

## PSYC 2301 B : INTRODUCTION TO HEALTH PSYCHOLOGY

<b>Instructor</b>	Dr. Kim Lassiter
<b>Term</b>	Winter 2024
<b>Course Delivery</b>	In-person
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<b>Office Location</b>	No on-campus office
<b>Office Hours</b>	By appointment over Zoom

### COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This lecture-format in-person course is designed to introduce students to the field of health psychology, a specialty area of psychology that focuses on how biological, psychological, and social factors influence health and illness. Through the lens of the biopsychosocial model, the course provides an overview of concepts, theory, research, and applications of health psychology. Main topic areas include stress and coping; health-related behavior; pain and its management; using health services; chronic illness, and death. In addition to an overview of the field, this course aims to build an appreciation of the complex relationships among mental health, physical health, and one's environment, specifically, the social determinants of health.

### EVALUATION

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| • Assignment 1 | 10% |
| • Midterm exam | 40% |
| • Assignment 2 | 10% |
| • Final exam   | 40% |

### TEXT

Sarafino, E.P., Smith, T.W., King, D.B., & De Longis, A. (Eds.)(2020). Health Psychology: Biopsychosocial interactions, 2<sup>nd</sup> Canadian Edition. Wiley & Sons Canada Ltd.

ISBN 978-1-119-50694-2 (print)

978-1-119-50688-1 (e-book)