

TITLES	EXPLANATIONS
Title of Course	Health Psychology
Code of Course	PSK 409
Type of Course	Elective
Level of Course	Undergraduate
Year of Study	4
Semester/Trimester	7 or 8
Number of ECTS	4
Name of Lecturer(s)	Prof. Nesrin Hisli Şahin or Assist. Prof. Okan Cem Çırakoğlu
Course Learning Outcomes	At the end of this course students will be able to; LO1. Acquire knowledge on fundamental concepts and theories of health psychology. LO2. Learn effects of mind-body interaction on well-being and diseases. LO3. Learn how thinking may affect well-being and diseases. LO4. Become acquainted with research and application areas of health psychology. LO5. Become acquainted with research and application areas of health psychology related to specific diseases.
Mode of Delivery	The style of teaching is face-to-face interaction.
Prerequisites and Co-requisites	There is no prerequisite or co-requisite for this course.
Recommended Optional Programme Component	None
Course Contents	1. Getting Started 2. What is Health Psychology? 3. Health Behaviors 4. Specific Behaviors Related to Health 5. Behaviors that Affect Health Negatively 6. Stress 7. Experience of Stress and Mediator Variables 8. Use of Health Services 9. Relationships between Patient and Health Professionals 10. Management of Pain 11. Management of Chronic Diseases 12. Psychological Issues in Terminal Illnesses 13. Heart Diseases, Hypertension, Strokes and Diabetes 14. General Evaluation
Recommended or Required Reading	(Primary Textbook) Taylor, S. E. (2009). <i>Health psychology (7th Ed.)</i> . NY: McGraw Hill. (Suggested References) Okyayuz, Ü. H. (1999). <i>Sağlık psikolojisi</i> . Ankara: Türk Psikologlar Derneği Yayınları. * The primary textbook for this course is renewed every year.
Planned Learning Activities and Teaching Methods	This course is conducted through discussions on the material presented in class and over the compulsory reading material. With this aim in mind, (a) regular lectures supported by visual presentations and (b) class discussions are used.
Assessment Methods and Criteria	1 Midterm, 4 Homework, 1 Final Exam or Term Project
Language of Instruction	Turkish
Practicum	None

Program Outcomes	LO1	LO2	LO3	LO4	LO5
Analyze problems with the scientific method and appropriate scientific tools.	X			X	X
Think critically and creatively, ask questions, make comments using the knowledge and skills they have acquired.	X	X	X	X	X
Develop a positive attitude toward life-long education.	X			X	X
Use the library, scientific databases, internet and other sources effectively.	X				
Have the skills to find out, analyze, evaluate, decide about, and apply the alternative solutions to problems.			X	X	X
Be open-minded to use knowledge stemming from different disciplines and/or areas of psychology.	X	X	X	X	X
Develop a positive attitude toward critical thinking.					
Have advanced theoretical and applied knowledge of psychology supported by contemporary course material.	X		X	X	X
Have the necessary knowledge and skills to analyze and synthesize the main areas of psychology.	X		X		
Be competent in English and Turkish.					
Use effective methods to present, share and discuss scientific information.					
Be able to write scientific papers by using international manuals such as APA.			X		
Show courage and use the necessary skills to propose solutions to the problems of the world they live in.		X			
Show courage and have necessary skills to propose solutions to the problems of their own life.		X	X		
Have a positive attitude to statistics and be able to use common statistical software packages.					
Be able to plan and conduct research independently.					
Apply qualitative and/or quantitative methods depending on the nature and the scope of a given problem.			X		
Know the research methods and statistical procedures used in behavioral sciences.					
Use tools such as questionnaires, inventories, scales, and tests.					
Apply psychological knowledge to other problem areas for community welfare.	X				
Use theoretical and applied knowledge in accordance with ethical standards.					