

SARDAR PATEL UNIVERSITY
Programme & Subject: M.A (Psychology)
Semester: III
Syllabus with Effect from: June - 2014

Paper Code: PA03EPSY01	Total Credit: 4
Title Of Paper: Health Psychology	

Unit	Description in detail	Weightage (%)
I	The concept of Health psychology both mental and physical with the view point of different medical system, Health psychology related to other fields, The mind and body relationship, Biological bases of health, Nervous system, Endocrine nervous system, Immune system, Cardiovascular system .	25%
II	Hazardous behavior, changing hazardous behavior, Demography of risky behavior , Drug use and addiction, Tobacco, Alcohol, Illegal drugs, Eating disorder, Suicide, Assessing health behavior, Helping people change their behavior.	25%
III	Stress and coping, what is mental stress, mental stress and physical or Mental Illness, Coping with stress, Stress reaction, Theories of Stress, Health and serious Diseases- Cancer, Cardiovascular system, Aids	25%
IV	Management of ill and Yoga, Management of quality of Life, Social support and rehabilitation, Principles in Yoga practices, Pranayama, The future of health psychology.	25%

Basic Text & Reference Books:-

- Edward P. Sarafino, Health Psychology, John Wiley & Sons, INC.
- Linda Brannon and Jess Feist. (2007). Introduction to Health Psychology, Thomson: Indian Edition.
- Shelley E. Taylor.(2007). Health Psychology, Tata McGraw-Hill Sixth Edition.

