

SEMESTER-III		CODE: MPY -C311	PAPER TITLE: HEALTH PSYCHOLOGY	
Credit	Time	Internal Assessment	End Semester Examination	Total Marks
05	03 Hours	20+10=30 Marks	70 Marks	30+70=100 Marks
LEARNING OUTCOMES:				
<ol style="list-style-type: none"> 1. Explain the role of stress and psychological factors in physical diseases 2. Learn how people cope with stress and regulate their emotions 3. Understand illness beliefs and health compromising behaviors 4. Evaluate role of psychosocial factors in physical disorders 				
UNIT-I	Concept of Health	<ul style="list-style-type: none"> • Definition of Health • Biopsychosocial model vs biomedical model • Interaction of biopsychosocial variables, • clinical implication of biopsychosocial model • Socio-economic factors in health 		
UNIT-II	Stress and Coping	<ul style="list-style-type: none"> • Meaning of Stress • Stress as stimulus and Response • Response moderators - Coping styles individual characteristics and social support • Interaction model of stress 		
UNIT-III	Role of Behavioral Factors in Disease	<ul style="list-style-type: none"> • Illness beliefs, illness cognitions • The Health Belief Model • Health enhancing behaviour - Exercise, accident prevention weight control. • Health compromising behaviour - alcohol and smoking. 		
UNIT-IV	Stress related health problems	<ul style="list-style-type: none"> • Cardiovascular disease • Stroke • Diabetes 		
UNIT-V	Modification of Health Behaviour	<ul style="list-style-type: none"> • Changing health beliefs • Self awareness • Cognitive behaviour approach • Lifestyle modification • Management of Type A behaviour 		
Books Recommended:				
<ol style="list-style-type: none"> 1. विकास कुमार (2020) स्वास्थ्य मनोविज्ञान मोतीलाल बनारसीदास ISBN-13: 978 -8120842663 2. C.P. Khokhar (2003). A Text Book of Stress, Coping and Health. Shalab Publication. ISBN-13: 978-8188681112 3. Meena Hariharan (2020) Health Psychology: Theory, Practice and Research SAGE Publications India ISBN-13: 978 -9353883492 4. Ghosh (2014) Health Psychology: Concepts in Health and Well-being. Pearson Education India. ISBN-13: 978 -9332537620 5. Dalal Ajit K. Et.Al (2012) New Directions in Health Psychology Sage. ISBN-13 : 978-8132107552 6. Shelley E Taylor (2018) Health psychology McGraw-Hill Education ISBN-13 978-1259870477 7. M. Robbin DiMatteo and R. Martin Leslie (2017) Health Psychology Pearson Education ISBN-13: 978 -9386873842 8. Jane Ogden (2012) Health Psychology: A Textbook. Open University Press. ISBN-13: 978 -0335243839 				
Pattern of Theory Question Paper: The theory paper will consist of two sections. Section-A will be of 30 marks in which 10 short answer type questions will be asked and the student will have choice to answer any five questions, each question will carry 06 marks. The Section-B shall be of 40 marks and will contain 08 questions of long answer type and the student will have a choice to answer any four questions. Each question will carry 10 marks. The examiner will be required to set up a question paper covering the entire syllabus uniformly.				