

Subject Details	Subject Title, code and credit hours	Bio-psychosocial Aspects of Stress, Health and Illness, PSYC322, 3 credit	
	Department	Psychology	
	Program (bachelor's and master's degree)	Bachelor's	
	Associated Term	Spring 2018	
	Instructor	Nilufar Alizada	
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	Telefon:	(99450) 6868814	
	Lecture room/Schedule	-	
	Consultations	Friday	
Teaching language	English		
Subject type (mandatory/elective)	Elective		
Readings	<p>Essential Reading :</p> <ol style="list-style-type: none"> Ogden, J. (2012). Health Psychology: A textbook (5 ed.). Open University Press: Buckingham. Human Development - An introduction to the psychodynamics of growth, maturity and ageing Fourth Edition, Eric Rayner with Angela Joyce, James Rose, Mary Twyman & Christopher Clulow (2005) <p>Further reading :</p> <ol style="list-style-type: none"> Bowling, A. & Ebrahim, S. (Eds.) (2005). Handbook of Health Research Methods: Investigation, Measurement & Analysis. Buckingham: Open University Press. Marks, D.M, Murray, M., Evans, B., Willig, C., Sykes, C.M., Woodall, C. (2005) Health Psychology: theory, research and practice. (2nd ed.) London: Sage. 		
Teaching methods	Lecture	+	
	Group discussions	+	
	Activities	+	
	Analysis of activities	+	
Assessment and Grading	Components	Deadlines	Percentage (%)
	Mid Term exam	Week 8	30
	Essay	Week 15	10
	Being active member of learning community	During semester	10
	Attendance		5 (2 absences remove 1 %)
	Presentation/Group discussion		10
	Final exam		35
Marking Criteria	Essay	Description/definition of stress and how relates to case study, use of quotes from case to illustrate points, identification of psycho-social-cultural or other factors contributing to R's situation, work-life balance, compilation of factors, intertwining situations- life events, strains, coping, social support, effects of increased strain erosion of positive concepts of self e.g. self esteem, brief	

		<p>outline of intervention selected to help R return to work, how will chosen intervention help cope better on return to work.</p> <p>Coherence: The extent to which each statement follows from previous statements</p> <p>Argument: The extent to which there is a convincing line of argument running throughout the work.</p> <p>Evidence: The extent to which claims are supported by relevant and appropriate published research evidence and/or theoretical argument</p> <p>Grammar, spelling and general presentation</p> <p>Work which is late without permission will be penalised by 3 marks per day.</p> <p>If plagiarism is detected in one essay, other essays by the student concerned will be examined very carefully for evidence of the same offence.</p>
Marking Criteria	Presentation	<p>Information: detailed, accurate, relevant; key points highlighted;</p> <p>Structure: rigorously argued, logical, easy to follow;</p> <p>Analysis and Interpretation: extensive evidence of independent thought and critical analysis;</p> <p>Use of relevant and accurate Evidence: key points supported with highly relevant and accurate evidence, critically evaluated;</p> <p>Presentation Skills: clear, lively, imaginative; good use of visual aids (where appropriate);</p> <p>Time Management: perfectly timed, well organised;</p> <p>Group Skills: engages well with group; encourages discussion and responds well to questions.</p> <p>Work which is late without permission will be penalised by 3 marks per day.</p>
Content	<p>The broad aim of this module is to develop and enhance a critical and self-reflective knowledge of theory and method in the area of bio-psychosocial aspects of stress, health and illness. The module aims to provide students with a thorough grounding in the relationship between stress, illness and health, individual differences in health and illness and the ways in which the impact of stress on health and illness is mediated. It will develop the material on the biological bases of health and illness to cover the biological basis of emotion and psychoneuroimmunology (PNI).</p>	
Learning Outcomes	<p>The intended learning outcomes are that on successful completion of this module the student should be able to demonstrate a sound knowledge of:</p> <ol style="list-style-type: none"> 1. The core concepts, theories, and models in terms of the psychosocial aspects of health and illness. 2. The biological systems of the body and their relationship to illness. 3. The issues involved in measurement and investigation in terms of the psychosocial aspects of health and illness. 4. The ways in which psychology can be applied to preventing or reducing the impact of the psychosocial aspects of stress. 	

Indicative contents		<ol style="list-style-type: none"> 1. Psychological theory regarding individual differences in health and illness and the stress process. Models of stress, causes and consequences of stress, stress moderators (including dispositions and cognitive styles), coping, social support, control beliefs, efficacy and attributions and stress management, current critiques of the stress concept and future directions in the field. 2. Biological mechanisms of health and disease: Introduction to the physical systems of the body and associated disorders: nervous system, endocrine system, digestive system, respiratory system, cardiovascular system, immune system, reproductive system. Biological basis of emotion and psychoneuroimmunology, individual differences in health and illness, 3. Stress and illness within a developmental framework, issues of culture, gender, family and community, social divisions, measurement and methodology pertaining to individual differences, coping and stress. 4. Measurement issues in the area of psychosocial aspects of health and illness in the context of lifespan development, social, cultural, family, community, gender and ethical issues relevant to research and practice in the field.
Week	Topics	Readings/Assignments due
1. 13.02.2018	Introduction to the module: Individual Differences in Health and Illness	<ol style="list-style-type: none"> 1. Ogden, J. (2012). Health Psychology: A textbook (5 ed.). Open Univeristy Press: Buckingham. 2. Human Development - An introduction to the psychodynamics of growth, maturity and ageing Fourth Edition, Eric Rayner with Angela Joyce, James Rose, Mary Twyman & Christopher Clulow (2005)
2. 20.02.2018	Stress: Definitions, Models, Issues and Measurement	
3. 27.02.2018	Stress and illness: The Internal Perspective: Cognitive Appraisal	
4. 06.03.2018	Stress and illness: The External Perspective	
5. 13.03.2018	Stress and illness: Introduction to Psychoneuroimmunology (PNI)	
6. 20.03.2018	Holiday	
7. 27.03.2018	Stress: Coping strategies	
8. 03.04.2018	Stress: Interventions at individual level	
9. 10.04.2018	Stress: Interventions at corporate level: part 1 Overview of CWK 2 requirements	<ol style="list-style-type: none"> 1. Ogden, J. (2012). Health Psychology: A textbook (5 ed.). Open Univeristy Press: Buckingham. 2. Human Development - An introduction to the psychodynamics of growth, maturity and ageing Fourth Edition, Eric Rayner with Angela Joyce, James Rose, Mary Twyman & Christopher Clulow (2005)
10. 17.04.2018	Stress: Interventions at corporate level: part 2 Final CWK 2 queries	
11. 24.04.2018	Presentations	
12. 01.05.2018	Health Beliefs, behaviour and behaviour change – addictive behaviour, eating behaviour, exercise, sex	
13. 08.05.2018	Health Promotions, changing health behaviours	

14. 15.05.2018	Becoming ill – illness cognitions, pain and placebo effect, HIV and cancer : psychology throughout the course of illness	
15. 22.05.2018	Men's health issues, women's health issues, measuring health status: from mortality rates to quality of life,	
16. 29.05.2018	Critical health psychology, preparation for exam.	