

COURSE INFORMATION FORM	
Faculty / Institute	Faculty of Science and Literature
Department	Psychology
Course Code	PSİ 439
Course title	Health Psychology
Instructional Language	English
Programs that can take the course	Psychology
Course Type	Elective
Course Level	Undergraduate
ECTS Credit	6
Prerequisites	PSİ 104 – Introduction to Psychology II
Course Content	Different medical disorders and diseases and the implications for the psychological health and impact on psychological functioning of individuals with these disorders will be studied as well as research methods used to measure health and theories used to understand health behavior change.
The Aim of the Course	This course aims to provide an introduction to the interdisciplinary area of health psychology.
Course Outcomes	1.To develop an understanding of the history, basic assumptions, main topic areas, concepts, and methods regarding the area of Health Psychology 2.To provide necessary information and foster the ability to think critically about psychology and health allowing students to also be critical consumers of health- and psychology-related information 3.To provide necessary information and skills to students for improving health related behaviors and illness related problems of their own, those of family and friends and possible future clients
Textbook and / or References	Ogden, J. (2010) <i>Health Psychology: A textbook</i> (5th ed.). Open University Press

Evaluation Criteria	Percentage
Attendance	-
Lab	-
Application	-
Field Study	-
Homework	-
Presentations	20%

Projects	40% (Health Behavior Change Paper) + 40% (Second Order Change Paper)
Seminar	-
Midterm Exams	-
Quiz	-
Final	-
Total	100%

Course Plan	Subjects to Be Discussed
1. Week	Introduction / Key concepts
2. Week	Health Beliefs & Changing Health Behaviors
3. Week	Illness Cognitions & Accessing Healthcare
4. Week	Eating Behavior & Exercise & Sleep
5. Week	Sex & Women's Health Issues & Men's Health Issues
6. Week	Stress & Stress and Illness
7. Week	Addictive Behaviors
8. Week	HIV and Cancer
9. Week	Pain
10. Week	Quality of Life & Death and Dying
11. Week	Living with Physical Disabilities
12. Week	Critical Health Psychology