

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 Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Psychology

Course Last Reviewed

2024-2025

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