

Brief Course Outline

Course Title: Introduction to Health Psychology

Course Number and Section:

PSYCHOL

2330B 550

Instructor Name(s): Dr. Elizabeth Kinghorn

Instructor Email(s): ekinghor@uwo.ca

Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL is the official and authoritative source of information for the course.

Course Description:

This course offers a broad overview of the field of health psychology, focusing on research and theories that explore the relationships between cognition, behavior, physical health, and illness. Key topics include the impact of stress on health, psychological factors influencing health-related behaviors, and strategies for coping with serious illnesses. The course emphasizes foundational concepts and applications of research and theory to prevention and intervention efforts.

Antirequisite(s): Psychology 2036A/B and Psychology 3330F/G.

Learning Outcomes:

- o Develop an understanding of key concepts and theories in health psychology, including the relationships between cognition, behavior, and physical health.
- o Explore and assess psychological factors influencing health-related behaviors and their implications for prevention and intervention
- o Apply research findings to real-world scenarios, focusing on the development of effective health promotion and intervention strategies
- o Recognize the role of health psychologists in improving individual and community health outcomes

Textbooks and Course Materials:

Required Text:

Matheson, D. H., Cox, D. N., & Poole, G. (2023). *The Psychology of Health and Health Care: A Canadian Perspective* (6th ed.). North York, ON: Pearson Canada Inc.

Access to this eText can be purchased through the Western University Bookstore using the following link:

https://bookstore.uwo.ca/textbook-search?campus=HC&term=W2024B&courses%5B0%5D=550_HC/PSY2330B

Methods Of Evaluation:

Assignment	Due Date mm/dd/yy	Weight - %
Attendance & Participation	Ongoing	10
Article Presentation	TBD (Week 3 through 10)	15
Application Paper	02/13/2025	20
Health Infographic	04/03/2025	20
Final Exam	TBD (April Exam Period)	35

In solidarity with the Anishinaabe, Haudenosaunee, Lūnaapéewak, and Chonnonton peoples on whose traditional treaty and unceded territories this course is shared.

Sunday, December 8, 2024