

# TOROS ÜNİVERSİTESİ

Faculty Of Economic, Administrative And Social Sciences  
Psychology (English)

## Course Information

HEALTH PSYCHOLOGY					
Code	Semester	Theoretical	Practice	National Credit	ECTS Credit
		Hour / Week			
PSY426	Spring	3	0	3	5

<b>Prerequisites and co-requisites</b>	none
<b>Language of instruction</b>	Turkish
<b>Type</b>	Elective
<b>Level of Course</b>	Bachelor's
<b>Lecturer</b>	
<b>Mode of Delivery</b>	Face to Face
<b>Suggested Subject</b>	none
<b>Professional practise ( internship )</b>	None
<b>Objectives of the Course</b>	The aim of the course is to introduce and examine the field of health psychology and its basic topics in the context of major theoretical perspectives and empirical studies.
<b>Contents of the Course</b>	The course covers obtaining knowledge regarding major topics and theoretical perspectives of health psychology and includes discussion of the recent research articles in the light of basic knowledge and approaches.

## Learning Outcomes of Course

#	Learning Outcomes
1	Define the subject area of the health psychology and to describe its major models and history
2	Explain health behaviors and primary prevention
3	Explain stress and coping
4	Discuss the cognitive, affective and behavioral attributes of the patients
5	Explain pain and management of pain

## Course Syllabus

#	Subjects	Teaching Methods and Technics
1	Definition, Major Models and History of Health Psychology	discussion
2	Health Promotion and Primary Prevention	discussion
3	Health Related Behaviors: Exercise, Accident Prevention, Healthy Diet, Weight Control and Obesity	discussion
4	Health Compromising Behaviors: Alcoholism and Smoking	discussion
5	Definition of Stress, Theoretical Approaches and Measurement of stress	discussion
6	Coping, Social Support	discussion
7	Using Health Services, Recognition of Symptoms	discussion
8	Midterm exam	
9	Definition, Measurement and Management of Pain	discussion
10	Patient-Provider Relations	discussion

11	Management of Chronic Illness	discussion
12	Psychological Issues in Advancing and Terminal Illness	discussion
13	Heart Disease, Hypertension, Stroke, and Type II Diabetes	discussion
14	Psychoneuroimmunology and Immune-Related Disorders: AIDS, Cancer, Arthritis and Type I Diabetes	discussion
15	Psychoneuroimmunology and Immune-Related Disorders: AIDS, Cancer, Arthritis and Type I Diabetes	discussion
16	Final Exam	

## Course Syllabus

#	Material / Resources	Information About Resources	Reference / Recommended Resources
1	Okyayuz, Ü. (1999). Sağlık Psikolojisine Giriş. Ankara: Türk Psikoloji Derneği.		
2	Health Psychology, Richard O. Straub, 2019		
3	Health Psychology, Shelley E. Taylor, 2019		

## Method of Assessment

#	Weight	Work Type	Work Title
1	40%	Mid-Term Exam	Mid-Term Exam
2	60%	Final Exam	Final Exam

## Relationship between Learning Outcomes of Course and Program Outcomes

#	Learning Outcomes	Program Outcomes	Method of Assessment
1	Define the subject area of the health psychology and to describe its major models and history	1,2,13	1,2
2	Explain health behaviors and primary prevention	1,2,13	1,2
3	Explain stress and coping	1,2,13	1,2
4	Discuss the cognitive, affective and behavioral attributes of the patients	1,2,13	1,2
5	Explain pain and management of pain	1,2,13	1,2

PS. The numbers, which are shown in the column Method of Assessment, presents the methods shown in the previous table, titled as Method of Assessment.

## Work Load Details

#	Type of Work	Quantity	Time (Hour)	Work Load
1	Course Duration	14	3	42
2	Course Duration Except Class (Preliminary Study, Enhancement)	14	3	42
3	Presentation and Seminar Preparation	0	0	0
4	Web Research, Library and Archival Work	0	0	0
5	Document/Information Listing	0	0	0
6	Workshop	0	0	0
7	Preparation for Midterm Exam	1	3	3
8	Midterm Exam	1	2	2
9	Quiz	0	0	0
10	Homework	0	0	0

11	Midterm Project	0	0	0
12	Midterm Exercise	0	0	0
13	Final Project	0	0	0
14	Final Exercise	0	0	0
15	Preparation for Final Exam	1	3	3
16	Final Exam	1	2	2
				<b>94</b>