

Health Psychology - Web course

COURSE OUTLINE

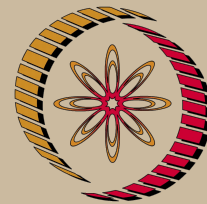
Health Psychology is a relatively new discipline that has evolved into a separate discipline in the decade of the nineties.

There is now considerable sophistication in the research that is being done, in terms of identifying the physiological pathways via which psychosocial factors impact on health outcomes.

Among the goals of this course would be to develop an understanding of these pathways, as well as understanding the larger social factors and their role and more individual, psychological characteristics and the interaction among them.

COURSE DETAIL

Module	Topics and Content	No. of lectures
1.	Introduction: <ol style="list-style-type: none"> 1. An attempt will be made to see Health in its Social, Cultural and Psychological context. 2. Review the emergence of the field in a historical perspective. 3. The Scope of Health Psychology. 4. The relationship of Health Psychology to other areas of Psychology. 	3
2.	The Context Of Health: <ol style="list-style-type: none"> 1. Social Environment and Health. 2. Socio-economic Status and Health. 3. Social Justice and Health. 4. Culture and Health. 5. An attempt will be made to understand impacts of macro social factors on health outcomes through review of research. 	3
3.	Psychoimmunology: <ol style="list-style-type: none"> 1. Review of the Immune System. 2. Stress and Immune Functioning <ol style="list-style-type: none"> a. Academic Stress. b. Interpersonal Relationships and their impacts. 3. Coping Styles and Coping Resources. 	3



NP-TEL

NPTEL

<http://nptel.iitm.ac.in>

Humanities and Social Sciences

Additional Reading:

1. Berkman, L.F., & Kawachi, I. (2000). *Social Epidemiology*. New York: Oxford University Press.
2. Stone, G.C., Weiss, S.M., Matarazzo, J.D., Miller, N.D., Rodin, J., Belar, C., Follick, M., & Singer, J. (1987).
3. *Health Psychology: A Discipline and a Profession*. Chicago: University of Chicago Press.

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	4. Enhancing Immunocompetence.	
4.	Stress and Coping: 1. Definition of Stress. 2. Theories of Stress. 3. Stress in Context a. Work. b. Family.	3
5.	Coping with Stress: 1. Social Support. 2. Personality Styles. 3. Management of Stress.	3
6.	Health Behaviors: 1. What are health Behaviors? 2. Role of Behavior in health outcomes. 3. Determinants of Health Behavior. 4. Health Behavior Promotion.	3
7.	Attitude Change and Health Behavior Modification: 1. Theories of Behavior. 2. Cognitive Behavioral Approaches with respect to Behavior Change.	4
8.	Alcoholism and Problem Drinking / Smoking: 1. Interventions to reduce Drinking/Smoking.	3
9.	Management of: 1. Terminal Illness. 2. Chronic Illness. 3. Pain.	3
10.	AIDS.	3
11.	Mental Health: 1. What is mental health? 2. Morbidity. 3. Public Health Aspects of mental health.	4
12.	Health Policy and its Implications:	4

	<ol style="list-style-type: none"> 1. National Health Policy (India). 2. National Rural Health Policy. 3. Public Health Aspects in the Indian Context. 	
13 .	Future Directions in Health Psychology.	1
	Total:	40

References:

1. Taylor, S. E. (1995). Health Psychology (3rd ed). New York: McGraw Hill.
2. Marks, D.F., Murray, M., Evans, B., Willig, C., Woodall, C., & Sykes, C.(2008).
3. Health Psychology (2nd ed). New Delhi: Sage.