

**KARNATAKA STATE  OPEN UNIVERSITY**  
**MUKTHAGANGOTRI, MYSURU**

**DEPARTMENT OF STUDIES AND RESEARCH IN**  
**PSYCHOLOGY**

**M.Sc PSYCHOLOGY**

**THIRD SEMESTER**

**COURSE – 12 HEALTH PSYCHOLOGY**

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**BLOCK-1: INTRODUCTION TO HEALTH PSYCHOLOGY**

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**UNIT-1: INTRODUCTION TO HEALTH PSYCHOLOGY** **1-23**

---

**UNIT-2: MODELS OF HEALTH** **24-37**

---

**UNIT-3: HEALTH BELIEFS AND BEHAVIOUR** **38-54**

---

**UNIT-4: MYTHS ABOUT HEALTH AND ILLNESS** **55-72**

---

**BLOCK-II : STRESS AND HEALTH**

---

**UNIT-5: MODELS OF STRESS** **73-82**

---

**UNIT-6 : SOURCES AND TYPES OF STRESS** **83-95**

---

**UNIT-7 : STRESS RESPONSES** **96-104**

---

**UNIT-8 : STRESS MODERATORS** **105-120**

---

---

**BLOCK - III : CHRONIC ILLNESS AND MANAGEMENT**

---

---

**UNIT-9 : STRESS AND ILLNESS** **121-137**

---

---

**UNIT-10 : STRESS AND HYPERTENSION** **138-146**

---

---

**UNIT- 11 : STRESS AND CANCER** **147-158**

---

---

**UNIT -12 : BEHAVIOURAL EPIDEMIOLOGY OF HIV/AIDS** **159-166**

---

---

**BLOCK - IV : HEALTH PROMOTION AND DISEASE PREVENTION**

---

---

**UNIT – 13 : HEALTH COMPROMISING BEHAVIOUR** **167-181**

---

---

**U NIT – 14 : COPING STRATEGIES** **182-189**

---

---

**UNIT - 15 : HEALTH ENHANCING BEHAVIOUR** **190-204**

---

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**UNIT – 16 : HEALTH BEHAVIOUR MODIFICATION** **205-215**

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# M.Sc PSYCHOLOGY THIRD SEMESTER

## COURSE – 12 HEALTH PSYCHOLOGY

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**Publisher****Registrar**

Karnataka State Open University, Mukthagangothri, Mysore-6

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Developed by Academic Section, KSOU, Mysore-6, 2020

**ISBN Number:978-93-83739-39-4**

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## **COURSE-12 HEALTH PSYCHOLOGY**

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### **INTRODUCTION**

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The course Health Psychology is also called as behavioural medicine has gained a very important prominence in the present day. Health Psychology focuses on the prevention of health problems and illnesses and it also focuses on treatment and the behavioural aspects of the individual. It focuses on the biological, social and the psychological factors influencing health and illness to improve the health care systems. It explores the avenues which motivates the individual to give priority and importance to one's physical and mental health. It focuses on the prevention of both physical and psychological health problems by giving the knowledge about the importance of choices and the lifestyle an individual adopts and its influence in the maintenance of one's health.

The first block deals with an introduction towards Health Psychology, its perspectives, the role of an health psychologist, the models of understanding the health like biomedical model, biopsychosocial model and other perspectives. The health beliefs, its impact, the doctor patient communication, their relationship in dealing with health problems are being discussed. There are a number of wide variety of myths about the physical health and fitness, about psychological disorders and its treatment, these myths and the actual facts are being discussed which would help to gain a new perspective about the overall health.

The second block deals with stress and health, stress being the part of human life not only affects the individual at that moment but leaves its mark on the minds of the individual affecting physical as well as psychological health. Stress, its theories, models, sources of stress, types of stress, stress responses, stress moderators, the psychological effects, physiological effects of stress on the individual, the importance of social support in dealing with stress, optimism, its benefits in fighting with stress are being discussed here.

The third block deals with chronic illness and its management. The relationship between stress and illness, its effects upon physical illness, the brain body pathways of stress, the psychophysiological disorders, pain, its management, stress may lead to lifestyle disorders like hypertension caused due to stress, cardiovascular diseases, diabetes. The relationship with stress and these lifestyle disorders are dealt here. Stress not only upsets day to day life but it may lead to serious chronic diseases like cancer, the psychosocial factors for

cancer, the personality type, stress and cancer are discussed. Stress not only gives rise to these illnesses but also lowers the functioning of the immune system there by making the individual susceptible to HIV/AIDS. The psychosocial factors affecting for these are being discussed in detail.

The fourth block deals with health promotion and disease prevention, the health compromising behaviours, substance dependence, smoking, alcoholism, its effect upon physical and psychological health of the individual, the sedentary life styles its consequences, the various coping strategies adopted by individuals in different settings, the importance of selecting the right method of coping strategy according to the situation , its effects and the benefits upon one's mental health and adjustment are dealt. The various health enhancing behaviours, its impact upon the individual's physical as well as mental health and also how it affects the individual's performance level including the food habits is being discussed here. It is important to modify one's behaviour for the improvement of one's own health, the importance of health behaviour modification, its theories, are being discussed here.

By understanding this course you will get a new perspective in looking towards health in totality and also understand the various psychological aspects which affects our physical and psychological health. You will also gain an understanding about adopting new ways of choices in your life for a healthy physical and psychological wellness.

Wishing you All the Best

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COURSE 19- POSITIVE PSYCHOLOGY**

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**Publisher**

Registrar

Karnataka State Open University, Mukthagangothri, Mysuru - 6

Developed by Academic Section, KSOU, Mysuru- 6, 2022

**ISBN Number: 978-93-83739-36-3**

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## **Credit Page**

**Programme Name** : M.Sc Psychology (CBCS)  
**Year / Semester** : 1st Semester  
**Blocks** : 1- 2  
**Course Name** : Interdisciplinary Open Elective EL-1 Introduction to  
Psychology  
**Credit** : 2 Credits  
**Units** : 1 - 08 Units

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Publisher

Registrar

Karnataka State Open University, Mukthagangothri, Mysuru - 6

Developed by Academic Section, KSOU, Mysore- 6, 2022

**ISBN Number: 978-93-83739-38-7**

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