Course Syllabus

Code - Course Title	**PSİ445 - Health Psychology I**
Course Type	VII. SEMESTER
Laboratory + Practice	3+1
ECTS	**5.0**
Language of Instruction	İngilizce
Course Type	Area Elective Courses
Course Instructor(s)	DR. ÖĞR. ÜYESİ TUĞÇE GÜNDÜZ KÖSEOĞLU

Mode of Delivery	face to face
Prerequisites	To have passed the course “Research Methods in Psychology” with at least a BB grade.
Recommended Resources	Aydemir, N., & Hocaoğlu Uzunkaya, A. (Eds.). (2020). Sağlık psikolojisi alan uygulamaları: Kronik hastalıklar. Nobel Akademik Yayıncılık.Baştuğ, G. (Ed.). (2021). Sağlık psikolojisinin temelleri. Nobel Yayıncılık.Miller, W. R., & Rollnick, S. (2013). Motivational interviewing: Helping people change (3rd ed.). Guilford Press.Ogden, J. (2019). Health psychology (6th ed.). McGraw Hill.Okyayuz, Ü. H. (Ed.). (2023). Sağlık psikolojisi. Türk Psikologlar Derneği Yayınları.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Introduction to health psychology and basic concepts	
Week - 2		Biyopsikososyal modelin temelleri	
Week - 3		Applications of the Biopsychosocial Model	
Week - 4		Introduction to Health Behavior Theories	
Week - 5		Health Belief Model	
Week - 6		Theory of Planned Behavior	
Week - 7		Other Health Behavior Approaches and Review	
Week - 8		Introduction to Preventive Mental Health and Core Strategies	
Week - 9		Health Promotion and Preventive Interventions	
Week - 10		Risk Factors in Mental Health	
Week - 11		Protective Factors in Mental Health	
Week - 12		Chronic Illness and Psychological Coping	
Week - 13		Interdisciplinary Collaboration and Healthcare Teams;	

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 14		Ethics in Health Psychology and General Review	

Learning Outcomes

#	Learning Outcome
1	Explain major theories and models in health psychology.
2	Analyze psychological and social determinants of health.
3	Evaluate preventive mental health strategies at individual and community levels.
4	Describe the roles of different professionals in interdisciplinary healthcare teams.
5	Apply ethical principles in health psychology practice.

Sustainable Development Goals

No content has been provided.

Course Theme

No content has been provided.

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	0	0	0
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0	0	0
Ödevler	0	0	0
Proje - Rapor - Sunum Hazırlama	0	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	0	0	0
Final Sınavı Hazırlığı (sınav süresi dahil)	0	0	0
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0	0	0
Staj Uygulaması	0	0	0
		Calculated ECTS	**0**

Assessment Method and Passing Requirements

No content has been provided.