

## **COURSE CONTENT**

<b>Course Code / Title</b>	: HP3703 HEALTH PSYCHOLOGY
<b>Pre-requisites</b>	: HP1000 + HP1100 or CS2008 (PSMA)
<b>No. of AUs.</b>	: 3
<b>Contact Hours</b>	: 39

### **Course Aims**

Oftentimes, we are intent on avoiding illness. However, the absence of illness is not synonymous with the presence of wellness. Guided by the holistic perspective on health and wellness, this course goes beyond the interconnectivity of the mind and body to explore the interdependence of our physical health and mental health. The overarching course aim is to inspire motivation to enhance both personal and community wellness.

The area of health psychology intersects numerous areas of psychology, drawing upon the foundations of social psychology, social cognition, human motivation, and personality psychology. Throughout this course, you will gain insight into 1) Multi-faceted definitions of health, and their implications for prevention and interventions; 2) Fundamental frameworks in health psychology; 3) Empirical research on barriers to prevention, diagnoses, and adherence to health plans; and 4) Empirical research elucidating the effectiveness of behavioural interventions in both promoting both physical and mental wellness.

### **Intended Learning Outcomes (ILO)**

By the end of the course, you should be able to:

1. Articulate The Basic Theories And Frameworks Of Health Psychology
2. Appreciate The Interdependence Of Physical And Mental Health In Understanding Barriers To Preventive Behaviours, Diagnoses, And Adherence To Health Plans
3. Evaluate The Empirical Research On Health Interventions By Leveraging On Their Understanding Of Research Methods In A Health Psychology Setting
4. Develop Plans To Enhance Personal Physical And Mental Wellness
5. Explore The Future Direction Of Health Psychology By Considering Gaps In Our Current Knowledge

## Course Content

- Introduction and Overview
- Systems of the Body & Health Psychology
- Inspiring Behavioural Change
- The Importance of Health-Promoting Behaviours
- The Pervasive Impact of Stress on Wellness
- *External Sources of Resilience*
- Evaluating Prevalent Health-Promoting Interventions
- Mindfulness in Health Care and Daily Functioning
- Heart Disease and Type II Diabetes
- Managing Chronic Health Disorders
- Wellness across the lifespan
- Group Presentations
- Concluding Remarks: Revisiting the Interdependence of Physical and Mental Health

## Course Assessment

CA1	Class Participation	: 10%
CA2	Weekly Self-Reflections	: 15%
CA3	My Wellness Journey (Part 1: Current Self)	: 20%
CA4	My Wellness Journey (Part 2: Future Self And Conclusion)	: 30%
CA5	Intervention Design	: 25%
<b>Total</b>		----- <b>100%</b>

## Reading and References

### *Textbook*

- Taylor, S. & Stanton, A. L. (2021). *Health Psychology*, 11th Edition. McGraw-Hill.

### *Supplemental Readings*

- Johnson, B. T., Acabchuk, R. L., George, E. A., Nardi, W., Sun, S., Salmoirago-Blotcher, E., ... & Loucks, E. B. (2023). Mental and Physical Health Impacts of Mindfulness Training for College Undergraduates: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Mindfulness*, 14(9), 2077-2096.
- Heckhausen, J., Wrosch, C., & Schulz, R. (2019). Agency and motivation in adulthood and old age. *Annual Review of Psychology*, 70, 191-217.

- Koban, L., Gianaros, P. J., Kober, H., & Wager, T. D. (2021). The self in context: brain systems linking mental and physical health. *Nature Reviews Neuroscience*, 22(5), 309-322.
- Lenzo, V., Sardella, A., Martino, G., & Quattropiani, M. C. (2020). A systematic review of metacognitive beliefs in chronic medical conditions. *Frontiers in psychology*, 10, 502912

**Planned Weekly Schedule (subject to changes, if any)**

Week	Topic	Course LO	Readings/ Activities
1	Introduction And Overview Fundamentals in Defining Health and Wellness, Introduction of Theoretical Models, Including The Bio-Psycho-Social-Spiritual Model (BPSS). Self-Reflection #1: Motivation For Enrolling in This Course.	1	Textbook Ch. 1
2	Systems Of the Body & Health Psychology Interdependence of The Mind and Body: The Brain-Gut Axis; Challenges Faced in Health Psychology Research. Self-Reflection #2: Your Physical Health Inventory, Your Personal Health Goals, And the Knowledge You Hope to Gain to Improve Your Physical Health	1, 2	Textbook Ch. 2
3	Inspiring Behavioural Change Identifying Ways to Motivate Behavioural Change Through Applying the BPSS Model; The Robustness Of Theoretical Models On Behavioural Change. Self-Reflection #3: Utilizing The BPSS Model, Identify Ways to Achieve One of Your Health Behaviour Goals (Identified In Self-Reflection #2 Above).	1, 2, 3, 5	Textbook Ch. 3
4	The Importance of Health-Promoting Behaviours Knowledge and Misinformation About Nutritional Plans, Exercise, And Sleep; The Role Mutually Reinforcing Effects of Mental and	1, 2, 3, 4, 5	Textbook Ch. 4

	Physical Wellness Promoting Behaviours Self-Reflection #4: Consider Your Moods When You Do (Vs. Do Not) Adhere to Physical Health Promoting Plans. Can You Discern Any Particular Patterns? And If Yes, What Are Steps You Intend to Take to Emotionally-Regulate?		
5	The Pervasive Impact of Stress on Wellness Interpretating Stressors: Theories of Attribution and Control; The Impact of Stress on Coping Self-Reflection #5: Utilizing the Profiles Conducted in Class, Explore How Your Attributional Style And Perceived Control May Shape How You Approach Challenges. Are There Any Changes You Would Like to Make to Minimize the Negative Impact of Stressors?	1, 2, 3, 4	Textbook Ch. 6
6	External Sources of Resilience Exploring the Impact of Our Social Resources and Social Network for Promoting Physical and Mental Wellness. Self-Reflection #6: How Do You Think That a Strong Social Support System Helps Our Physical and Mental Health? What The Underlying Mechanisms for You That You Can Identify?	1, 2, 3, 4	Textbook Ch. 7
7	Evaluating Prevalent Health-Promoting Interventions Explanation and Guided Exploration for Evaluating Existing Interventions and Designing Improve Intervention. Self-Reflection #7: What Was the Impetus for Your Group to Select the Specific Intervention That You Did?	1, 2, 3, 5	No Readings  Groups to select their own readings to prepare for their presentations. Guidance by instructor will be provided.

8	Mindfulness In Health Care and Daily Functioning Defining Mindfulness: Understanding the Role of Mindfulness Practices and Creativity in Managing Stress and Chronic Illnesses. Self-Reflection #8: In Reflecting on The Numerous Ways in Which We Can Be Mindful, Which Practice Resonates Most Strongly with You? What Kind of Environmental Factors Can You Put into Place That Would Encourage You to Consistently Practice Mindfulness?	1, 2, 3, 4, 5	Johnson, B. T., Acabchuk, R. L., George, E. A., Nardi, W., Sun, S., Salmoirago-Blotcher, E., ... & Loucks, E. B. (2023). Mental and Physical Health Impacts of Mindfulness Training for College Undergraduates: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Mindfulness</i> , 14(9), 2077-2096.
9	Heart Disease and Type II Diabetes Psychosocial Risk Factors, And Impact on Mental Health. Self-Reflection #9: Which Psychosocial Risk Factor Do You Think Would Be Applicable to You? How May You Be Able to Reduce That Risk?	1, 2, 3, 4	Textbook Ch. 13
10	Managing Chronic Health Disorders Managing Twice the Challenges: Developing Resilience and Optimism. Self-Reflection #9: In The Context of Managing Chronic Health Disorders, Which Type of Optimism Do You Think Would Be the Most Helpful for You? And Which Type Do You Think Would Be the Least? And why?	1, 2, 3, 4	Textbook Ch. 11+6
11	Wellness Across the Lifespan Maintaining Quality of Life Despite Age-Related Physical and Cognitive Decline. Self-Reflection #9: Which Are Your Major Concerns in Terms of Physical and Cognitive Decline Associated with Aging?	1, 2, ,3, 4, 5	Heckhausen, J., Wrosch, C., & Schulz, R. (2019). Agency and motivation in adulthood and old

	What Are Your Plans for Future-Proofing Against These?		age. Annual Review of Psychology, 70, 191-217.
12	Group Presentations Self-Reflection #10: Out of All the New Interventions Proposed by The Groups, Which Intervention Do You Think Would Most Likely Be Successful? Using Knowledge Imparted in The Course, Please Explain the Predictors of Success You Identified.	1, 2, 5	No readings
13	Concluding Remarks: Revisiting The Interdependence of Physical and Mental Health	1, 2, 3, 4, 5	<p>Koban, L., Gianaros, P. J., Kober, H., &amp; Wager, T. D. (2021). The self in context: brain systems linking mental and physical health. Nature Reviews Neuroscience, 22(5), 309-322.</p> <p>Lenzo, V., Sardella, A., Martino, G., &amp; Quattropiani, M. C. (2020). A systematic review of metacognitive beliefs in chronic medical conditions. Frontiers in psychology, 10, 502912.</p>