

<i>Course code. Course title</i> <b>HEALTH PSYCHOLOGY</b>	
<i>Титуляр на курса:</i> <i>Name of the lecturer</i> Assoc. Prof. S. Karabeliova, PhD, DSc, Chief Assistant Prof. D. Christova, PhD, Chief Assistant Prof. D. Petrov	
<i>Type of course</i> <i>core</i>	<i>Level of course</i> BACHELOR OF ARTS
<i>Year of study</i> 2	<i>Semester/trimester</i> 4
<i>Number of ECTS credits allocated</i> 5	<i>Number of hours</i> 45+15
<i>Teaching methods</i> Full time	<i>Language of instruction</i> Bulgarian
<i>Assessment methods</i> An eligibility test , theoretical and a written assignments	

### **Prerequisites**

Students should attend lectures in Cognitive Psychology and Personality Psychology.

### **Object**

This course is mandatory and it focuses on presenting the epistemological basis, fundamental theoretical and practical tendencies in the sphere of health psychology as an academic subject and a professional field.

### **Course content (annotation and u topics)**

The content of this course is oriented towards the comprehensive presentation of the main topics in health psychology. The focus is on the interdependence between psychology and health – the role of beliefs and the models of behavior, which are associated with positive physical and psychological human functioning and well-being. The health is defined from historical and socio-cultural perspective with focus on the dynamic essence of the concept. The different models of Health Psychology are critically analyzed from the viewpoint of their theoretical basis, application, empirical verification, and predictable abilities. The course helps students to understand and accept the cultural differences and their influence on the promotion of health and the prevention of diseases.

### **LECTURES**

#### **1. Introducing health psychology: the history and conceptual background. The biomedical and the biopsychosocial models.**

Historical perspective to views of health and disease. The main assumptions of the biomedical model of health and illness. The broadening perspective on health: psychosomatic medicine, behavioral medicine, health psychology. The World Health Organization's definition of health. The main assumptions of the biopsychosocial model.

#### **2. Health Psychology: a discipline and a profession.**

Defining the field. Aims and perspectives. Characteristics of the main approaches: Public, Community and Critical Health Psychology.

#### **3. Health behavior. Definitions and categories of health behavior. The importance of health behaviors research.**

Health behavior – definitions. Categories of health behavior. Why study health behaviors? The changing context of health and behavior. The secrets of longevity.

**4. Predicting health behavior. Casual attribution for health. Health locus of control and unrealistic optimism.**

Factors that predict health behavior. Casual attributions for health – definition and dimensions. Health locus of control. Unrealistic optimism as an explanatory style. An explanatory style and coping in the context of human age.

**5. Cognition and social cognition models for prediction of health behaviors. Components, application, empirical verification and critical evaluation.**

The health belief model (HBM) and the protection motivation theory (PMT). The theory of planned behavior (TPB). The stages of change model.

**6. Everyday knowledge and health. Implicit conceptions of health and body.**

**7. Health in the context of human age.**

**8. Culture and health.** Relationship between Culture and Health. Health Beliefs and Explanations. Cultural diversity in Causal Attribution for Health and Illness. Women's Health: A Cultural Perspective.

**9. The explanatory models of positive physical and psychological human health.** The hedonistic tradition: structure and dimensions of subjective well-being; research methods; cross-cultural differences. The eudemonic tradition: theoretical model and dimensions of psychological well-being; research methods.

**10. Technologies and psychological well-being.** Historical perspectives. Psychological well-being and interpersonal communication in cyberspace.

**11. Development of the theories of stress and coping models.** The first contribution to defining and researching stress: Cannon's fight or flight model; Selye's general adaptation syndrome; Life events theory. The Influence of Emotional States on Physical Health and Coping with Stress.

**12. The transactional model of stress.** The role of appraisal and influence the stress response. Self-control and stress. The interaction between psychological and physiological aspects of stress.

**13. Stress and illness.** Does stress cause illness? Links between the acute and chronic processes. Stress and changes in behaviour Illness as a stressor. Individual variability in the stress-illness link.

Psychoneuroimmunology. Which factors moderate the stress-illness link?

**14. Nutrition and body image.** Healthy nutrition – “new religion” of the modern society. A developmental, cognitive and weight concern model of eating behaviour. Ecological model of the healthy nutrition.

**15. The psychology of happiness.** How to find real and permanently happiness – activities and behavior that fit your interests, your values and your needs. Cross-cultural differences in the happiness: historical changes; age and sex differences.

**Total number of lecture periods — 45.**

**Seminars**

1. Positive psychology and health psychology.
2. Personality, emotional states, physical health.
3. Health promotion and illness prevention.
4. Social support and health: definition, research methods, structure and dimensions.
5. Optimism and pessimism: theory, research, and practice.

## Total number of seminar periods — 15.

### Recommended literature

- Аргайл , М., Хендерсън, М. (1986) *Анатомия на човешките отношения*. София: Наука и изкуство,
- Аргайл, М., (2003) *Психология счастья*. Санкт Петербург: Питер.
- Блум, Р. (2011) *Позитивната психология*. София: Фама.
- Гринберг, Т., Дж. (2004) *Управление стресом*. Санкт Петербург: Питер.
- Дерогатис, Л., Уайз, Т. (2000) *Тревожни и депресивни разстройства на соматично болни пациенти*. София: Лик.
- Клайнке, К. (1999) *Справяне с предизвикателствата на живота*. София: Наука и изкуство.
- Никифоров, Г. С. (2006) *Психология здравья*. Санкт Петербург: Питер.
- Перре, М., Бауман (2002) *Клиническа психология*. Санкт Петербург: Питер.
- Пирьова, Б. (2004) *Поведенческа медицина*. София: Нов Български Университет.
- Селие, Х., (1982) *Стрес без дистрес*. София: Наука и изкуство.
- Селигман, М. (2001) *Как да бъдем оптимисти*. София: Кибеа.
- Шулц, Д. (2004) *Психология на растежа. Модели на здравата личност*. София: Наука и изкуство.
- American Psychologist: 2000, Special Issue: Positive Psychology, vol. 55, N. 1.
- American Psychologist: 2001, Special Issue: Positive Psychology, vol. 56, N.3.
- American Psychologist: 2001, Special Issue: Stress and Coping, vol. 55, N. 6.
- Carver, Ch., Scheier, M. (2002) Optimism. In: Snyder, C. R. & Lopez, Sh. J. (Eds.) *Handbook of positive psychology*, Oxford: Oxford University Press, pp. 231-244.
- Chang, Edward C., (Ed), U Michigan, Ann Arbor, MI, US. (2001) *Optimism & pessimism: Implications for theory, research, and practice*. Washington, DC, US: American Psychological Association.
- Diener, E., Lucas, R. E. & Oishi, Sh. (2002) Subjective Well-Being. The Science of Happiness and Life Satisfaction. In: Snyder, C. R. and Lopez, Sh. J. (Eds) *Handbook of positive psychology*, Oxford: Oxford University Press, pp. 63-73.
- Donohew, L. (2006) Media, Sensation Seeking, and Prevention. IN: Vollrath, M. (Ed.) *Handbook of Personality and Health*, New York: John Wiley & Sons, pp. 299-314.
- Fredrickson, B. (2002) Positive emotions. In: Snyder, C. R. and Lopez, Sh. J. (Eds) *Handbook of positive psychology*, Oxford : Oxford University Press, pp. 120-134.
- French, D. (ed. ) (2010) *Health psychology. 2<sup>nd</sup> ed.* Oxford: BPS Blackwell.
- Friedman, H. S. (2007) Personality, disease and self-healing. In: Friedman, H. S. and Silver R.C. (Eds.) *Foundations of health psychology*, Oxford: Oxford University Press, pp. 172-201.
- Regan A. R. Gurung (2009) *Health Psychology: A Cultural Approach*. Wadsworth Publishing Company.
- Keyes, C., Shmotkin., D, Ryff., C., (2002) Optimizing Well-Being: The Empirical Encounter of Two Traditions, *Journal of Personality and Social Psychology*, N 6, 1007-1022.
- Larson, R. (2000) Toward a psychology of positive youth development. *American Psychologist*, vol. 55, 1, pp. 170-183.
- Lazarus, R., S. (1993) *From Psychological Stress to the Emotions: A History of Changing*

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- Marks, D., Murray, M., Evans, B., Willig, C., (2000) *Health Psychology. Theory. Research and Practice*. Sage Publication.
- Ogden, J., (2007) *Health Psychology*. Buckingham: Open University Press.
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- Salovey, P. et al. (2000) Emotional states and physical health. *American Psychologist*, vol. 55, 1, pp. 110 - 122.
- Segerstrom, S. & Smith T. (2006) Physiological Pathways from Personality to Health: The Cardiovascular and Immune Systems. IN: Vollrath, M. (Ed.) *Handbook of Personality and Health*, New York: John Wiley & Sons, pp.175-195.
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- Taylor, Sh. & Kemeny, M. (2000) Psychological resources, positive illusions and health. *American Psychologist*, vol. 55, 1, 99-110.
- Vaillant, G. E. (2000) Adaptive mental mechanisms: their role in a positive psychology, *American Psychologist*, vol. 55, 1, pp. 89-99.
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- Whiteman, M. (2006) Personality, Cardiovascular Disease and Public Health. IN: Vollrath, M. (Ed.) *Handbook of Personality and Health*, New York: John Wiley & Sons, pp. 13 -34.
- Wiebe, D. & Fortenberry, K. (2006) Mechanisms Relating Personality and Health. IN: Vollrath, M. (Ed.) *Handbook of Personality and Health*, New York: John Wiley & Sons, pp.137-156.
- Williams, P. (2006) Personality and Illness Behavior. IN: Vollrath, M. (Ed.) *Handbook of Personality and Health*, New York: John Wiley & Sons, pp. 157-174.
- Williams, R. Williams, V. (2006) The Prevention and Treatment of Hostility. IN: Vollrath, M. (Ed.) *Handbook of Personality and Health*, New York: John Wiley & Sons, pp. 259-276.