

Course unit title:	Health Psychology		
Course unit code:	NUR317		
Type of course unit:	Compulsory		
Level of course unit:	Bachelor (1 st cycle)		
Year of study:	2		
Semester when the unit is delivered:	3(Fall)		
Number of ECTS credits allocated :	4		
Name of lecturer(s):	Dr. Ioanna Katsounari		
Learning outcomes of the course unit:	<ol style="list-style-type: none"> 1. Describe the basic concepts of Health Psychology and the historical development of Psychology as a science. 2. Explain the various methods used by Health Psychology and the different specialties in the field of Psychology. 3. Describe the concept of personality and explain environmental and genetic factors which influence the development of personality and Health Issues. 4. Describe the basic theoretical approaches of Health Psychology and their application in understanding human behavior. 5. Explain biological bases of behavior and describe the link between the nervous system and behavior. 6. Explain the application of Psychology into the field of Nursing and Health in general. 		
Mode of delivery:	Face-to-face		
Prerequisites:	None	Co-requisites:	None
Recommended optional program components:	None		
Course contents:	<ul style="list-style-type: none"> • Definition of Health Psychology, History of Health Psychology, Methodology of Health Psychology. • Definition of Personality, Genetic and Environmental Influences, The ecological Model of Bronfenbrenner. • Biological bases of behavior- Nervous system and Behavior. • Assessment of personality-Objective and projective assessment methods of personality. • Personality theories: Freud's psychoanalytic theory, Rogers person-centered theory, Behavioral theories. • Cognitive Psychology: Memory and Perception. • Social Psychology: Attitudes, Stereotypes, Prejudice, Social Influence, Aggression. • Psychology of Health and Illness: Psychological factors in health and illness, Psychosocial needs of patients and their families, communication with the patient and the families. 		
Textbooks:	<ul style="list-style-type: none"> • Taylor, S. (2015). <i>Health Psychology</i>. USA: Mc Graw Hill Education. 		
References:	<ul style="list-style-type: none"> • Cvengros, J.A., Christensen, A.J., Cunningham, C., Hillis, S.L., & Kaboli, P.J. (2019). Patient preference for and reports of provider behavior: impact of symmetry on patient outcomes. <i>Health Psychology</i>, 28, 660-667. • Jordan, C.H., & Zanna, M.P. (2015). How to read a journal article in social psychology. In J.T. Cacioppo & G.G. Berntson (Eds.), <i>Social Neuroscience: Key Readings</i> (pp. 271-279). New York: Psychology Press. 		
Planned learning activities and teaching methods:	<p>The main teaching methods are the following:</p> <ul style="list-style-type: none"> • Lectures-Analysis of theoretical material • Discussion groups • Use of visual-auditory material 		
Assessment methods and criteria:	<ul style="list-style-type: none"> • Test 40% • Participation 10% • Final Exam 50% 		

Language of instruction:	Greek
Work placement(s):	No