

# Semester 3

## PSY-13 Health Psychology

### Unit I

#### Health Psychology

Historical Background, Aims & Objectives Of Health Psychology, Health Behaviors; Factors Predicting Health Behaviours. Attribution Theory – Health Locus Of Control, Unrealistic Optimism, Stages Of Change Model.

#### Cognition Models.

Health Belief Models; The Protection Motivation Theory, Social Cognition Models- The Theory Of Planned Behaviour, Health Action Process Theory.

### Unit Ii

Models Of Healthy Personality: - Allport- Roger- Maslow & Frankl's Perspectives.

- Sufism & The Islamic Tradition
- Yoga & Hindu Tradition
- Zen & Buddhist Tradition.

### Unit Iii

#### Behavioural Risk Factors

- Substance Abuse, Smoking, Development Of Healthy Habits:- Exercise, Diet-
- Self Examination, Accident Prevention , Weight Control
- Self Observation And Self Methods Of Intervention; Monitoring Self Control Of Behaviour,
- Systematic Desensitization
- Operant Conditioning
- Relapse Prevention

### Unit\_ Iv

#### Stress.

Concept Theory Of Emotional Functioning- Seligman's Theory Of Learned Helplessness; Coping Strategies, Basic Techniques Of Management Of Stress  
Stress Related Disorders;  
Cancer, Diabetes, (Cvd) –Cardiovascular Disorders, Asthma, Hiv/Aids

## Semester 3

### Readings

- Abnal, F.I. (1998) Health Psychological Perspectives. Thousand Oaks, Ca, Sage
- Bishop, G.D.(1994). Health Psychology: Integrating Mind And Body. Boston: Allyn & Bacon.
- Brannan, L & Feist, J. (1996)Health Psychology: An Introduction To Behaviour And Health, Pacific Groove, Ca: Brooks, Cole.
- Brooge, A.K. &Liewellyn, S. (1995). Health Psychology, London: Chapman & Hall.
- Friedman, D.M. (1989). Health Psychology, New York: Prentice Hall
- Gatechel, R.J. & Baum, A., & Krantz, D.S. ( 1989) An Introduction To Health Psychology, New York: Mcgraw Hill
- Misra, G. (Ed.) (1999), Psychological Perspectives On Stress And Health, New Delhi: Concept
- Ogden,J. ( 1996(. Health Psychology: A Text Book. Buckingham: Open University Press
- Sarafino, E.P. (1994) Health Psychology: Bio-Psychological Interations, New York: Wiley

## Semester 3