



### ΤΜΗΜΑ ΕΠΙΣΤΗΜΩΝ ΤΗΣ ΑΓΩΓΗΣ

(CIP file- Classification of instructional programmes)

Τίτλος μαθήματος:	<b>HEALTH PSYCHOLOGY</b>		
Κωδικός:	<b>HPSY300</b>		
Κατηγορία:	Compulsory		
Επίπεδο:	Undergraduate		
Έτος σπουδών:	3rd		
Εξάμηνο:	Spring		
ECTS:	6		
Όνομα διδάσκοντα(ουσας):	Angelos Kassianos		
Επιδιωκόμενα μαθησιακά αποτελέσματα:	<p>Students will acquire the necessary knowledge, research and methodological tools to enable them:</p> <ol style="list-style-type: none"><li>1. Describe, compare and critically evaluate the different models and theories explaining health behaviors.</li><li>2. Being able to assess the impact of individual differences, biology, genetics, ethnicity, gender, culture and social order on the health and care of the health and care.</li><li>3. Understand how Health Psychology has helped prevent and manage illnesses such as obesity, cancer and cardiovascular disease.</li><li>4. Understand the systematic implementation of the researcher-professional model, involving the analysis of a problem and the formulation, planning and evaluation of interventions.</li><li>5. Equip with the basic interpersonal, technical and creative skills needed to effectively analyze and formulate health problems, and to effectively design, implement and evaluate health interventions.</li><li>6. Understand the research methods used in Health Psychology as a research field, as well as the relevant literature.</li><li>7. Cooperate effectively with other specialties in fulfilling health promotion goals.</li></ol>		
Μέθοδοι Διδασκαλίας:	Lectures with interactive exercises		
Προ-απαιτούμενα:	None	Συν-απαιτούμενα:	None
Περιεχόμενο μαθήματος:	<ul style="list-style-type: none"><li>▪ The scope and objectives of Health Psychology.</li><li>▪ Beliefs about health and health behavior.</li><li>▪ Psychological aspects of care provision</li><li>▪ Models and theories illustrating health behaviors.</li><li>▪ The contribution of anxiety and its modification to medical practice.</li><li>▪ Perception of pain and related interventions.</li><li>▪ Chronic illnesses (HIV, cancer, diabetes and cardiovascular diseases).</li><li>▪ Diagnosis and treatment of diseases as well as factors related to the diagnosis, progression and outcome of the disease.</li><li>▪ Substance abuse and addictive behaviors</li><li>▪ The significance of a health professional relationship and inappropriate in the context of providing medical care.</li><li>▪ Disease prevention methods and the concept of risk assessment and perception.</li><li>▪ Conduct research in Health Psychology (quantitative, qualitative, interventions development, systematic review of literature, psycho-neuroimmunology).</li></ul>		



	<ul style="list-style-type: none"><li>▪ The use of psychosocial interventions (eg knowledge and treatment)</li><li>▪ Future directions for Health Psychology.</li></ul>
Βιβλιογραφία:	<ol style="list-style-type: none"><li>1. French, D., Vedhara, K., Kaptein, A. D., &amp; Weinman, J., 2010. <i>Health Psychology</i>. 2nd ed. Chichester: BPS Blackwell.</li><li>2. Morrison, V., &amp; Bennett, P., 2012. <i>An Introduction to Health Psychology</i>. 3rd ed. London: Prentice Hall.</li><li>3. Sarafino, E. P., 2014. <i>Health Psychology: Biopsychosocial Interactions</i>. 8th ed. New York: Wiley.</li><li>4. Drotar, Dennis. Psychological interventions in childhood chronic illness. American Psychological Association, 2006.</li><li>5. Alfasi, Goldie. "Review of Clinical Health Psychology and Primary Care: Practical Advice and Clinical Guidance for Successful Collaboration." (2004): 239.</li><li>6. Conner, M., &amp; Norman, P. (2005). The role of social cognition in health behaviours. In Conner, M., &amp; Norman, P. (eds). <i>Predicting Health Behaviour: Research Practice with Social Cognition Models</i>. Open University Press.</li><li>7. De Ridder, D. &amp; de Wit, J. (2006). <i>Self-Regulation in Health Behavior</i>. Chichester: John Wiley &amp; Sons.</li><li>8. Petrie K &amp; Weinman J (1997), <i>Perceptions of Health and Illness: Current Research and Applications</i>, Harwood Academic Publishers.</li><li>9. Rutter, D. &amp; Quine, L. (2002). <i>Changing Health Behaviour</i>. Buckingham: Open University Press.</li></ol>
Εγχειρίδια:	Ogden, Jane. <i>Health psychology</i> . McGraw-Hill Education (UK), 2012. (greek version)
Συμπληρωματική βιβλιογραφία:	N/A
Προγραμματισμένες δραστηριότητες και μεθοδολογία:	The theoretical background of the course is offered through lectures. Participatory activities, stunning stories, role-playing, investigations, group discussions, and plenary sittings and work presentations are also used. The preparation and presentation of papers and debates aim at involving all students, developing communication, cooperative skills, critical thinking, research skills, as well as collaborative development.
Τρόποι και κριτήρια αξιολόγησης:	Essay 25% Presentation 15% Class participation 10% Final exam 50%
Γλώσσα διδασκαλίας:	Greek
Πρακτική επαγγελματική άσκηση:	No