

PSYC 206

PSYC 206 Intro to Health Psychology

3 Credits

This course introduces students to the psychology of health. Topics include health related behaviours like eating habits, smoking and drug use, the effects of stressful events on health, various methods of coping with stress, the impact of chronic illness on the family, and the role of social support systems. In addition, issues such as the mind-body relation; research methods in health psychology; pain and pain behaviour; the management of chronic and terminal illness; and death, dying and bereavement will be addressed. Diseases covered will include cancer, heart disease, AIDS, rheumatoid arthritis and Alzheimer's disease.

Prerequisites

PSYC 101 and PSYC 102

Transfer Credits

Explore transfer credit opportunities by visiting the BC Transfer Guide (<http://www.bctransferguide.ca>)

