychological Issues – Psychological Management of Terminal Illness.

UNIT V Management of Serious Illness And Pain 15 hrs

Coronary Heart Disease- Hyper Tension- Stroke- Diabetes- Aids- Cancer- Arthritis- Treatment and Outcomes. Pain: Definition –Physiology of pain – Clinical issues –Pain control and management.

Practicum:

(Note: Minimum of any two practicum should be carried out)

To assess their health behaviour from the follow activities

- Collection of articles from newspaper and magazine related to health
- Find health insurance policies in our country
- Range of innovation technologies used in the field of health
- Debate in various models of health behaviour
- Design of health promotion practices
- Poster campaign on ill effects of alcohol, drugs and technology addiction
- Visit a health Psychologist and knowing the role played
- Recording the effects of epidemic and pandemic diseases

Distribution of Marks: Theory 100% and Problems 0%

TEXT BOOKS:

S.No	Authors	Title	Publishers	Year of
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				Publication
01	Shelley E.Taylor	Health Psychology. (7 th Edition)	Tata Mcgraw Hill Edition.	1995
02	Edward P.Sarafino	Health Psychology	Joha Wiley and Sons.	1994

REFERENCE BOOKS:

S.No	Authors	Title	Publishers	Year of Publication
01	David F Marks, Michael Murray, Brain Evans, Carla Willig, Cailine Woodall and Catherine M.Sykes	Health Psychology: Theory, Research and Practice,(2 nd Edition)	Sage Publications, New Delhi.	2008
02	Banyard. P	Psychology In Practice: Health	Hodder & Stoughton Publishers.	2002
03	Ogden, J.	Health Psychology: A Text Book	McGraw Hill Publications	2007
04	Payne. S & Sandra. H	Health Psychology	Open University Press.	2004
05	Pitts. M & Phillips. K	The Psychology of Health.	Routledge Publishers	2003

WEB SOURCES:

- ❖ [https://www.mooc-list.com/tags/health psychology](https://www.mooc-list.com/tags/health%20psychology)
- ❖ <https://psychcentral.com/lib/an-overview-of-health-psychology/>
- ❖ <https://www.sciencedirect.com/topics/psychology/health-psychology>
- ❖ <https://courses.lumenlearning.com/boundless-psychology/chapter/introduction-to-health-psychology/>
- ❖ https://link.springer.com/referenceworkentry/10.1007%2F978-1-4419-1005-9_959

❖ <https://www.aston.ac.uk/study/courses/msc-health-psychology-online>

TEACHING METHODOLOGIES:

- Discussion
- Collection of secondary sources
- Visual aids
- Assignment and Seminar
- Peer teaching.

SYLLABUS DESIGNER:

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