

Course Title	Health Psychology				
Course Code	NURS212				
Course Type	Compulsory				
Level	BSc (Level 1)				
Year / Semester	2 nd / Spring				
Instructor's Name	Dr. Agathi Argyriadi				
ECTS	4	Lectures / week	2+1*	Laboratories / week	-
Course Objectives	The purpose of the course is the presentation of important topics in the field of Health Psychology such as those of health and illness, psychosocial factors having an impact on health and illness, as well as the implementation of intervention programs in this area.				
Learning Outcomes	<p>Students completing this course should be able to:</p> <ul style="list-style-type: none"> - Identify the interdependence between biological, psychological and social parameters in health and disease. - Analyze the psychological processes associated with illness and health. - Assess the importance of interdisciplinary cooperation in health and disease. - Appreciate the importance of linking theory and practice in the practice of the profession. - Identify important elements of communication between patients and nursing staff. - Recognize the implementation of intervention programs in the field of Health Psychology. - Use the principles of Health Psychology to the everyday clinical practice - Design community health promotion interventions according t the knowledge of this discipline 				
Prerequisites	-		Co-Requisites	-	
Course Content	<ul style="list-style-type: none"> - Health, Health Psychology and the Biopsychosocial Model. - Culture and health- Social environment and health. - Health related behaviors. - Stress and impact on health. - Factors that determine health behaviors. - The impact of chronic illness and psychosocial parameters. - Sociocognitive models and theories. - Health system and the role of the Psychologist 				
Teaching Methodology	Theory: The course is delivered to the students through lectures, using computer-based presentations programmes. Case Studies, Discussion, Questions / Answers are also used depending on the content of the				

	<p>lecture. Lecture notes and presentations are available online for use by students in combination with textbooks. Relevant material published in international scientific journals are also used to follow the latest developments related to the subject of the course.</p> <p>Tutoring*: Students will also have the opportunity during the tutoring exercises to understand and consolidate the theoretical part of the course.</p>
Bibliography	<p>a. <u>Textbooks:</u></p> <p>Dale, H., & Bull, E. (2021). Formulation in Health Psychology clinical practice. In <i>Health Psychology in Clinical Practice</i> (pp. 117-158). Routledge.</p> <p>Sarafino, EP., Smith, TW. (2021). (μτφρ). <i>Health Psychology. Bio-Psychosocial Interactions.</i>: Athens: Gutenberg.</p> <p>b. <u>References:</u></p> <p>Deshields, T. L., Asvat, Y., Tippey, A. R., & Vanderlan, J. R. (2022). Distress, depression, anxiety, and resilience in patients with cancer and caregivers. <i>Health Psychology</i>, 41(4), 246.</p> <p>DO, H. J. (2021). Managing Employee Work Stress using Health Psychology. <i>East Asian Journal of Business Economics (EAJBE)</i>, 9(4), 81-92.</p> <p>Holden, C. L., Rollins, P., & Gonzalez, M. (2022). Health-Promoting Behaviors, Relationship Satisfaction, and Resilience Among a Community Sample. <i>Contemporary Family Therapy</i>, 1-11.</p> <p>König, L. M., Allmeta, A., Christlein, N., Van Emmenis, M., & Sutton, S. (2022). A systematic review and meta-analysis of studies of reactivity to digital in-the-moment measurement of health behaviour. <i>Health Psychology Review</i>, 1-25.</p> <p>Savarese, G., Carpinelli, L., & Marinaci, T. (2021). Psychology in Health Science. In <i>International Handbook of Psychology Learning and Teaching</i> (pp. 1-25). Cham: Springer International Publishing.</p> <p><i>Through the services of the university library, access is provided to electronic repositories of scientific journals and articles, indicatively ProQuest, Cambridge University Press and Science Direct with thousands of scientific journals in the fields of health sciences.</i></p>
Assessment	<p>The assessment of this course takes place with two mid-term activities (assignment and midterm exam) as well as the final exam.</p> <p>Mid-term Exam: 10%. The written mid-term exam consists of multiple choice questions, short answers and open-ended questions.</p> <p>Assignment: 20%. Preparation of a scientific paper in the field of Psychology</p> <p>Final examination: 50%. A final written exam will include multiple-choice, short-term, and open-ended questions.</p>



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Language	Greek / English