



## E-503-HEIL - Health Psychology

**Year:** 3<sup>rd</sup> year

**Semester:** Fall semester

**Type of course:** Compulsory (core course)

**Prerequisites:** 1<sup>st</sup> year of BSc Psychology completed

**Organization:** 4 lessons per week for 12 weeks

**Description:** Health Psychology is a rapidly emerging field of basic and applied research. This course will review theories and research aimed at understanding how psychological, social, biological and environmental factors interact to affect behaviour and health of individuals and groups. The main focus will be on health promotion and disease prevention with emphasis on risk and protective factors. Specific attention will also be given to social and environmental determinants of health. Tools for planning, implementing and evaluating health promotion interventions will be introduced. The course will integrate theory and research across different disciplines such as psychology, biology, medicine and public health.

**Learning outcomes:** At the completion of the course students should be able to:

### *Knowledge*

- Explain how psychological, social, biological and environmental factors interact to affect behaviour, health and illness.
- Describe the beneficial (e.g., physical activity) and harmful (e.g., smoking) effects of behaviours on health and well-being.
- State reasons for differences in population health within and between countries (e.g., gender, income, social status, disadvantage).

### *Skills*

- Critically evaluate health behaviour theories used to explain how different factors influence health.
- Assess the impact of different factors on health and well-being.
- Apply health believe models/theories to understand and modify health behaviour.

### *Competencies*

- Use the given tools to plan, implement and evaluate a health behaviour change program.
- Participate actively, both in individual and group work, in order to discuss, design and write reports based on the given assignments.
- Interpret and present scientific issues and research findings in health psychology/public health.

**Course assessment:** Exams, individual and group assignments.

**Teaching methods:** Lectures, discussions and guidance.

**Language:** Icelandic

**ECTS:** 6