

Health Psychology

E-503-HEIL



Name of course	E-503-HEIL - Health Psychology
Year	3
Semester	Spring
Type of course	Core
Prerequisites	Year 1 of BSc Psychology
Schedule	4 hours per week for 12 weeks; 6 ECTS
Lecturer	Jack James
Content	
<p>This course will focus on how psychological principles can help us understand health and illnesses. The course will review basic theories with special emphasis on the psychobiological model, which focuses on how social, emotional, behavioural, and biological factors interact to affect etiology, illness progress, and recovery from diseases. The course will also provide a short review of individual and population-wide interventions that have been used to help individuals adapt and maintain a healthy lifestyle, cope with chronic illnesses, and manage end-of-life decisions.</p>	
Learning outcome - On completing the course, each student should be able to:	
<ul style="list-style-type: none"> • Describe the main historical and conceptual influences leading to the emergence of health psychology. • Describe the main bio psychosocial influences responsible for human health. • Critically evaluate biological claims about health. • Critically evaluate psychosocial processes, definitions, and concepts purported to explain health and well-being. • Participate actively and cooperatively in group analyses of health-related information. • Interpret and present theoretical issues and empirical findings in health psychology. • Apply definitions and concepts of epidemiology. • Compute numeric indices widely used in epidemiological studies. • Possess the competence to undertake advanced studies in health psychology. 	
Course assessment	
<p>Assessments and open-book exam. Grades are given on a 0 – 10 point scale. The minimum grade to pass the course is 5.0. The student needs to get a minimum grade of 5.0 in the final exam and a minimum average grade of 5.0 for all course assessment.</p>	
Reading material	

Sarafino, E. P. and Smith, T. W. (2012). *Health Psychology: Biopsychosocial Interactions* (7. ed). International Student Version. Wiley.

Teaching and learning activities

Lectures, seminars and discussion.

Language of instruction

English