

Vocational School / Medical Documentation and Secretariat

2022 - 2023 Academic Year

HEALTH PSYCHOLOGY

Syllabus

| Course Description | | | | | |
|--|---|--------------------------------|----------|-------------------------|---------------------------|
| Name | Code | Semester | T+A Hour | Credit | ECTS |
| HEALTH PSYCHOLOGY | TDS1226010 | Spring Semester | 2+0 | 2 | 4 |
| Prerequisites Courses | | | | | |
| Recommended Elective Courses | | | | | |
| Language of Instruction | Turkish | | | | |
| Course Level | Short Cycle (Associate's Degree) | | | | |
| Course Type | Required | | | | |
| Course Coordinator | | | | | |
| Name of Lecturer(s) | Lect. Emre BAYRAKTAROĞLU | | | | |
| Assistant(s) | | | | | |
| Aim | The purpose of this course is to develop to awareness and perspective about relationship between health, illness and psychosocial factors. | | | | |
| Course Content | This course contains; 1. Concept of health, illness, chronic disease,2. The Relationship between patient and health care worker,3. The Relationship between stress, health, disease. coping with stress,4. The Relationship of structure of personality, behavior patterns and health and disease,5. Situational crises, traumatic life experiences and disease,6. Enter the patient's role as psychologic,7. The psychological reactions against to physical health problems and the adaptation process,8. Chronic pain and coping with pain,9. Effects of the endocrine system diseases according to psychosocial aspects,10. Effects of the cancer according to psychosocial aspects,11. Effects of the cardiovascular diseases according to psychosocial aspects,12. Effects of the chronic respiratory diseases according to psychosocial aspects,13. Effects of the organ transplants according to psychosocial aspects,14. The problems of the relatives of individuals with fatal or chronic illness. | | | | |
| Course Learning Outcomes | | | | Teaching Methods | Assessment Methods |
| At the end of this course, student will be able to, | | | | | |
| 1. explain concepts that health, illness and chronic disease. | | | | | |
| 2. explain the importance of psychosocial factors in health and disease. | | | | | |
| 3. explain psychosocial effects of chronic diseases. | | | | | |
| 3.1. explain the psychological reactions against to disease. | | | | | |
| 3.2. lists the adaptation's stages of the disease process. | | | | | |
| 3.3. explains the problems of fatal or chronic disease with individual's relatives . | | | | | |
| Teaching Methods | | | | | |
| Assessment Methods | | | | | |
| Lecture Schedule | | | | | |
| Sequence | Topics | Preliminary Preparation | | | |
| 1 | 1. Concept of health, illness, chronic disease | Reading lecture note | | | |
| 2 | 2. The Relationship between patient and health care worker | Reading lecture note | | | |
| 3 | 3. The Relationship between stress, health, disease. coping with stress | Reading lecture note | | | |
| 4 | 4. The Relationship of structure of personality, behavior patterns and health and disease | Reading lecture note | | | |
| 5 | 5. Situational crises, traumatic life experiences and disease | Reading lecture note | | | |
| 6 | 6. Enter the patient's role as psychologic | Reading lecture note | | | |
| 7 | 7. The psychological reactions against to physical health problems and the adaptation process | Reading lecture note | | | |
| 8 | 8. Chronic pain and coping with pain | Reading lecture note | | | |
| 9 | 9. Effects of the endocrine system diseases according to psychosocial aspects | Reading lecture note | | | |
| 10 | 10. Effects of the cancer according to psychosocial aspects | Reading lecture note | | | |
| 11 | 11. Effects of the cardiovascular diseases according to psychosocial aspects | Reading lecture note | | | |
| 12 | 12. Effects of the chronic respiratory diseases according to psychosocial aspects | Reading lecture note | | | |
| 13 | 13. Effects of the organ transplants according to psychosocial aspects | Reading lecture note | | | |
| 14 | 14. The problems of the relatives of individuals with fatal or chronic illness | Reading lecture note | | | |
| Evaluation Methods | | Weight(%) | | | |
| Midterm Exam | | 40 | | | |
| General Exam | | 60 | | | |

| Resources | |
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| 1) Baltaş Z. (2000) "Sağlık Psikolojisi" Remzi Kitapevi, İstanbul. | |
| 2) "Sağlık Psikolojisine Giriş", (1999) Ü. Okyayuz (Ed.) Psikologlar Derneği Yayınları. No:19 Ankara. | |
| 3) Bozkurt, S.G. (2002) "Stres ve Sağlık Psikolojisi". Ayvaşık B., Sayıl M. (Eds.), "Psikolojiyi Anlamak", Türk Psikologlar Derneği Yay. No:23, 491-525, Ankara. | |
| 4) C.Davison, C. G.,&Neale, J. M. (2004). Doç. Dr. İ. Dağ (Çev. Ed.), Anormal psikolojisi. Ankara: Türk Psikologlar Derneği Yayınları, 7. Basım. | |
| 5) D. Brannon, L. &Feist, J. (2010) Health Psychology: An Introduction to Behavior and Health. | |