

PSYC 2301 C : INTRODUCTION TO HEALTH PSYCHOLOGY

Instructor	Dr.Carolynn Hare
Term	Winter 2027
Course Delivery	In-Person
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Office Hours	TBD

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

Health Psychology explores how psychological, social, and biological factors interact to influence health and illness. This course introduces students to core theories and research in health psychology, including stress and coping, health behaviours, and chronic illness.

In addition to an overview of the field, this course emphasizes the complex interplay between mental health and physical health, with particular attention to the role of environmental influences and the social determinants of health. The whole spectrum of health will be discussed, ranging from life-threatening conditions to positive health, which may leave you with some concepts to prioritize your health and well-being.

EVALUATION (SUBJECT TO CHANGE)

- Midterm exam 35% (in-person on campus)
- Assignment Outline 5%
- Assignment 20%
- Final exam 40% (in-person on campus)

TEXT

Sarafino, E. P., Smith, T. W., King, D. B., & DeLongis, A. (2020). Health Psychology, Canadian Edition. Wiley. Second Edition

Content covered in the textbook that is also covered in lectures is testable.