

ST. JOSEPH'S EVENING COLLEGE (AUTONOMOUS)

Bangalore

SYLLABUS FOR SEMESTER VI B.A.

Health Psychology

Number of Hours: 60

Number of Credits: 4

Course Objectives and Learning Outcomes

1. To understand and describe the models and theories that are used to explain health risk and health-enhancing behaviors
2. To understand the importance of pain, and the impact of stress on health and well being.
3. To identify and analyze the chronic illness and its management
4. To gain an awareness on health compromising and health enhancing behaviors.

Unit 1 – Introduction

(10 hours)

Definition of Health Psychology; Mind-body relationship, Psychosomatic medicine; Functions and need of health psychologists: changing patterns of illness, advances in research and technology; Biopsychosocial model in health psychology: advantages and clinical implications.

Unit II: Stress and Coping

Theories of stress (Selye and Lazarus), Stress and health: Sources of Chronic Stress, Stress related illness (PTSD and Acute stress disorder, Digestive system disorders, Asthma, Recurrent Headaches) Psychoneuroimmunology, Moderators of the stress experience, Coping with Stress

Unit III: Pain

Psychological factors and pain, Individual differences in reactions to pain, Types of Pain: acute and chronic pain, recurrent pain, referred pain, psychosomatic pain, phantom limb pain. Assessment of Pain, Pain Control Techniques: pharmacological control of pain, biofeedback, acupuncture, relaxation, guided imagery, hypnosis, distraction.

Unit IV: Chronic illness and Management

Cardiovascular diseases, Cancer, AIDS, sexual dysfunctions; Living with chronic illness: Psycho-social issues, Quality of life, Emotional response to chronic illness, Caregiver burden, Rehabilitation and psychological interventions. Interpersonal violence and health.

Unit V: Health and Behavior

Health behaviors: role of behavioral factors in health and disease, practicing and changing health behaviours. Health compromising behaviors: Smoking, Alcoholism. Addictive behaviours: substance use, internet use. Health enhancing behavior: Weight control, Nutrition, Physical activity, Exercise, Yoga, Meditation, Self care habits,

References

Taylor, S.E. (2006) . *Health Psychology*. New Delhi : Tata Mc Graw-Hill

Sarafino, E.P. & Smith, T.W. (2012). *Health Psychology : Biopsychosocial interventions*. New Delhi : Wiley

Dimatteo, M.R. & Martin, L.R. (2007). *Health Psychology*. New Delhi : Pearson Education