

# COURSE DETAIL

## SOCIAL PSYCHOLOGY AND HEALTH

**Country**

Netherlands

**Host Institution**

Maastricht University - Center for European Studies

**Program(s)**

Biological and Life Sciences, Maastricht, Psychology and Neuroscience, Maastricht

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology Health Sciences

**UCEAP Course Number**

112

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

SOCIAL PSYCHOLOGY AND HEALTH

**UCEAP Transcript Title**

SOCIALPSYCH&HEALTH

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

**Course Description**

This course provides insights into the main concepts of social psychology, human behavior, and health. Our thoughts, perceptions, feelings, and actions have an effect on our health, well-being, and the choices we make concerning our health. Social psychology looks at how our thinking and actions are influenced by other people and social norms. In this course, students learn how the principles of social psychology are relevant to our health. Can social psychology explain why there are health disparities among people with different socioeconomic backgrounds? How can social psychological principles help to change someone's attitude or behavior? Is our health behavior influenced by social pressure? Do you start or quit smoking because your friends tell you so? These and other questions are discussed and answered during the current course using scientific literature in the field of social psychology and health. To understand the role and application of social psychology, the course looks at specific examples within the field of health promotion, health education, disease prevention, and work-related health issues. In addition, students learn about relevant research methods within the field of social psychology and how to apply them.

**Language(s) of Instruction**

English

**Host Institution Course Number**

EUH2003

**Host Institution Course Title**

SOCIAL PSYCHOLOGY AND HEALTH

**Host Institution Course Details**

<https://curriculum.maastrichtuniversity.nl/education/contract/psychology-neuros...>

**Host Institution Campus**

Maastricht University

**Host Institution Faculty**

**Host Institution Degree**

**Host Institution Department**

Center for European Studies

**Course Last Reviewed**

2023-2024

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