

COURSE TITLE	HEALTH PSYCHOLOGY
COURSE CODE	10BH1601
COURSE CREDITS	3

Objective:

- 1 To provide a comprehensive understanding of the fundamental concepts of health psychology, including the interplay of social, emotional, cognitive, and physical aspects of health.
- 2 To analyse health behaviours, barriers to their adoption, and apply health behaviour theories to promote well-being.
- 3 To explore health-enhancing behaviours such as exercise, nutrition, and stress management, and their impact on overall health.
- 4 To examine psychological factors like happiness, life satisfaction, resilience, optimism, and hope in promoting well-being and holistic health.

Course Outcomes: After completion of this course, student will be able to:

- 1 To articulate the role of psychology in healthcare
- 2 To discuss the roles that health psychologists play in promoting wellness and in addressing and treating psychological factors related to health and illness
- 3 To describe behavioural factors that influence wellness and that play a role in the prevention, development, course, and outcome of many human diseases and health problems
- 4 To use various theoretical frameworks to understand health beliefs and predict health behaviours
- 5 To identify specific challenges and opportunities for psychologists in the health care system of India.

Pre-requisite of course:None

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
2	1	0	50	30	20	0	0
Contents : Unit	Topics						Contact Hours
1	Introduction Introduction: Introduction to Health Psychology, Components of health: social, emotional, cognitive and physical aspects, Mind-body relationship, Goals of health psychology, Bio-psycho-social model of health.						7

Contents : Unit	Topics	Contact Hours
2	Health Behaviour and its Theories Behaviour and health: Characteristics of health behaviour, Barriers to health behaviour, Theories of health behaviour and their implications	5
3	Stress and its management techniques Stress: Nature, Sources, Effects of stress on physical and mental health, Physiological response to stress: SAM pathway, HPA Pathway, Coping strategies and stress management, Psychoneuroimmunology, Chronic Health problems, Pain management, Stress Management techniques - based therapy, neurofeedback and diaphragmatic breathing Social support etc JPMR, Mindfulness-, Behavioural medicine, Consequences of health psychology techniques in management of chronic diseases, Quality of Life and Quality of Life assessment given by WHO	10
4	Understanding health promoting behaviours Matarazzo's Health Behaviours, Health Management: Health-enhancing behaviours: Exercise, Nutrition, safety, Assessment of Pain scales managing and controlling pain., Health Protective Behaviours, Illness Management.	8
Total Hours		30

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Issues related to Health psychology Issues related to Health psychology	15
Total Hours		15

Textbook :

- 1 Health psychology, Taylor, S. E., McGraw Hill., 2019

References:

- 1 Positive psychology: The science of wellbeing and human strengths, Positive psychology: The science of wellbeing and human strengths, Carr, A., Routledge., 2022
- 2 Psychological perspectives on stress and health., Psychological perspectives on stress and health., Misra, G., Concept Publishing Company., 1999
- 3 Health psychology, Health psychology, DiMatteo, M. R., Martin, L. R., & Tucker, V., Pearson., 2018

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery

Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
10.00	15.00	20.00	20.00	20.00	15.00