

PSYC 2301 A : INTRODUCTION TO HEALTH PSYCHOLOGY

Course	PSYC 2301A
Instructor	Tarry Ahuja, PhD
Term	Summer 2025
Email Address	Tarry_Ahuja@carleton.ca
Classroom	Online only (Asynchronous)
Office Hours	by appointment

COURSE DESCRIPTION/INSTRUCTORS STATEMENT

Health and illness are influenced by a wide variety of factors. While contagious and hereditary illness are common, there are many behavioral and psychological factors that can impact overall physical well-being and various medical conditions. Health psychology is a specialty area that focuses on how biology, psychology, behavior and social factors influence health and illness. This course will delve into the intricate world of health psychology, teaching students the basic principles while introducing how these relate to issues in our society today. Have you wondered if smoking really kills? Why do your final exams stress you out? Do you want to know what coping strategies and interventions are available? These topics and many more will be covered with class discussion. (Note that both midterm and final exams will be e-proctored)

EVALUATION

Assignment – 20%

Midterm Exam – 30% (will be e-proctored)

Final Exam – 50% (will be e-proctored)

TEXT

Health Psychology (CDN Edition) by Shelly E. Taylor, and Fuschia M. Sirois. Publisher: McGraw-Hill. **(6th Edition)**