

PSYC 2301 B : INTRODUCTION TO HEALTH PSYCHOLOGY

Instructor	Katie Gunnell
Term	Winter 2026
Course Delivery	Synchronous in-person
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Office Location	A511 Loeb
Office Hours	By appointment

COURSE DESCRIPTION/INSTRUCTORS STATEMENT

In this course, students will be introduced to health psychology through the lens of the biopsychosocial model. Within this model, students will learn about the interplay between biology, psychology, and social factors that impact health. Topics covered will include: the body's physical systems, stress, illness, and coping, lifestyle behaviours to promote health and prevent illness (e.g., physical activity, sedentary behaviour, weight control), and management of illness.

EVALUATION (SUBJECT TO CHANGE)

This course will be in-person. Evaluations will be based on a variety of types of assessments (e.g., written assignments, midterms, exam etc.).

TEXT (SUBJECT TO CHANGE IF A NEW EDITION IS RELEASED)

Sarafino, E. P., Smith, T. W., King, D. B., & DeLongis, A. (2020). Health Psychology: Biopsychosocial Interactions, 2nd Canadian Edition. Wiley.