

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**PSYCHOLOGY 132 – PSYCHOLOGY OF HEALTH**

3 hours lecture, 3 units

**Catalog Description**

The goal of health psychology is to understand the psychological influences on health behavior, including promotion, maintenance, prevention and treatment. The course will focus on the etiology and correlates of health and illness, as well as analyze the health care system and the formulation of health and illness, as well as analyze the health care system and the formulation of health policies within the United States. Specific emphasis will be placed on exploring health disparities among historically underrepresented groups, including African Americans, Native Americans, Asian Americans, and Latino/a/x Americans.

**Prerequisite**

None

**Course Content**

- 1) Definition of health psychology
- 2) Research methods and research ethics in health psychology, including an overview of the biopsychosocial model and the social ecological model
- 3) Exploration of the mistreatment of African Americans and other underrepresented groups within the US health care system
- 4) Health-enhancing behaviors (exercise, nutrition, sleep).
- 5) Health-compromising behaviors (alcohol use, drug use, and smoking)
- 6) Body image, obesity, diabetes, disordered eating, intuitive eating and the cultural differences in conceptualization of body image and weight management.
- 7) Stress and moderators of the stress experience (social support) and associations with the noncommunicable disease, with an emphasis on gender and racial/ethnic differences.
- 8) The cycle of violence, psychological trauma, help-seeking behavior and post-traumatic growth
- 9) Experiences of discrimination, racism, sexism, and ableism within the health care system.
- 10) Accessibility of health services, patient-provider relations, and inequities within the health care system among historically underrepresented groups.
- 11) Maternal mortality, postpartum depression, and differences in diagnosis and treatment among African Americans and Latina Americans.
- 12) Pain and its management, including opioid use, addiction, and provider bias in pain treatment.
- 13) Management of chronic illness and alternatives to treating chronic illness
- 14) Psychological issues in advancing and terminal illness, and cultural differences in the conceptualization of terminal illness
- 15) Access to health care and inequities within the health care system that contribute to medical mistrust among historically underrepresented groups.
- 16) Conceptualization of psychological disorders among different genders and race/ethnic groups.

**Course Objectives**

Students will be able to:

- 1) Evaluate the contributions of the theory and practice of psychology to the promotion of health, the treatment of illness, and improvement of health care systems.
- 2) Identify ethical dilemmas in health psychology research and the historical mistreatment of underrepresented groups in medical research.

- 3) Evaluate the cultural conceptualization of psychological disorders and how mental health stigma inhibits help-seeking.
- 4) Identify diagnostic and etiological correlates of health and illness.
- 5) Analyze the role race, gender, religion, sexual orientation, and/or social class plays in access to health care and adherence to treatment.
- 6) Analyze the interaction of social, psychological, and physiological factors in major health areas using the biopsychosocial and social-ecological model.
- 7) Assess the responsibilities, options, and decision-making processes of the individual concerning health-promoting behavior.

### **Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in the subject matter determined by multiple measurements for evaluation, one of which must be essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Written assignments
- 2) Quizzes
- 3) Social media assignments
- 4) Term paper, and/or oral presentation

### **Special Materials Required of Student**

None

### **Minimum Instructional Facilities**

Standard classroom

### **Method of Instruction**

- 1) Lectures and group discussions
- 2) Films, multimedia presentations and/or guest speakers
- 3) Discussion of library materials
- 4) Cooperative learning structured exercises

### **Out-of-Class Assignments**

- 1) Weekly readings to be completed before class meetings
- 2) Short reflection papers/activities

### **Texts and References**

- 1) Required (representative example): Marks, D.F., Murray, M., & Estacio, E.V. (2018). *Health psychology theory, research, and practice*. McGraw Hill.
- 2) Supplemental: None

### **Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Explain how biological, psychological, and social factors impact physical and psychological health.
- 2) Evaluate how factors like culture, stigma, and discrimination can influence help-seeking behavior and shape interpretations of health and well-being.
- 3) Apply a biopsychosocial framework to your lived experiences of health and disease.