

科目ナンバリング		U-LAS40 10011 LE26										
授業科目名 <英訳>		Introduction to Basic Concepts of Health Psychology-E2 :Health Behavior and Behavior Change Introduction to Basic Concepts of Health Psychology-E2 :Health Behavior and Behavior Change					担当者所属 職名・氏名		医学研究科 准教授 ANAGNOSTOU , Despoina			
群	健康・スポーツ科目群			分野(分類)		健康・スポーツ科学(基礎)			使用言語		英語	
旧群		単位数	2単位		週コマ数	1コマ		授業形態	講義 ( 対面授業科目 )			
開講年度・ 開講期	2025・前期		曜時限	火3			配当学年	全回生		対象学生	全学向	
【授業の概要・目的】												
<p>This module will introduce the principle concepts of health psychology and its research basis. It includes a breath of material covering from health and illness beliefs, behavior and outcomes, but also socio-economic factors impacting population health, as well as individual and cultural differences.</p> <p>The module is organized in two parts: 1. Health promotion and illness prevention; 2. Psychological approaches to chronic illness. Every session is organized on key principles of the theme, the theory behind, research evidence in support of the theory and examples of real applications.</p> <p>Students will develop an understanding of the key factors that contribute to health and how health psychology can support the maintenance of health. In addition, this module will explore the psychological factors that might contribute to the development and impact of illness. Moreover, we will explore how people cope with illness and how the health care system respond to this challenge. Finally, we will look at family support systems and what interventions can support them.</p>												
【到達目標】												
<p>To develop understanding of the key approaches to health psychology</p> <p>To understand key theories of health and illness and the subsequent models of health care</p> <p>To understand the key theories of health behavior and behavior change and how they are used in health promotion</p> <p>To explore psychological mechanisms in illness management and the development of psychological interventions to support chronic illness</p> <p>To understand key theories of coping with chronic pain</p> <p>To explore the key psychological impact on the management of chronic illness for the family</p>												
【授業計画と内容】												
<p>Part I: Health promotion- illness prevention</p> <p>Session 1: Introduction to Health Psychology module-Defining health psychology</p> <p>Session 2: Health psychology approaches to health and illness; the biological and biopsychosocial model</p> <p>Session 3: Wellbeing and its association with health behavior- implications for health care models</p> <p>Session 4: Health inequalities: The impact of poverty, socio-economic deprivation, unemployment and minority status in health outcomes.</p> <p>Session 5: Understanding health behavior</p> <p>Session 6: Models of behavior change in health prevention and promotion</p> <p>Session 7: Changing health behavior- its use in public health interventions</p> <p>Part II: The role of health psychology in chronic illness</p>												
Introduction to Basic Concepts of Health Psychology-E2 :Health Behavior and Behavior Change(2)へ続く												

Session 8: Stress management

Session 9: Health psychology of chronic illness- the role of positive psychology

Session 10: Psychological approaches to chronic pain

Session 11: Treatment decision making: insights into medical consultation

Session 12: Adjustment to chronic illness- Quality of life

Session 13: Advanced Care Planning (ACP) as a behavior change intervention

Session 14: The psychological consequences of caring for the family

Session 15: Presentations- feedback

#### **【履修要件】**

At the beginning of the class, you do not need the knowledge of health psychology, essential knowledge for the class will be provided as needed in class.

#### **【成績評価の方法・観点】**

Evaluation with power point oral presentation by all students (80% of mark) and participation and attendance (20%). The oral presentations will be at the end of the course, and depending on student numbers, they can be either group or individual presentations.

#### **【教科書】**

授業中に指示する

References to e-textbooks already provided by Kyoto University library will be introduced during the course. All material and online resources will be uploaded in the PANDA page of the course

#### **【参考書等】**

(参考書)

授業中に紹介する

References will be introduced during the course. All resources will be uploaded in the PANDA page of the course

#### **【授業外学修（予習・復習）等】**

Preparation is required for the final course presentations( pptx of 10-15min).

#### **【その他（オフィスアワー等）】**

Key lectures will be given by the lecturer.

Some group work will be introduced to discuss key issues in comparing Japan with the Europe.

Students will give presentations during the last sessions of the course. Instructions for the presentations will be given in class.

It is advisable to participate actively and share comments and ask questions during the class.

Students should make an appointment through e-mail, in the case they need any advice.

Students will not be able to keep their position in the course, if they have more than 3 absence incidences, unless there is a special reason.

If you have any questions please email the teacher: [anagnostou.despoina.2a@kyoto-u.ac.jp](mailto:anagnostou.despoina.2a@kyoto-u.ac.jp)

#### **【主要授業科目（学部・学科名）】**