

HEALTH PSYCHOLOGY

1	Course Title:	HEALTH PSYCHOLOGY
2	Course Code:	PSİ4081
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	4
6	Semester:	7
7	ECTS Credits Allocated:	6.00
8	Theoretical (hour/week):	3.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	
12	Language:	English
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Öğr. Gör. Dr. BANU DİKEÇ
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	Öğr. Gör. Dr. Banu Elmastaş Dikeç banudikec@uludag.edu.tr Tel: 0 224 2941875 Bursa Uludağ Üniversitesi, Fen- Edebiyat Fakültesi, Psikoloji Bölümü, 16059 Görükle Kampüsü / Bursa
17	Website:	
18	Objective of the Course:	To introduce the field of Health Psychology and to provide information about its scope
19	Contribution of the Course to Professional Development:	Recognizing the field of Health Psychology and providing information about study subjects
20	Learning Outcomes:	
	1	To be informed about the duty and application areas of the health psychologist.
	2	Sağlık psikolojisi alanında temel kuram ve yaklaşımlar hakkında bilgilenmek
	3	To be informed about patient psychology, communication and evaluation techniques with patients and their relatives
	4	To obtain information about health psychologists' approach to addiction, cancer, eating behaviors, pain issues
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21	Course Content:	
	Course Content:	
Week	Theoretical	Practice

1	Presentation of course: Content and importance	
2	The context of health psychology	
3	Health beliefs, behaviour and behaviour change	
4	Addictive behaviours, eating behaviour	
5	Exercise, sex, health promotion: Changing health behaviours	
6	Becoming ill	
7	Illness cognitions, accessing health care	
8	Stress, stress and illness	
9	Being ill	
10	Pain and the placebo effect, HIV and cancer: Psychology throughout the course of illness, obesity and coronary heart disease: Psychology throughout the course of illness	
11	Women's health issues, men's health issues	
12	Measuring health status: From mortality rates to quality of life	
13	Reflecting on health psychology:, critical health phycology	
14	Overview of the course	

22	Textbooks, References and/or Other	SAĞLIK PSİKOLOJİSİ (Jane Ogden) Gülay Dirik		
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical		SAĞLIK PSİKOLOJİSİ (Jane Ogden) Gülay Dirik		
Practicals/Labs		0	0.00	0.00
Self-study/Assessment/Preparation		14	5.00	70.00
Homeworks		0	0.00	0.00
Projects		0	0.00	0.00
Midterm Exam		1	1.00	1.00
Field Studies		0	0.00	0.00
Quiz		0	0.00	0.00
Midterm exams		1	1.00	1.00
Home work/ project		0	0.00	0.00
Others		3	23.00	69.00
Final Exam		1	1.00	1.00
Total		2	1.00	1.00
Total Work Load				184.00
Contribution of Term (Year) Learning Activities to total work load/ 30 hr				6.10
Success Grade				6.00
ECTS Credit of the Course				6.00
Total				100.00
Measurement and Evaluation Techniques Used in the Course		Multiple-choice tests, true-false tests and short-answer questions are used as assessment and evaluation approaches.		

24	ECTS / WORK LOAD TABLE
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[illegible]

ÖK2	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			