

# 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:	None
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Öğr.Gör. BANU DİKEÇ
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	Öğr.Gör. Banu Elmastaş Dikeç banudikec@uludag.edu.tr Tel:02242941875 Uludağ Üniversitesi,Fen- Edebiyat Fakültesi, Psikoloji Bölümü,16059 Görükle Kampüsü / Bursa, Türkiye
17	Website:	
18	Objective of the Course:	The aim of the course is to introduce the basic theoretical literature and provide information about the working areas of health psychologists
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	To be able to remember working areas of health psychologists
	2	To be able to list the basic theories of health psychology
	3	To be able to give an example for behaviors adversely affect the health
	4	To be able to understand the effects of physical illnesses to individual psychological state
	5	To be able to explain the factors associated with psychological distress of Individuals with physical illness
	6	To be able to evaluate the effects of behavior of the experts working in the treatment of patients on the health of individuals
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21	Course Content:	
	<b>Course Content:</b>	
Week	Theoretical	Practice

1	Introduction to course: content and requirements			
2	Introduction to health psychology; definition and working areas Reading (A, Chp 1, pg: 1-18)			
3	Basic theories in health psychology Reading (A, Chp 2, pg: 19-38;B Chp 2, pg:32-55; C Chp 8)			
4	Patient-doctor relationship Reading (A, Chp 3, pg: 39-79; B Chp 7, pg:119-130			
5	Stress and health: Social support, coping strategies Reading (A, Chp 4, pg: 79-106)			
6	Situational crises: crises related to the illness Reading (A, Chp 5, pg: 107-144)			
7	Coping with chronic pain Reading (A, Chp 7, pg: 161-188)			
8	Menopause and its effects Reading (A, Chp 8, pg: 189-200)			
9	Cancer patients and dialog Reading (A, Chp 10, pg: 221-236)			
10	Cardiovascular diseases: essential hypertension, coronary heart disease Reading (C, Chp 8)			
11	Asthma; behavior and health: eating behaviors and exercise			
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical	Reading (C, Chp 12; D, Chp 12 ,13)	14	3.00	42.00
12	Problems experienced by relatives of people			
Practicals/Labs		0	0.00	0.00
Self study and preparation	Reading A, Chp 11, pg: 237-250)	16	8.00	128.00
Homeworks		1	6.00	6.00
Projects	Evaluation	0	0.00	0.00
Field Studies		0	0.00	0.00
Midterm Exams	Materials:	1	2.00	2.00
Others		0	0.00	0.00
Final Exams		2	2.00	2.00
Total Work Load				182.00
Total work load/ 30 hr		C. Davison, C. G., & Neale, J. M. (2004). Dr. İ. Dağ		
ECTS Credit of the Course				6.00
		D. Brannon, L. &Feist, J. (2010) Health Psychology: An Introduction to Behavior and Health.		
23	Assesment			
TERM LEARNING ACTIVITIES		NUMBE R	WEIGHT	
Midterm Exam		1	30.00	
Quiz		0	0.00	
Home work-project		1	10.00	
Final Exam		1	60.00	
Total		3	100.00	

Contribution of Term (Year) Learning Activities to Success Grade	40.00
Contribution of Final Exam to Success Grade	60.00
Total	100.00
Measurement and Evaluation Techniques Used in the Course	
<b>24</b>	<b>ECTS / WORK LOAD TABLE</b>

<b>25</b>	<b>CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS</b>															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	0	1	1	0	0	3	0	0	0	0	0	4	0	0	0	0
ÖK2	1	5	2	0	0	0	0	0	3	1	0	0	0	0	0	0
ÖK3	0	1	1	0	0	0	0	0	0	1	0	1	0	0	0	0
ÖK4	0	3	0	0	0	0	0	0	0	4	0	2	0	0	0	0
ÖK5	0	3	1	0	0	0	0	0	0	2	0	3	0	0	0	0
ÖK6	0	0	0	3	3	2	0	0	4	0	0	0	0	0	0	0
<b>LO: Learning Objectives    PQ: Program Qualifications</b>																
<b>Contribution Level:</b>	<b>1 very low</b>		<b>2 low</b>		<b>3 Medium</b>		<b>4 High</b>		<b>5 Very High</b>							