



Integral University, Lucknow

Effective from Session: 2023-2024							
Course Code	CP512	Title of the Course	Health Psychology	L	T	P	C
Year	II	Semester	IV	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	The students will understand the meaning, background and foundation of health psychology.						

Course Outcomes	
CO1	Students will be able to Understand health psychology and arrive at the introduction to the role of psychology in health.
CO2	Students will Understand the nature of stress and coping
CO3	Understand various factors related to health and diseases.
CO4	Students will Understand quality of life and promoting the good health.
CO5	Students will be able to Able to understand the cause and effects of substance abuse and its Prevention strategies.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction of health and Psychology	Meaning of health, illness, disease – Three domain of health – Health and ancient views – Early culture-ancient Greek and Rome – The middle age. Trend that shaped health psychology – perspectives in health psychology – Methods in health psychology.	8	CO1
2	Stress and Coping	Stress Definitions, Nature & Types 2- Sources of Stress - (Sources within the Person, Sources in the Family & Sources in the Community and Society) Symptoms; Factors affecting Stress, Responding to Stress (Physiological, Emotional & Behavioral Response) ,Coping strategies & management & Emotion Focused Coping (Using systematic problem solving, using time more effectively & improving self-control	10	CO2
3	Chronic Health Problems and Management	Chronic Health Disorders - The Physical Self, Achieving Self, Social Self & Private Self 2- Emotional Responses to Chronic Health Disorders – Denial, Anxiety & Depression, Major Chronic Health Problems- Heart Disease, Hypertension, Stroke, Cancer, Type II Diabetes & AIDS. Psychological Interventions for Chronic Health Disorders	09	CO3
4	Major Prevention & Upgrading Health	Quality of life and Health Behavior - Changing Health Habits & Health Beliefs (Attitude change & Placebo Effect).Health Compromising Behaviors (Characteristics) - Obesity, Smoking & Drinking. 3- Developmental, Gender, and Socio-cultural Factors in Health. Health Promoting Behaviors - Diet, Exercise, Sleep, Rest, -Vaccination and Screening, Accident prevention	10	CO4
5	Impact of substance use and abuse and Preventions	Etiology of habits; mechanism of drug action – Psycho active drugs – Model of addiction - effects of alcohol use and abuse; Risk factors related health. Preventions strategies	8	CO5

Reference Books:

Ogden, J. (2017). Health psychology: A textbook (4th ed.).McGraw Hill Education. Sarafino, Edward P and Smith, Timothy W (2012). Health Psychology - Bio psychosocial Interaction (7th ed). Wiley India Edition. Taylor, Shelley E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition Weiten, W. and Lloyd, M. (2007). Psychology applied to modern life: Adjustment in the 21st century, Indian Edition 8th. Thomson

Health psychology by Richard o. Straub 2001 1st Edition – Work publication, New York.

Health psychology by Philips Rice 1998 – Brooke / Cole publishing co-New york.

Health Psychology by Edward P. Sarafina 2nd Edn – Thonculey & Son 1994.

Briffiths, D. (1981) Psychology and Medicine. The MacMillam Press Ltd. London.

e-Learning Source:

WHO EMRO | Health promotion and disease prevention through population-based interventions, including action to address social determinants and health inequity | Public health functions | About WHO

Prevention Guidelines (unodc.org)

Stress and Coping – Introduction to Psychology – 1st Canadian Edition (opentextbc.ca)

Course Articulation Matrix: (Mapping of COs with POs and PSOs)												
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	3	2	3	2	1	3	2	2	3	2	1
CO2	2	3	3	2	2	3	2	3	2	3	3	2
CO3	3	2	2	1	1	3	2	2	3	2	2	3
CO4	2	1	2	2	2	3	1	2	2	1	2	3
CO5	3	3	1	3	1	2	2	3	3	2	3	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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