



蘇州大學
Soochow University

PSY 423 Health Psychology

Winter 2024

Course Credits: 4

Contact Hours: 56 hours

Instructor: TBA

Email: TBA

COURSE OBJECTIVES

Health Psychology is an introductory course that explores the intersection of psychological factors and health. It examines how psychological processes influence physical health, illness prevention, and healthcare outcomes. Students will learn about the model of health and the application of psychological theories and research in promoting health and well-being. The course covers various topics, including stress and coping, health behaviors, patient-provider interactions, and the psychological impact of chronic illness.

Upon Completion of this Course, students will be able to:

1. Understand the key concepts and theories in health psychology.
2. Analyze the biopsychosocial factors that contribute to health and well-being.
3. Evaluate the impact of psychological factors on health behaviors and outcomes.
4. Apply evidence-based strategies to promote health and prevent illness.
5. Critically examine the role of psychological interventions in healthcare settings.
6. Develop skills in research methods and critical thinking related to health psychology.

PREREQUISITES

PSY 270 Research Methods in Psychology

GRADING



Grades will be determined by accumulating points, with 100 points being the maximum, as follows:

ITEM	POINTS
Quizzes	20 Points
Assignments	20 Points
Midterm Exam	25 Points
Final Exam	35 Points
Total	100 Points

Late submissions will be graded at the end of the course. Grades will be assigned according to the following rule:

$A \geq 90 > B \geq 80 > C \geq 70 > D \geq 60 > F$.

We reserve the right to make adjustments to the overall grading policy.

COURSE MATERIALS

Required Texts:

Edward P. Sarafino, Timothy W. Smith, David B. King, Anita DeLongis, *Health Psychology: Biopsychosocial Interactions*, 1st Edition, Wiley, 2015.

Recommended (Optional) Texts or Other Materials:

None

COURSE TOPICS

MODULE	TASKS
Module 1	Topics: Topic 1: Introduction to Health Psychology and its Scope Topic 2: Biopsychosocial Model of Health and Illness Topic 3: Research Methods in Health Psychology Topic 4: Ethical Considerations in Health Psychology Research Assessments: Quiz#1



Module 2	<p>Topics: Topic 5: Health Beliefs and Health Behavior Models Topic 6: Health Education and Behavioral Change Techniques Topic 7: Strategies for Promoting Healthy Lifestyles Topic 8: Interventions for Smoking Cessation and Substance Abuse</p> <p>Assessments: Assignment#1</p>
Module 3	<p>Topics: Topic 9: Understanding Stress and its Impact on Health Topic 10: Coping Strategies and Stress Management Techniques Topic 11: Resilience and Adaptation to Stressful Situations Topic 12: Mindfulness and Stress Reduction Techniques</p> <p>Assessments: Midterm Exam Quiz#2</p>
Module 4	<p>Topics: Topic 13: Psychological Factors in Chronic Illness and Disability Topic 14: Psychological Interventions for Chronic Disease Management Topic 15: Quality of Life and Psychological Well-being in Chronic Illness Topic 16: Palliative Care and End-of-Life Issues</p> <p>Assessments: Assignment#2</p>
Module 5	<p>Topics: Topic 17: Patient-Provider Communication and the Healthcare Experience Topic 18: Health Care Decision Making and Adherence to Treatment Topic 19: Psychosocial Aspects of Illness and Hospitalization Topic 20: Cultural Competence and Health Disparities</p> <p>Assessments: Final Exam</p>

ATTENDANCE

1) Class attendance is required. Missing classes without permission will lead to decrease in overall grade.

Missing less than two classes: no penalty.

Missing more than two classes: 7% will be taken off from the overall grade.

If the instructor reports a student's frequent missing of class to the Soochow University Academic Administration Office, the student might get a written warning and might be prohibited from attending final exam.



2) Participants in this course are expected to arrive in class promptly and adequately prepared. The primary objective of this course is to critically engage with the readings and the subject matter. Therefore, course participants are expected to have completed the reading prior to class and prepare thoughtful reflections/commentaries to share with fellow colleagues.

LEARNING REQUIREMENTS

- 1) Late assignments are not acceptable and are subjected to grade deductions.
- 2) Assignments submitted in the wrong format will be counted as not submitted.
- 3) Failure to submit or fulfill any required course component results in failure of the class.
- 4) Make-up for midterm and final exams only with valid excuses, as defined by the University.
- 5) In order to earn a Certificate of Completion, participants must thoughtfully complete all assignments by stated deadlines and earn an average quiz score of 50% or greater.

TECHNOLOGY POLICY

The use of electronic devices in class is distracting, both for the user and for the rest of the class. Only non-programmable calculators can be used in the tests and exam. Any attempts to use cell phones and other electronic communication devices will be seemed as cheating. Laptops are discouraged, unless you use them for activities DIRECTLY related to the course (eg., note taking, reading course documents).

ACADEMIC INTEGRITY POLICY

Soochow University highly values the academic integrity and aims to promote the academic fairness, honesty and responsibility. Any academic dishonesty behaviors and any attempts to cheats and plagiarism will be reported to the university administration office. A written warning and the relevant penalties will be imposed. The record might be shown on the official university transcript.

DISABILITY ACCOMMODATION



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Soochow University is committed to maintaining a barrier-free environment so that students with disabilities can fully access programs, courses, services, and activities at Soochow University. Students with disabilities who require accommodations for access to and/or participation in this course are welcome.

Note:

Please contact the University Administrative Office immediately if you have a learning disability, a medical issue, or any other type of problem that prevents professors from seeing you have learned the course material.