

PSY 326 : Health Psychology

Issues of health will be studied from a systems approach with a focus on the shift away from the biomedical model toward the more encompassing biopsychosocial model. Because today's leading causes of death occur partly as the result of individual behaviors or failures to engage in some behavior(s), a major focus in the course will be the cognitive variables intervening between health/illness and behavior. Topics such as stress and coping, immunity, adhering to medical advice, pain, and acute and chronic illness will be covered. This course is relevant to those in health profession programs, psychology, and to others interested in health and this new and growing field.

Credits 3

Prerequisites

PSY 101