



## **Psychology of Health and Illness [Elective] (Semester 4, 3 ECTS)**

### **Description**

This course examines theory and practice related to psychological aspects of health and illness, with particular reference to the biopsychosocial model of how behavioural, emotional, social circumstances, and biological factors interact to affect etiology, illness progression, and recovery. Topics covered include individual and population-wide psychosocial influences and consequences, health promotion, risk factor reduction, psychological assessment of health behaviour and health beliefs, psychosocial management and amelioration of acute and chronic illnesses. The course also reviews health-related psychological services in community, school, and hospital settings in Iceland.

### **Learning Outcomes**

On completing the course students should be able to:

- demonstrate knowledge of how psychosocial and biological factors interact to affect health, well-being, longevity, and quality of life
- describe intervention plans suitable for effecting individual and population risk factor reduction, prevention of psychosocial sequelae associated with physical illness, and managing chronic illness
- demonstrate knowledge of health-related psychological services in Iceland

### **Assessment**

Students are required to participate in classroom reading and discussion assignments, and are assessed by essay and end-of-semester examination.