

# 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 stres 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 Stres, 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 | Okuyuz, Ü. (1999). Sağlık Psikolojisine Giriş. Ankara: Türk Psikoloji Derneği. |                             |                                   |

## 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> |