

PSK409

Health Psychology

2017-2018 SPRING

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Department of Psychology

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Course Description

Health psychology, as a branch of psychology, explores how biological, social and psychological factors influence health and illness. Health research has become so powerful in recent decades that American Psychological Association launched a new division (Division 38). In general health psychology aims to promote health, prevent illness and improve health care systems in the light of empirical findings. Health psychology has a wide range of research interests such as the factors that allow people to be healthy, recover from an illness or cope with a chronic condition. In addition, the quality and consequences of the relationship between health care providers and patients, healthy life habits, the relationship between effects of medical drugs and personal factors are also studied within the health psychology area. Therefore, this course aims to provide scientific knowledge on health behaviors, illness, mechanisms of changing behavior, stress and its management, mind-body relationship and factors that can affect treatment success.

Learning Objectives

In this course you will;

- Gain knowledge on biological, social, psychological and environmental factors that can influence health and illness,
- Learn risky and protective behaviors which can affect health and illness,
- Learn about the reciprocal relationship between mind and body,
- Gain knowledge how stress affect physical and mental health,
- Learn the important biopsychosocial factors that influence treatment of medical disorders and diseases

Course Organization

This is a lecture course in which topics are presented by the instructor. Depending on the subject, class sessions will include discussions which will mainly focus on both theoretical knowledge and personal experiences. Supportive and guiding powerpoint presentations will be published weekly. Students are strictly expected to follow student resources section provided by the publisher of the book. Students are responsible reading weekly materials before classes.

Reading Materials and Student Resources

This course will follow three main textbooks and several chapters of them will be used in the term. Students will also be responsible certain chapters even though they will not be reviewed in the class sessions.

Text Book

Morrison, V., & Bennett, P. (2016). *An introduction to health psychology* (4th ed). NY: Pearson Education.

Web resources

1. Your text book has an excellent web site where you can find some materials that may help preparing yourself before classes. You are expected to follow these pages as well as reading materials.

http://wps.pearsoned.co.uk/ema_uk_he_morrison_healthpsy_4/251/64429/16493993.cw/index.html



2. APA Division of Health Psychology: <https://societyforhealthpsychology.org/>

Additional materials

Eldoğan, D., Korkmaz, L., Yeniçeri, Z., & Kökdemir, D. (2017). *Akademik yazım kuralları kitapçığı* (5. Baskı). Ankara: Başkent Üniversitesi.

Grading

Grades will be based upon performance on the following:

Graded activity	Weight (%)
Mid-term exam	30
Final Exam	35
Short Review	15
Quiz (2)	20
Total	100

Short Review

You are responsible for preparing a short review on any specific topic of health psychology (there is no limitation on selection of topics). The review should include 10 articles published on 2010 or later. Your review should be written in APA format and should be 6 pages (1 Title page, 1 abstract, 3 review pages and 1 references page). Due date is May 8th 2018.

Weekly Schedule

Week	Date	Subject	Chapter
1	20 Feb 2018	Introduction: What is health?	1
2	27 Feb 2018	Health inequalities	2
3	6 March 2018	Health-risk behavior	3
4	13 March 2018	Health-protective behavior	4
5	20 March 2018	Explaining health behavior	5
6	27 March 2018	Reducing risk of disease – individual approaches	6
7	3 April 2018	Population approaches to public health	7
8	10 April 2018	Midterm Exam	
9	17 April 2018	Symptom perception, interpretation and response	9
10	24 April 2018	The consultation and beyond	10
11	1 May 2018	International Workers' Day	No class
12	8 May 2018	Stress, health and illness: theory	11
13	15 May 2018	Managing stress	13
14	22 May 2018	Closing and evaluation	