



Course Name: Health Psychology

Course Number: PSY E212

Credits: 3

Catalog description: This course examines the relationship of psychological and emotional states on physical wellness. Students will learn a variety of theories about the relationship between acute and chronic illness and psychological health. Also, students will learn a variety of coping skills to promote sound psychological and physical well being. Overall emphasis is placed upon those psychological factors which can prevent or reverse illness and sustain or recapture health

Prerequisite, Corequisite, or Parallel: PSY* 111 or PSY* 112 or permission of the instructor

General Education Competencies Satisfied:

HCC General Education Requirement Designated Competency Attribute Code(s):

None

Additional CSCU General Education Requirements for CSCU Transfer Degree Programs:

None

Embedded Competency(ies):

None

Discipline-Specific Attribute Code(s):

BHEL Behavioral Science elective

Course objectives:

General Education Goals and Outcomes:

None

Course Specific Objectives:

1. Demonstrate that they have become familiar with major theorists in the field of Health Psychology.



2. Demonstrate that they have become familiar with each theorist's contribution to the field of Health Psychology.
3. Demonstrate that they have an understanding of the prominent trends in Health Psychology.
4. Demonstrate that they understand how these theories are applied to their own personal health and well-being.
5. Demonstrate an understanding of sociocultural context and diversity.
6. Describe various research strategies and the advantages and disadvantages of the uses of each.
7. Identify psychological principles that have been influential in your own life and how one has learned.
8. Demonstrate that they understand how these theories are applied to their own personal health and well being

Course Content:

1. Health Psychology Introduction
 - a. What is Health?
 - b. Cross-Cultural Definitions of Health.
 - c. Common Rubrics for Health.
 - d. Why is Culture Important? Dimensions of Culture. Defining Culture. Context and Level of Analysis.
 - e. Two Major 'Cultures'. Some Important Warnings. Health Psychology's Biopsychosocial Approach.
 - f. The Evolution of Health Psychology.
 - g. What is Health Psychology?
 - h. Main Areas in Health Psychology.
2. CULTURAL APPROACHES TO HEALTH.
 - a. Varieties of World Medicine. Western Biomedicine. Greek Roots. Technological Innovations
 - b. Chinese Traditional Medicine. Sources of Illness.
 - c. Treatment. Ayurveda. Sources of Illness.
 - d. Treatment. Curanderismo and Spiritualism.
 - e. Sources of Illness.
 - f. Treatment.
 - g. American Indian Medicine.
 - h. Sources of Illness. Treatment.
 - i. African American Beliefs.
 - j. Are Complementary and Alternative Approaches Valid?
3. HEALTH AND HUMAN DEVELOPMENT.
 - a) The Interaction Between Culture, Development, and Health. What is Development?
 - b) Biological Development.



- c) The Prenatal Period. Infancy and Early Childhood. Adolescence. Adulthood and Aging.
- d) Major Theories of Human Development. Social Development.
- e) Cognitive Development.
- f) Major Social Forces Influencing Development.
- g) The Family. Parenting Styles. SES, Development, and Health. Health Across the Lifespan and Culture.
- h) Ethnic Identity Development.
- i) Acculturation and Health.

4. STRESS ACROSS CULTURES.

- a) What is Stress?
- b) Stress over Time.
- c) Critical Physiology: The Nervous System. The Central Nervous System.
- d) The Peripheral Nervous System. Main Theories of Stress. Cannon's Fight or Flight Theory.
- e) Seyle's General Adaptation Syndrome.
- f) Lazarus' Cognitive Appraisal Model. Factors Influencing Our Appraisals.
- g) Measuring Stress. Culture-Specific Stressors. Different Varieties of Stressors.
- h) Relationship stress. Work stress. Environmental stress. What are the Consequences of Stress?

5. COPING AND SOCIAL SUPPORT.

- a) What is Coping?
- b) Mediators and Moderators.
- c) Coping Styles and Strategies.
- d) What is the Best Way to Cope? Who Copes Well? Personality and Coping. Social Support.
- e) Types of Social Support Cultural Variables in Social Support.
- f) Theories of Social Support Change.
- g) Common Measures of Coping. Ways of Coping.
- h) The COPE.
- i) Keys to Coping.
- j) Relaxation-Based Approaches.
- k) Cognitive-Behavioral Approaches.

6. MODELS OF BEHAVIOR CHANGE.

- a) What are Healthy Behaviors?
- b) Healthy People 2010.
- c) What determines Healthy.
- d) Behaviors?
- e) Key Theories of Health. Behavior Change.
- f) The Health Belief Model.



- g) Culture and the HBM.
- h) Theory of Planned Behavior.
- i) Culture and the TPB.
- j) Transtheoretical Model.
- k) Comparing the Models.
- l) Interventions.
- m) Top Ten Prescriptions.
- n) Changing Personal Behavior.

7. HEALTH BEHAVIORS: EATING, PHYSICAL ACTIVITY, SMOKING, AND DRINKING.

- a) Eating.
- b) What Should We Be Eating?
- c) Development of Food Preferences.
- d) Eating Disorders.
- e) Cultural Variations in Eating Behaviors.
- f) Physical Activity.
- g) Cultural Variations in Physical Activity.
- h) Physical Consequences of Physical Activity.
- i) Psychological Consequences of Physical Activity.
- j) Smoking And Drinking.
- k) Smoking.
- l) Cultural Variations in Smoking.
- m) Why do People Smoke?
- n) Psychological Causes of Addiction. Psychological Consequences of Smoking.
- o) Drinking. Who Drinks, How much, and Why?
- p) Consequences of Alcohol Abuse.

8. FACTORS SURROUNDING ILLNESS.

- a) Culture and Illness Behaviors.
- b) Recognizing Symptoms.
- c) Confirmation Biases.
- d) Attributions and Misattributions.
- e) Personality.
- f) Seeking Treatment.
- g) The Hospital Setting. Staff Relations.
- h) Patient-Practitioner Interactions.
- i) Communication.
- j) Cultural Stereotyping.
- k) Adherence to Treatment.

9. PAIN.

- a) What is Pain?



- b) Cultural Variations in the Experience of Pain.
- c) Sex Differences.
- d) Ethnic Differences.
- e) Developmental Differences.
- f) Why Feel Pain?
- g) Types of Pain.
- h) Biology of Pain.
- i) Measuring Pain.
- j) Basic Pain Measures.
- k) Theories of Pain.
- l) Early Physiological and Psychological Approaches.
- m) Biopsychosocial Models.
- n) The Gate Control Theory of Pain.
- o) Using Gate Control Theory to Explain Pain Relief.
- p) Pain Management.
- q) Physiological Treatments.
- r) Psychological Treatments.
- s) Self-Management of Chronic Pain.

10. CHRONIC ILLNESS AND DEATH.

- a) Prevalence Rates of Chronic Illnesses.
- b) Asthma.
- c) Varieties of Chronic Illnesses.
- d) Coping with Chronic Illnesses.
- e) Goals of Treatment.
- f) Quality of Life.
- g) Biopsychosocial Components of Adjustment.
- h) Biological Issues.
- i) Psychological Issues.
- j) Cultural Factors.
- k) Interventions. Death.
- l) The Path to Death.
- m) Facilitating Death.
- n) Are There Stages?
- o) Helping People Cope with Terminal Illnesses.
- p) Cultural Variations in Death and Dying.
- q) Ethnicity and Death.
- r) Sex and Death.
- s) Terminal Illnesses and Religion.

11. PSYCHONEUROIMMUNOLOGY AND HIV.

- a) The Physiology of Immunity.
- b) Measures of Immune.



- c) Response.
- d) The Process of Defense.
- e) Non-Specific or Natural Immunity.
- f) Specific or Acquired Immunity.
- g) Psychoneuroimmunology.
- h) Behavioral Conditioning and Immunity.
- i) Stress and Immunity.
- j) HIV and AIDS.
- k) The History of AIDS.
- l) What's the Difference Between HIV and AIDS.
- m) Physiological Correlates of HIV/AIDS.
- n) Psychological Correlates of HIV/AIDS.
- o) Psychological Factors Influencing Progression.
- p) Cultural Variations In AIDS.
- q) Women and AIDS.
- r) Ethnicity and AIDS.
- s) Other Cultural Issues.
- t) Health Psychological Models Relating to HIV/AIDS.

12. CULTURE AND CANCER.

- a) Prevalence of Cancer.
- b) What is Cancer?
- c) Cultural Variations in the Incidence of Cancer.
- d) Cultural Differences in Beliefs and Knowledge about Cancer.
- e) Developmental Issues In Cancer.
- f) Physiological Correlates of Cancer.
- g) Psychological Factors in Cancer Incidence.
- h) Psychological Responses to Cancer Diagnosis.
- i) Psychological Factors in Cancer Progression and Coping.
- j) Cancer, Stress, and Immunity. Health Behaviors and Cancer.
- k) Tobacco Use. Diet.
- l) Physical Activity.
- m) Sun Exposure.
- n) Treatment Options.
- o) Behavioral Interventions.
- p) Aiding Prevention: Increasing Screening Behaviors. Cultural Differences in Screening. Inhibiting Progression and Helping Patients Cope.

13. CULTURE AND CARDIOVASCULAR DISEASES.

- a) Prevalence of Cardiovascular Diseases.
- b) The Circulatory System.
- c) Some History.



- d) Key Players.
- e) The Mechanics of Circulation.
- f) A Biological Primer.
- g) Cultural Variations in the Incidence of CVD.
- h) Developmental Issues In CVD.
- i) Physiological Correlates of CVD.
- j) Psychological Correlates of CVD.
- k) Stress.
- l) Health Behaviors and CVD.
- m) Tobacco Use.
- n) Diet.
- o) Physical Activity.
- p) Hypertension and Stroke.
- q) Treatment Options.
- r) Surgery.
- s) Behavioral Interventions

Date Course Created

Date of Last Revision: 03/2017: