

HEALTH PSYCHOLOGY (PSYCHOLOGY)

Unit-I: An Introduction to Health Psychology

- 1- Health Psychology – Definitions, Nature, Aims
- 2- Biopsychosocial Model of Health
- 3- Psychology's Role in Health-Problems in the Health Care System, "The Person" in Health and Illness, How the Role of Psychology Emerged and Progress in Health Psychology's Goals.
- 4- Application: The Need of Health Psychology- Changing Patterns of Illness, Expanded Health Care Services, Increased Medical Acceptance

Unit-II: Stress and Coping

- 1- Stress – Definitions, Nature & Types
- 2- Sources of Stress - (Sources within the Person, Sources in the Family & Sources in the Community and Society)
- 3- Responding to Stress (Physiological, Emotional & Behavioural Response)
- 4- Coping Behaviour – Problem Focused coping (Ellis's rational thinking, Positive reinterpretation & Humor as a stress reducer) & Emotion Focused Coping (Using systematic problem solving, using time more effectively & improving self-control)

Unit-III: Chronic Health Problems and Its Management

- 1- Personal Issues in Chronic Health Disorders - The Physical Self, Achieving Self, Social Self & Private Self
- 2- Emotional Responses to Chronic Health Disorders – Denial, Anxiety & Depression
- 3- Major Chronic Health Problems- Heart Disease, Hypertension, Stroke, Cancer, Type II Diabetes & AIDS
- 4- Application: Psychological Interventions for Chronic Health Disorders (Pharmacological Interventions, Individual Therapy, Social Support Interventions and Relaxation, Stress Management after COVID-19)

Unit-IV: Primary Prevention & Health Promotion

- 1- Quality of life and Health Behaviour - Changing Health Habits & Health Beliefs (Attitude change & Placebo Effect)
- 2- Health Compromising Behaviours (Characteristics) - Obesity, Smoking & Drinking. Developmental, Gender, and Sociocultural Factors in Health
- 3- Development and Health, Gender and Health, Sociocultural Factors and Health
- 4- Health Promoting Behaviours - Diet, Exercise, Sleep, Rest, Vaccination and Screening, Accident prevention