

### Course Syllabus

- 1. Program of Study** Bachelor of Arts  
Bachelor of Science
- Faculty/Institute/College** Mahidol University International College
- 2. Course Code** ICBI 391  
**Course Title** Health Psychology
- 3. Number of Credits** 4 (4-0-8) (Lecture/Lab/Self-study)
- 4. Prerequisite (s)** none
- 5. Type of Course** Elective
- 6. Trimester/ Academic Year**  
1<sup>st</sup> trimester/ every academic year

- 7. Course Condition**  
Number of students is 20-30.

**8. Course Description**

An individual's psychology and the ways it can affect adjustment to illness; prevention of illness through health promotion.

**9. Course Objective (s)**

Students should:

1. Describe health behavior and factors that predict health.
2. Explain the relationship of the body, the brain, the mind and the behavior.
3. Understand bio-psycho- social factors and behavioral aspects of health and diseases.
4. Understand the endocrinological and immunological aspects of psycho-neurology and impacts on human health and diseases.
5. Explain the application of health psychology in prevention of diseases and health promotion.

**10. Course Outline**

week	Topics/Seminar	Hours			Instructor
		Lecture	Lab	Self-study	
1	- Introduction and Foundation of Health Psychology - Life Span and Development of Health ; What are health behaviors and factors which predict health across life span?	4	0	8	Naiphinich
2	- The body, the brain, the mind and behavior in health and diseases - Personality & life styles in health and diseases	4	0	8	Naiphinich

3	<ul style="list-style-type: none"> <li>- Bio-psycho-social factors and behavioral aspects of health and diseases</li> <li>- Behavioral aspects of health and diseases in childhood and adolescence</li> </ul>	4	0	8	Nittaya
4	<ul style="list-style-type: none"> <li>- Understanding and coping with stress and illness</li> <li>- Psycho-neuro-endocrinology and psycho-neuro-immunology and impacts on health and diseases</li> </ul>	4	0	8	Naiphinich
5	<ul style="list-style-type: none"> <li>- Illness cognition, roles of faith, believe, attitudes and cultural values</li> <li>- Transition in health and trends in health care system; the roles of health professional, and doctor-patient relationships in health and diseases</li> </ul>	4	0	8	Naiphinich
6	<ul style="list-style-type: none"> <li>- Genes and behavior impacts from the human genome project</li> <li>- The interactions between genes and environment</li> </ul>	4	0	8	Naiphinich
7	<ul style="list-style-type: none"> <li>- Nutritional aspects of health control of food intake and obesity</li> <li>- Diets and exercise in health promotion</li> </ul>	4	0	8	Naiphinich
8	<ul style="list-style-type: none"> <li>- Understanding and coping with pain</li> <li>- Management of pain and suffering</li> </ul>	4	0	8	Chittin
9	<ul style="list-style-type: none"> <li>- Behavioral aspects of human sexuality</li> <li>- Bio-psycho-social factors and behavior aspects of sexually transmitted disease, HIV/AIDS</li> </ul>	4	0	8	Naiphinich
10	<ul style="list-style-type: none"> <li>- Bio-psycho-social factors and behavioral aspects of alcohol, drugs and substance abuses</li> <li>- Bio-psycho-social factors and behavioral aspects of cardiovascular diseases</li> </ul>	4	0	8	Naiphinich
11	<ul style="list-style-type: none"> <li>- Bio-psycho-social factors and behavioral aspects of cancer and malignant diseases</li> <li>- Living with chronic illness, disability, aging and dying: Management and rehabilitation</li> </ul>	4	0	8	Naiphinich
12	<ul style="list-style-type: none"> <li>- From health psychology to prevention of diseases and health promotion, well-being and quality</li> </ul>	4	0	8	Staff

	of life - Final examination				
	Total	48	0	96	

**11. Teaching Method (s)**

1. Lecture
2. Suggested readings
3. Discussion in class

**12. Teaching Media**

1. Powerpoint Presentations
2. Texts and teaching materials

**13. Measurement and Evaluation of Student Achievement**

Student achievement is measured and evaluated by

- 13.1 The ability to describe health behavior and factors that predict health.
- 13.2 The ability to explain the relationship of the body, the brain, the mind and the behavior.
- 13.3 The ability to describe bio-psycho- social factors and behavioral aspects of health and diseases.
- 13.4 The ability to describe the endocrinological and immunological aspects of psycho-neurology and impacts on human health and diseases.
- 13.5 The ability to explain the application of health psychology in prevention of diseases and health promotion.

Student's achievement will be graded according to the college and university standard using the symbols: A, B+, B, C+, C, D+, D and F. Minimal passing level is 60%. Student who earns 85% up will have Grade A, 80-84% Grade B+, 75-79% Grade B, 70-74% Grade C+, 65-69% Grade C, 60-64% Grade D+, 55-59% D, less than 55 Grade F. Students must attend at least 80% of the total class hours of this course.

Ratio of mark

- |                      |      |
|----------------------|------|
| 1. Final examination | 60%  |
| 2. Term paper        | 40%  |
| Total                | 100% |

**14. Course evaluation**

- 14.1 Students' achievement as indicated in number 13 above.
- 14.2 Students' satisfaction towards teaching and learning of the course using questionnaires.

**15. Reference (s)**

1. Ogden, J. Health psychology: A text book. UK. Open University Press. 1996.
2. Wiener, J.M. and Breslin, N.A. The behavioral sciences in psychiatry. National Medical Series for Independent Study. 3<sup>rd</sup> Edition. USA. Williams & Wilkins. 1995.
3. Niven, N. Health psychology: An introduction for nurses and other health care profession. 2<sup>nd</sup> Edition. UK. Churchill Livingstone. 1994.

4. Taylor, S.E. Health psychology. 3<sup>rd</sup> Edition. UK. Churchill Livingstone. 1995.
5. Anderson, N.B. (Guest Edition). Behavioral and socio-cultural perspectives on ethnicity and health. USA. American Psychological Association. 1995.
6. Elias, J.W. and Marshall, P.H. Cardiovascular disease and behavior. USA. Hemisphere Publishing. 1987.
7. Scabracq, M.J., Winnubst, J.A.M. and Cooper, G.L. (Editors). Handbook of work and health psychology. USA. John Wiley & Sons. 1996.
8. Snuyser, J.J. Health psychology and behavioral medicine. USA. Prentice Hall. 1989.
9. Brannon, L. and Feist, J. Health psychology: An introduction to behavior and health. USA. Books/Cole Publishing. 1997.
10. Bernard, L.C. Health psychology: Biopsychosocial factors in health and illness. USA. Harcourt Brace. 1994.
11. Bishop, G.D. Health psychology: Integrating mind and body. USA. Allyn and Bacon. 1994.
12. Sheridan, C.L. Health psychology: Challenging the biomedical model. USA. Wiley & Sons. 1992.

**16. Instructor (s)**

Professor Dr. Piyarat Govitrapong  
Assoc. Prof. Dr. Naiphinich Kotchabhakdi  
Assoc. Prof. Dr. Nittaya J. Kotchabhakdi  
Assist Prof. Dr Chittin Chindadoungratn

**17. Course Coordinator**

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