



Course syllabus

Faculty Board of Health, Social Work and Behavioural Sciences
School of Education, Psychology and Sports Science

1PS150 Hälsopsykologi, 7,5 högskolepoäng
Health Psychology, 7.5 credits

Main field of study

Psychology

Subject Group

Psychology

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved by the Board of the School of Education, Psychology and Sports Science
2009-07-17

Revised 2011-02-09

The course syllabus is valid from spring semester 2010

Prerequisites

NO VALUE DEFINED

Expected learning outcomes

On completion of the course, students should be able to briefly account for the connection between psychological factors and behaviour related to health and illness, both verbally and in writing. Students should also be able to account for the scientific basis and methods of the subject

Content

- knowledge fields and research methods of health psychology
- psychological perspectives on health and illness
- stress and health
- personality-psychological aspects on somatic disease and disease development
- how patients/clients deal with their illness - coping and psychological defence mechanisms
- the importance of social support for health and illness
- adherence behaviours in connection to treatments and prescriptions

Type of Instruction

Teaching is in the form of lectures, seminars and laboratory work. Attendance at seminars is obligatory

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Course Evaluation

Course evaluations are carried out on a continuous basis verbally and/or in writing throughout the course. When the course has finished, an evaluation is compiled. The results are reported to the students and then archived according to the rules of the school.

Other

The course is offered as a freestanding course but can also be included in education programmes that allow it.

Required Reading and Additional Study Material

Rydén, O, Stenström, U: Hälsopsykologi - psykologiska aspekter på hälsa och sjukdom. Stockholm: Bonnier Utbildning. 230 pages
Taylor, S.E.

Health Psychology. New York: Mc Graw Hill. 473 pages

Also included are articles according to the course leader's instruction, amounting to ca 100 pages

Latest edition of course literature shall be used