

B A II Psychology 2015-16

SEMESTER IV

TITLE: *Health Psychology*

APC-II/A.C.IV

465210/475410

COURSE CODE:

No of Credits: 4

Marks 100 (25 Internals, 75 External)

Objectives: After studying the course, the learner will be able to

- Gain an insight about the emerging field of Health Psychology
- Understand the scope and application of Health

Psychology

Unit I: Introduction to Health Psychology

Objective: After studying the module, the learner will be able to

- Understand the basic tenets of Health Psychology
- Learn about the history and future trends of Health Psychology
- Understand the research methods used in Health Psychology

1.1 The Field of Health Psychology

1.2 Individual Perspective

1.3 Conducting Research

1.4 Role of Health Psychologist

1.5 Future Trends in Health Psychology

Unit II: Health and Behaviour

Objective: After studying the module, the learner will be able to

- Familiarize yourself with various degenerative diseases
- Understand the faulty life style diseases
- Gain an insight into the theories for promoting healthy behaviour

2.1 Staying Healthy- Degenerative diseases

2.2 Primary, Secondary and Tertiary prevention and behavioural outcomes

2.3 Individual differences and personal characteristics

2.4 Health Recommendations and Behaviour change- Sources of Health Information

2.5 Persuasion- changing beliefs and attitudes

2.6 Social cognitive theory and self regulative theory

Unit III: Psychological Process, Stress and Illness and coping

Objectives: After studying the module, the learner will be able to

- Understand the physiological and psychological effects of stress
- Learn the coping strategies to deal with stress
- Understand the cognitive coping styles of dealing with stress

3.1 Concept and Meaning of Stress

3.2 Role of Cognitive Appraisal

3.3 Hassles of everyday life, major life events

3.4 Physiological reaction to stress, General Adaptation Syndrome

3.5 Cognition and coping- Cognitive coping styles, causal attribution, sense of control, learned

helplessness, and hardiness

Unit IV: Healthy Coping

Objectives: After studying the module, the learner will be able to

- Understand the patient's perspective to illness, treatment and healing
- Get a life span perspective on chronic illnesses
- Get an insight into terminal illness and bereavement

4.1 Stages of Illness and treatment of ill patients

4.2 Facing emotional conflicts, stressful medical treatments, and stresses of Hospitalisation

4.3 Chronic illness in children, adolescents and aged

4.4 Caring for Terminally Ill Patients

4.5 Bereavement and Grief Experiences

Textbook:

DiMatteo M. R., Martin L., Health Psychology, First Edition, (2002), New Delhi: Pearson.

Reference Books:

Ogden Jane, Health Psychology, Fourth Edition, (2009), McGraw Hill Education (India) Private Limited

Smith, T.W., Sarafino, E.P., Health Psychology Biopsychosocial Interactions, Seventh Edition, (2011), Wiley India Pvt Ltd, New Delhi

Taylor, S.E., Health Psychology, Seventh Edition, (2000), McGraw Hill Education (India) Private Limited