

PSY265 Health Psychology

Level: 2

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

Synopsis:

This course introduces you to the growing field of Health Psychology. It introduces you to psychological theories and models that explain health and illness. It also examines important aspects within Health Psychology such as alcoholism, smoking, stress management, pain management, and the management of chronic and terminal illness. It also discusses various types of intervention that can address these illnesses.

Topics:

- What is Health Psychology?, Health Behaviours
- Specific Health-Related Behaviours, Alcoholism and Smoking
- Moderators of the Stress Experience, The Management of Pain and Discomfort
- Psychological Issues in Advancing and Terminal Illness
- Heart Disease, Hypertension, Stroke and Diabetes
- Psychoneuroimmunology, AIDS, Cancer and Arthritis
- Complementary and Alternative Medicine

Textbooks:

Taylor, S.E.: Health Psychology (etext) (International Edition). (10th ed.) (2018). McGraw-Hill.
ISBN-13: 9781259983085-AA

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Learning Outcome:

- Describe common terms, concepts, and theories of health psychology
- Explain the risks and protective factors of various health-related disorders and diseases
- Examine the models of behaviour change
- Develop different intervention methods for health promotion and prevention
- Apply different intervention methods for health promotion and prevention
- Appraise the effectiveness of different intervention methods for health promotion and prevention

Assessment Strategies:

| Continuous Assessment Component | Weightage (%) |
|--|----------------------|
| TUTOR-MARKED ASSIGNMENT | 20 |
| TUTOR-MARKED ASSIGNMENT | 25 |
| PRE-CLASS QUIZ | 1 |
| PRE-CLASS QUIZ | 1 |
| PRE-CLASS QUIZ | 1 |
| PRE-CLASS QUIZ | 1 |
| PRE-CLASS QUIZ | 1 |
| Sub-Total | 50 |

| Examinable Component | Weightage (%) |
|-----------------------------|----------------------|
| Written Exam | 50 |
| Sub-Total | 50 |

Weightage Total **100**