

# PSY 316 : Health Psychology

The course will examine the role of psychological factors in several health related areas. Topics will include aspects of health research, adherence to medical advice, stress, pain and methods of coping with these. Other topics to be covered include behavior involved with chronic diseases and illness. We will also look at behavioral health, specifically concerned with the use of alcohol and tobacco. Throughout the course we will explore the underlying psychological theories and methods employed in this area as well as some of the clinical applications in this field.

**Credits** 4

**Prerequisites**

- [PSY 101: Introduction to Psychology](#)
- One 200-level PSY course

**Semester Offered**

Offered spring of even-numbered years