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

4.00

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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