

# Minnesota State University Moorhead

## PSY 265: Health Psychology

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites:

This course requires the following prerequisite

PSY 113 - General Psychology

Corequisites: None

MnTC Goals: None

Study of psychosocial influences in health maintenance and prevention of illness. Emphasis is on cognitive-behavioral intervention to promote life-style changes and increase compliance with medical regimens.

**B. COURSE EFFECTIVE DATES:** 06/01/1995 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Research Methodology.
2. Theories of Health Behavior.
3. Methods of Health Behavior Change.
4. Health-enhancing Behaviors .
5. Health-compromising Behaviors.
6. Stress & Social Support.
7. Pain.
8. Patient-provider Relations.
9. Chronic Illness .
10. The Cardiovascular System, Heart Disease, and Diabetes.
11. The Immune System, AIDS and Cancer.

### D. LEARNING OUTCOMES (General)

1. Understand the field of Health Psychology.
2. Identify some of the psychological/biological/sociological factors contributing to the onset of disease.
3. Learn the nature of the stress response and its impact in the etiology and course of many health problems.
4. Apply psychological principles to the treatment and management of illness, and to the promotion of behaviors promoting a healthy lifestyle.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted