

# COURSE DETAIL

## HEALTH PSYCHOLOGY

**Country**

Netherlands

**Host Institution**

Leiden University College

**Program(s)**

Leiden University College

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology Health Sciences

**UCEAP Course Number**

128

**UCEAP Course Suffix****UCEAP Official Title**

HEALTH PSYCHOLOGY

**UCEAP Transcript Title**

HEALTH PSYCHOLOGY

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## Course Description

Health promotion and health behavior theories are invaluable in public health to the development of interventions that have maximum reach and maximum potential to improve health and well-being. In this course, students acquire a foundation in the primary theoretical perspectives that inform current public health interventions. Theories are critically examined for strengths and limitations at the various levels of implementation: individual, interpersonal, community, organization, and system. Coupled with the theories are lectures on determinants that influence health behaviors as well as psychological impacts of disease diagnosis. Determinants of health behaviors are placed into larger social, political, and economic contexts. This course also provides accurate, current, and reliable information for a range of wellness topics, giving students a solid base of knowledge from which to make informed lifestyle choices. These topics emphasize personal responsibility and link to the theoretical foundations on behavior change. The course encourages students to relate course material to their own lives and to examine their health-related behaviors. Recommended prerequisite is a course on social determinants of health.

## Language(s) of Instruction

English

## Host Institution Course Number

## Host Institution Course Title

HEALTH PSYCHOLOGY

## Host Institution Course Details

## Host Institution Campus

LUC The Hague- Level 2

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Global Public Health

## Course Last Reviewed

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