

OCCUPATIONAL HEALTH PSYCHOLOGY

Course	PSYC 4801-B
Instructor	Kathryne Dupré
Term	Winter
Course Delivery	In-person
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Office Hours	TBA

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

Occupational Health Psychology (OHP) is one of the most widely researched areas within the work domain; it is an emerging field that focuses on applying psychology to improve the quality of work life, and to enhance the health, safety and well-being of employees and their families. OHP is an interdisciplinary field involving researchers in many areas of psychology (e.g., industrial-organizational, social, clinical) as well as those in other fields such as public/occupational health and medicine. In this course, theories and empirical research that focus on the effects of the workplace on employees' health and wellbeing are discussed. Topics such as workplace leadership, sleep and work, mistreatment at work, and the work-life interface will be included. Moreover, occupational health and safety situations are analyzed, and potential solutions identified.

EVALUATION (SUBJECT TO CHANGE)

Evaluation in this course will be based on in-class participation, oral presentations, and written assignments.

TEXT

Students will be provided with a reading list.