

PSYB12-153 INTRODUCTION TO HEALTH PSYCHOLOGY

Credits: 2

Number of lessons per week: 2

Type: Lecture

Description of the subject:

The goals of this course are

- to present the different approaches in health psychology and their links to other health sciences.
- to understand the complexity of health and diseases including different approach to health, well-being and flourishing.
- to understand the complex interplay between one's physical well-being and a variety of biological, psychological, and social factors.
- to discover how psychological methods and principles can be applied to increase health and well-being, to help patients manage and cope with chronic illness.
- to provide the foundation for students taking advanced training in health psychology

Required readings:

Morrison, V., & Bennett, P. (2012). *Introduction to Health Psychology* (3rd Ed.). Essex: Pearson Education Limited.