



**Karolinska
Institutet**

Course syllabus for

Health Psychology - Theories and Models of Health Related Behaviors, 7.5 credits

Hälsopsykologi - teorier och modeller kring hälsorelaterat beteende, 7.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

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| Course code | 2XX070 |
| Course name | Health Psychology - Theories and Models of Health Related Behaviors |
| Credits | 7.5 credits |
| Form of Education | Higher Education, study regulation 2007 |
| Main field of study | Psychology, Clinical Medical Science |
| Level | AV - Second cycle |
| Grading scale | Pass, Fail |
| Department | Department of Clinical Neuroscience |
| Decided by | Board of Higher Education |
| Decision date | 2015-03-24 |
| Revised by | Education committee CNS |
| Last revision | 2024-09-25 |
| Course syllabus valid from | Autumn 2015 |

Specific entry requirements

At least 120 credits within health care. And proficiency in Swedish and English equivalent to Swedish B/Swedish 3 and English A/English 6.

Objectives

At the end of the course, the student should have the ability to:

- describe and explain concepts, definitions and research fields within health psychology,
- assess and compare different health-psychological theories and models critically around health-related behaviour and behavioural change,
- apply health-psychological theories on a specific health-related behaviour
- discuss and reflect on strengths and weaknesses with different theories and models.

Content

The course is divided into three main parts:

- Introductory online lecture concerning: introduction to health psychology, basic concepts and theories, and research domains within the health-psychological field.
- study assignments where the participants in groups discuss a number of texts that describe health-psychological theories and applications of these respect: life stress and health, personality factors and health; and theoretical models around health-related behaviour. The discussions should reflect strengths and weaknesses and difficulties with different models and theories. The last study assignment consists of a written assignment.
- summary and conclusion- completing discussion where results of the group discussions are summarised and space be given to additional reflections and ideas.

Teaching methods

Large part of course consists of studies of literature interleaved with online discussions between the students. In the course, three study assignments and a further written individual final assignment are included. The study assignments are intend to aid the students to process the literature and achieve the aims of the course. For each assignment, there are instructions for how the discussions should be carried out, which literature that should be studied to each section, and time schedule for the discussions.

Examination

The course is examined through:

- active participation in the discussion forum that starts in connection with the lecture and in online discussions. Active participation implies that the student should read others' inlays, relate the discussion to the literature and write own inlays. The inlays should be based in and refer to the literature.
- a written individual written assignment where the student shows ability to reflected around and application of health-psychological theories and models. In this examination, discussion of the study assignments is also included.

Students who do not pass a regular examination are entitled to re-sit the examination on five more occasions. If the student has failed six examinations/tests, no additional examinations are given. Submission of a blank exam paper is regarded as an examination. In the case a student is registered for an examination but does not attend, this is not regarded as an examination. A home examination that has been opened via the learning management system counts as an examination session even if the examination is not submitted. Late submissions of examinations are not accepted. Students who have not submitted on time are referred to re-examination.

Transitional provisions

The course has been cancelled and was offered for the last time in the fall semester of 2016.

Literature and other teaching aids

Rydén, Olof; Stenström, Ulf

Hälsopsykologi : psykologiska aspekter på hälsa och sjukdom

4. uppl. : Stockholm : Sanoma utbildning, 2015 - 235 s.

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Fisher, EB

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Fitzgibbon, ML; Glasgow, RE; Haire-Joshu, D; Hayman, LL; Kaplan, RM; Nanney, MS; Ockene, JK

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Health Psychology : Why do some people get sick and some stay well?

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URL: <http://www.annualreviews.org/loi/psych>

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Miller, G; Chen, E; Cole, SW

Health Psychology : Developing Biologically Plausible Models Linking the Social World and Physical Health.

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Engel, GL

The need for a new model: A challenge for biomedicine

1977 Ingår i:

Science

Washington, c 1883- : 1883-
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<http://www.du.se/proxy.aspx?http://search.ebscohost.com/login.aspx?direct=true&db=afh&jid=SCI&site>
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Health education quarterly.

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