

## COURSE DETAIL

### HEALTH PSYCHOLOGY

**Country**

Korea, South

**Host Institution**

Yonsei University

**Program(s)**

Yonsei University

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

133

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

HEALTH PSYCHOLOGY

**UCEAP Transcript Title**

HEALTH PSYCHOLOGY

**UCEAP Quarter Units**

4.50

**UCEAP Semester Units**

3.00

## Course Description

Health psychology is the study of how biological, psychological, and social factors influence health, illness, and healthcare. This course aims to (1) understand the field of health psychology, (2) examine the biopsychosocial model in health promotion and risk behaviors, (3) integrate biological, psychological, and social approaches to prevention and treatment, and (4) analyze how behaviors and psychosocial factors like stress impact physical and mental health. Topics include The systems of the body, Stress, Coping, resilience and social support, Health behaviors, Health promoting behaviors, Health compromising behaviors, The management of pain and discomfort, Management of chronic health disorders, Psychological issues in terminal illness, Heart disease, hypertension, stroke, and Type II Diabetes, Psychoneuroimmunology and immune-related disorders, and Using health services / Patients, providers, and treatments.

### Language(s) of Instruction

English

### Host Institution Course Number

PSY3102

### Host Institution Course Title

HEALTH PSYCHOLOGY

### Host Institution Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

Psychology

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