

Course title	Health Psychology				
Course code	PSY3504				
Course type	Elective				
Level	Bachelors				
Year / Semester	Year 3/ 5 th Semester				
Teacher's name	Professor Timothy Skinner				
ECTS	6	Lectures / week	3hrs	Laboratories / week	-
Course purpose and objectives	<p>This course explores the psychological, behavioural, and social factors that influence health, illness, and healthcare. Students learn how psychological theory and research contribute to understanding health behaviours, coping with illness, and promoting wellbeing.</p> <p>The course integrates perspectives from biopsychosocial and behavioural medicine models, emphasizing prevention, lifestyle change, and the psychological management of chronic illness. Students also examine health communication, stress, and health promotion interventions.</p> <p>Through lectures, case studies, and discussions, students develop an evidence-based understanding of the role of psychology in improving health outcomes at both individual and community levels.</p>				
Learning outcomes	<p>On successful completion of the course and with further independent study, students will be able to:</p> <p>Knowledge</p> <ol style="list-style-type: none"> 1. Explain the biopsychosocial model and its application to health and illness. 2. Evaluate major psychological theories of health behaviour and health behaviour change. <p>Competencies</p> <ol style="list-style-type: none"> 3. Apply psychological principles to the understanding and modification of health-related behaviours. 4. Evaluate psychological factors influencing stress, coping, and illness management. 				

	Transferable Skills	
	5. Communicate evidence-based insights on health and wellbeing in written and oral form.	
Prerequisites	Required	none
Course content	<p>Indicative Content</p> <ul style="list-style-type: none"> • Introduction to Health Psychology (Definition, scope, and history of health psychology; the biopsychosocial model) • Theories of Health Behaviour (e.g. Health Belief Model, Theory of Planned Behaviour, Transtheoretical Model) • Stress and Coping • Psychoneuroimmunology • Health Behaviour Change • Chronic Illness and Pain • Health Promotion and Prevention • Communication and Health Care • Health Inequalities and Culture (e.g. Socioeconomic, gender, and cultural factors affecting health outcomes) 	
Teaching methodology	Teaching will consist of lectures, in-class discussions, case studies and quizzes designed to assess understanding and provide opportunities for formative feedback. Teaching will be supported by online materials and additional readings	
Bibliography	<p>Core Text:</p> <ul style="list-style-type: none"> • Ragin, D. F. (2025). <i>Health psychology: An interdisciplinary approach</i> (4th ed.). Routledge. Recommended: • Joseph, S. (Ed.). (2015). <i>Positive psychology in practice: Promoting human flourishing in work, health, education, and everyday life</i> (2nd ed.). Wiley. https://doi.org/10.1002/9781118756935 <p>Further reading:</p> <p>A reading list will accompany each lecture, highlighting relevant articles accessible through the library, as well as open-access and e-learning resources.</p>	
Assessment	Attendance and participation	10%
	Written Assignment	30%
	Presentation	15%
	Final Exam	45%
Language	English	184