

**UNIVERSITY OF MADRAS**  
**B.Sc. DEGREE COURSE IN PSYCHOLOGY**  
**SYLLABUS WITH EFFECT FROM 2020-2021**

**BPY-DSC12**

**CORE-XII: HEALTH PSYCHOLOGY**

**Instr.Hrs.: 6**  
**Credits : 4**

**Year : III**  
**Semester: V**

**Course Learning Outcome**

After completion of the health psychology course, the student will be able to:

1. Outline the definition and scope of Health Psychology
2. Explain the various models of health behavior
3. Identify types of pain, symptoms and suitable intervention
4. Summarize theories of stress, sources of stress and coping
5. Explain health promoting strategies

**UNIT I: INTRODUCTION TO HEALTH PSYCHOLOGY- HEALTH BEHAVIOUR**

Health psychology: Definition and Need-The biopsychosocial model- Patient Practitioner relationship- Training for a career in health psychology, Introduction to health behaviour- Factors influencing the practice of health behaviour

**UNITII: MODELS OF HEALTH BEHAVIOUR**

Changing health habits using theoretical models: Health belief model, Theory of planned behaviour, Cognitive behavioural approaches to change health behaviour, Trans theoretical model of behaviour change, Avenues for health habit modification

**UNIT III: CHRONIC ILLNESS AND PAIN**

Illness Factors: Onset, Progression, Types of Symptoms, Quality of Life, Personal issues in chronic illness, coping with chronic illness, Co management of chronic illness, Psychosocial Interventions, Pain: definition, types of pain, Pain control techniques, Pain management

**UNIT IV: STRESS AND COPING**

Stress: definition, dimensions of stress- sources of chronic stress- Theoretical contributions: Lazarus's Appraisal Model, Flight or fight response, General adaptation Syndrome- Tending and Befriending Model- Coping with stress- Sources of stress.

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**UNIT V: PROMOTING HEALTH BEHAVIOUR**

Smoking: Effects of smoking- reasons for smoking, Alcoholism: effects- reasons - Interventions for reducing smoking - changing problem drinking, Management of Overweight & obesity- effects of dieting & physical activity.

**REFERENCES**

1. Boyer, B., & Paharia, I. (2008). *Comprehensive handbook of clinical health psychology*. Edison, NJ: John Wiley & Sons.
2. Sarafino, E. (1994). *Health psychology*. Edison, NJ: John Wiley & Sons.
3. Taylor, S. (1995). *Health psychology* (6th ed.). Toronto, Canada: McGraw-Hill Ryerson.
4. Marks, D., Murray, M., Evans, B., Willig, C., Woodall, C., & Sykes, C.M. (2008). *Health psychology: Theory, research and practice* (2nd ed.). New Delhi, India: Sage Publications.
5. Branmon, L., & Frist, J. (2010). *Introduction to health psychology*; New Delhi, India: Cengage Learning India Pvt Ltd.

**WEB RESOURCES**

1. <https://www.mooc-list.com/course/social-context-mental-health-and-illness-coursera>
2. <https://www.mooc-list.com/course/science-health-care-delivery-coursera>
3. <https://www.mooc-list.com/course/understanding-cancer-metastasis-coursera>
4. <https://www.mooc-list.com/course/quality-improvement-healthcare-case-change-futurelearn>
5. <https://www.mooc-list.com/course/implementing-patient-safety-or-quality-improvement-project-patient-safety-v-coursera>
6. <https://www.mooc-list.com/course/instructional-methods-health-professions-education-coursera>