**PSY-425 HEALTH Psychology**

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| Resource Person: | Hira Farhan |
| Email:  | hira.farhan@umt.edu.pk |
| School & Department | School of Professional Psychology | Department of Applied Psychology |
| Consultation Hours | Monday 11a.m -3 p.mTuesday 11a.m- 1 p.m |
| Degree Program: | Bs Psychology |
| Section: | A |
| Semester: | F2023 |
| Course Pre-requisite(s): | Basic knowledge of Health Psychology |
| Credit Hours: | 3 |
| Course Type: (Theory/Lab) | Theory |
| Venue/Day/Time: | Thursday 9:30- 10:45amFriday 11:00- 12:15pm |
| Course URL (if any): | \_ |

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| 1. **Faculty Profile / Introduction**
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| Hira Farhan currently working as Lecturer in the Department of Applied Psychology, SPP, Lahore. She has done MS in Health Psychology ( LCWU, Lahore) and BS ( Hons) Applied Psychology (LCWU, Lahore). Her area of interest is Health Psychology, Counseling, Educational and Social Psychology. She has been awarded with Gold medal and Hashmat Ara Award. She has presented four papers in International Conference and two papers in National Conference. Faculty is an experienced academic with interest in perspectives in psychology. |

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| 1. **Course Description:**
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| The present course is developed as a rigorous program with extensive theoretical inputs and widespread clinical experience to acquire the necessary skills in the area of health psychology. Health psychology is a field within Psychology that focuses on the behavioral, cognitive, psychosocial, and physiological factors that influence individual responses to health and illness. Its aims are: the promotion of good health, the prevention of poor health, and the maintenance of quality of life and well-being within the context of illness. |

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| 1. **Course Teaching Methodology:**
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| Following learning methodologies will be employed to teach this course:* Reading Notes
* Power Point Lectures
* Class Discussions
* Class Activities
* Projects
* Creative Assignments
* Presentations
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| 1. **Program Educational Objectives (PEOs):**
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| PEO-1 | Graduate will be able to describe and apply concepts and theories relevant to the disciplines of psychology. |
| PEO-2 | Graduate will demonstrate effective written and oral skills in various formats. |
| PEO-3 | Graduate will be able to conduct and evaluate research addressing psychology related issues. |
| PEO-4 | Graduate will demonstrate ethical behavior in all aspects of psychology. |
| PEO-5 | Graduates will exhibit a life-long learning approach towards life with psychological science. |

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| 1. **Program Learning Outcomes (PLOs):**

**After completing this degree program, students shall be able to:** |
|  | **Mapping the PLOs with PEOs** |
| PLO-1 | **Psychology Knowledge:** The students will have a good knowledge and understanding of the subject and its implication in different areas and to apply knowledge of Psychology to both theoretical and practical social problems. | PEO1 |
| PLO-2 | **Communication:** The students will demonstrate effective verbal and written skills. Able to communicate mindfully and respectfully to individuals and professionals of diverse ethnic, religious, and cultural backgrounds. An ability to communicate effectively, orally as well as in writing, on various social events held by the Psychologists’ community, including conferences, seminars, workshops etc. | PEO2 |
| PLO-3 | **Research:** An ability to identify, formulate, search literature, and analyze complex social and psychological problems reaching substantiated conclusions using ethical principles related to its sub-fields. | PEO3 |
| PLO-4 | **Ethics:** Apply ethical principles to practice psychology in the community. Understanding about ethical practice and best practices as psychologists. | PEO4 |
| PLO-5 | **Life-Long Learning:** Able to develop significant professional goal for life after being graduate. An ability to recognize the importance of psychology and its implacability in their personal and professional lives. | PEO5 |

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| **Knowledge** | **Skills** | **Ethics** |
| 20 % | 60% | 20 % |

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| 1. **Course Learning Objectives (CLOs)**
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| CO-1 | To provide students with an understanding of the key concepts, theories, and areas of health Psychology |
| CO-2 | To identify and discuss the biopsychosocial model in the examination of health behaviors. |
| CO-3 | To demonstrate students about the appropriate treatment and management plan for the specific health problem. |
| CO-4 | To guide and mentor students in working with the psychosocial dimensions of physical diseases, formulate and undertake focused/targeted psychosocial interventions. |

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| 1. **Course Learning Outcomes (CLOs):**

**After completing this course, students shall be able to:** |
|  | **Mapping the CLOs with PLOs** |
| CLO-1 | Demonstrate an understanding of the definition, history and scope of Health Psychology and its cross-cultural perspectives; | PLO1 |
| CLO-2 | Understand and be able to explain the role of psychological factors in health and illness. | PLO2 |
| CLO-3 | Identify and analyze the key theories and interventions in promoting health and wellness | PLO3 |
| CLO-4 | Graduate will be able to critically evaluate research in health psychology and use this knowledge to develop evidence-informed interventions. | PLO4 |
| CLO-5 | Graduate will apply the major principles of Health Psychology to foster health and well-being | PLO5 |

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| 1. **Assurance of Learning and Assessment Items:**

*Specify Assessment Items that will assure student learning through application and achieve objectives of specific PLOs / CLOs* |
| **Assessment Item** | **Application/ Objectives****PLO / CLO** |
| Assignment 1 | **CLO1/PLO1** |
| Assignment 2 | **CLO2/PLO2** |
| Quiz 1 | **CLO3/PLO3** |
| Quiz 2 | **CLO4/PLO4** |
| Presentations\ Project  | **CLO5/PLO5** |
| Mid Term | **All CLOs and PLOs will be assessed** |
| Final term | **All CLOs and PLOs will be assessed** |

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| 1. **Assessment Structure and Grading Policy\*:**
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| **Assessment Item(s)** | **Weight (%)** | **When will be assessed** |
| Quizzes (03) |  15 | 4th week & 12th week |
| Assignments (02)  |  10 | 3rd week & 11th week |
| Presentations |  10 | After mid-terms exam (from 9th week till 13th week) |
| Mid-term exam |  25 | One-time assessment |
| Final exam |  40 | One-time assessment |
| **Total**  |  **100** |  |
| **Notes – Norms and Important Class Policies:** *(such as submission guidelines, academic honesty, make-up policy, code of conduct)** Student who is not present in class will be marked as ABSENT despite of any justification.
* Attendance will be marked 10 minutes after the class time. Students entering class after 10 minutes will be marked as absent.
* Students who have less than 80% attendance will be assigned SA grade and will not be allowed to sit in class.
* There will be no delay in the submission of assignments and conduction of quizzes or presentations.
* Assignments will be assessed for plagiarism and will be marked accordingly.
* Using or ringing of mobile phone during class will lead to penalty
* Students will review LMS weekly for the announcements and updates
* All the students have right to participate in class discussions. There are no stupid questions. Learning is a two-way process. There will be no leg pulling.
* PNS Rule: Students will give feedback in terms of positive or negative aspect and one suggestion.

If any class is missed due to any reason, a makeup class will be arranged in the following week |

*\*Rubrics for all assessments (including mid and final exams) will be provided separately to the students.*

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| 1. **Weekly Sessions Plan:**
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| **Week** | **Topics / Contents** | **Activity** | **Application/Objectives****PLO / CLO** |
| 1 | **Introduction/Context of Health Psychology*** Background and emergence of Health Psychology
* Aims of Health Psychology
* Basic theoretical models of Health Psychology (Biomedical & Biopsychosocial)
 | Ice breakingActivity:IntroduceyourselfLecture | PLO1/ CLO1 |
| 2 | * Relationship between patient and practitioner in models of Health Psychology
* Related fields (Epidemiology, Public health, Sociology, Anthropology)
* Future of health psychology
 | Lecture+Discussion | PLO1/ CLO1/ |
| 3 | **Biological Foundations of Health and Illness*** Nervous system
* Cardiovascular system
 | Lecture, Discussion | PLO2/ CLO2 |
| 4 | **Health Behaviors*** Meaning of health behavior
* Models/Theories of health psychology attribution theory, Motivation and self-determination theory Stage models, social cognition model, health belief model, theory of reasoned action, )
 | Quiz-1 | PLO3 / CLO3 |
| 5 | * Interdisciplinary perspectives on preventing illness
* Theories of health behaviors
* Developmental, gender and sociocultural factors in health
 | Assignment-1 | PLO4/ CLO4 |
| 6 | **Stress, illness development and coping strategies*** Stress,
* Appraising events as stressful,
* Bio-psycho-social aspects of stress,
 | Quiz-2 | PLO4/ CLO4 |
| 7 | * Sources of stress throughout life,
* Assessment of stress,
* Affects of stress on health,
 | Assignment-2 | PLO4/CLO4 |
| 8 | * Psycho-physiological disorders by stress,
* Psychosocial modifiers of stress, Stress management
 | Lecture | PLO4/CLO4 |
| 9 | **Mid term** |  | CLO1, CLO2, CLO3, CLO4, PLO1, PLO2, PLO3, PLO4 |
| 10 | **Health Compromising/promoting Behaviors*** Meaning & characteristics of health compromising behavior
* Addiction and dependence
* Smoking tobacco
 | Lecture | PLO4/CLO4 |
| 11 | * Alcohol & drug use and abuse
* Relapse in smoking and drug & alcohol addiction
* Health promoting behaviors through different models
 | Assignment-3 | PLO4/CLO4 |
| 12 | **Pain and its Management*** Pain and its types
* Theories of pain Bio-psycho-social aspects of pain
 | Debate | PLO5/CLO5 |
| 13 | * Pain assessment
* Treatment of pain
 | Presentation | PLO5/ CLO5 |
| 14 | * Serious and disabling chronic illnesses & Coping
* Coping with and adapting to high mortality illness
 | Presentation | PLO5/ CLO5 |
| 15 | **Improving Health and Preventing Illness*** Nutrition
* Weight control and diet
* Exercise
* Safety & Preventions
 | Presentation | PLO5/ CLO5 |
| 16 | **FINAL TERM EXAM** |  | CLO, PLO |

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| 1. **Primary Text Book (s):**
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| * Ogden, J. (2000). Health psychology: A textbook. Buckingham: Open University Press.
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| 1. **Reference / Supplementary Reading (s):**
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| * Taylor, S. E., & Sirois, F. M. (2012). Health psychology. Toronto: McGraw-Hill Ryerson.
* Sarafino, E. P. (2002). Health psychology: Biopsychosocial interactions (4th ed.). USA: John Wiley.
* Khatoon, N. (2012). Health Psychology. Delhi: Pearson
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| 1. **Useful Online / Web Resources:**
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| * <https://www.webmd.com/mental-health/what-is-health-psychology>
* <https://www.verywellmind.com/what-is-health-psychology-2794907>
* <https://youtu.be/qink-sq-f60>
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