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| **Course Code** | **Course Name** | **Credits** | **L-T-P Credit** | **CIA** | **ESE** |
| **PSY7121** | **Health Psychology** | **4** | **4-0-0** | **50** | **50** |

**Module-wise topics:**

**Module1: Locating the Field: Introduction to Health Psychology (10 hrs lecture)**

Brief Historical Overview; Need and Scope for Health psychology, Research methods in Health Psychology; sub-fields of psychology and health related fields.Mind-Body relationship; Bio-medical model, Bio-psycho-social model; Indian concepts of health in Ayurveda.

**Module2. Health: Body, Psyche and Society (15 hrs lecture)**

**Health**: Meanings and definitions, interrelation between health and illness, **Body**: Systems in the Body: Nervous System, Endocrine System, Immune System, Genetics and Health; Psycho-neuro-immunology; health and dysfunction, **Psyche**: Stress, coping and resilience; Health and Mind-Body: Development of stress, Nature of stressors: factors predisposing stress: Life events and daily hassles, **Society**: health across social categories - gender, class and caste; health challenges in developing countries; meaning making of symptoms in the medical and cultural models; behavior and social change in Indian context; Understanding the delivery of health services in the Indian social context.**NCDs in Indian context: Key** health challenges in the Indian context; Tuberculosis (TB), Type II Diabetes, Coronary Heart Disease, Cancers, Mental health and Substance Abuse.

**Module3: Health Behavior and Interventions: Lifestyles and Health (15 hrs lecture)**

Risks and Protective Factors, Health Promotion: Health promoting behaviors; exercise, diet, sleep, cultural ideas of health behaviors. Health Compromising Behaviors; Eating, diets and nutrition, including obesity and malnutrition across lifespan; Alcohol and substance abuse; drunken driving; Smoking and Cancers. Concept and meaning of lifestyle, Influencing life style choices: Approaches to health promotion and health intervention; individualistic, structural-collective approaches, yogic and Ayurvedic lifestyle management.Social Cognitive approaches: Attitude change models; Transtheoretical model of behavior change.

**Module4: Coping Resilience and Social Support (12 hrs lecture)**

Coping, Resilience and Social Support: Problem oriented and emotion-oriented approaches, Stress Management: Meaning and definition; Changing thoughts, behavior, and physiological responses. Illness and health across lifespan, diagnosis, assessments and treatments, Integrating Western and ‘Alternative’ models. Doctor-Patient interactions, health settings- path labs, clinics, hospitals. Psychological factors in acute and chronic illnesses among patients and family members, Self-care and caregiving, Caregiver stress and burnout.

**Module 5. Health Psychology and Challenges for Future (8 hrs lecture)**

Trends in health and illnesses in the Indian context; Future Challenges Health Promotion; risk prevention; resilience. Managing of serious and chronic illnesses; ageing population and health; End of life care, Palliative Care, bereavement and Coping.

**Readings**:

1. Baum, Andrew; Ravenson, Tracy A; Singer, Jerome (Eds.) (2012) *Handbook of Health Psychology* (2nd Edition) New York. Taylor and Francis
2. Crossley, M. L. (2000). *Rethinking Health Psychology.* Buckingham UK: Open University Press.
3. Lyons, A. C., & Chamberlain, K. (2006). *Health Psychology: A Critical Introduction.* Cambridge, UK: Cambridge University Press.
4. Taylor, Shelley E. (2009) *Health Psychology*. 6th Edition. New Delhi. Tata-McGraw Hill
5. Broome, Annabel; Lelleywyn Sue (Eds.) (1995) Health Psychology: Process and Application (2nd Edition) London. Chapman and Hall
6. French, David; Vedhara, Kavita; Kaptein, AA; Weinman, John (Eds.) (2010) Health Psychology (2nd Edition) Sussex UK. BPS Blackwell.
7. McNamara, B. (2001). *Fragile Lives: Death, Dying and Care.* Buckingham, UK: Open University Press.
8. Bartlett, D. (1998). *Stress: Perspectives and Processes.* Buckingham UK: Open University Press.

**Evaluation Pattern**

The course follows a continuous evaluation system with 50% weightage on internal components and 50 % on the end term examination. The internal component consists of a series of assignments which will be spread throughout the course.

**Evaluation Matrix**

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| Term Paper/Practicums | 10% |
| Individual assignments | 10% |
| Group assignments | 10% |
| Mid-term Examination | 20% |
| End Term Exam | 50% |
| Total | 100% |

The assignments involved in the CIA will be subject to plagiarism checks. A submission with unexplained similarities exceeding 20% for MSc courses will be reverted for resubmission. The final submission is subject to score penalization as defined by the course instructor at the start of the course, with a clear communication of the same to all the registered candidates.