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	2026・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]

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.
The module is organized in two parts: 1. Health promotion and illness prevention; 2. Management of 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.

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.

[到達目標]

To develop understanding of the key approaches to health psychology
To understand key theories of health, illness and models of health care
To understand theories of health behavior and behavior change and how they are used in health promotion
To explore psychological mechanisms in illness management and the development of psychological interventions to support chronic illness
To understand key theories of coping with chronic pain
To explore the key psychological impact on the management of chronic illness for the family

[授業計画と内容]

Part I: Health promotion- illness prevention
Session 1: Introduction to Health Psychology module-Defining health psychology
Session 2: Health psychology approaches to health and illness; the biological and biopsychosocial model
Session 3: Wellbeing and its association with health behavior- implications for health care models
Session 4: Health inequalities: The impact of poverty, socio-economic deprivation, unemployment and minority status in health outcomes.
Session 5: Understanding health behavior
Session 6: Models of behavior change in health prevention and promotion
Session 7: Changing health behavior- its use in public health interventions

Part II: The role of health psychology in chronic illness
Session 8: Stress management
Session 9: Health psychology of chronic illness- the role of positive psychology

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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.

Evaluation will be based on active participation (20 points), and an final course oral presentation, as examination (80 points).
The final course presentations will be assessed on the basis of the course objectives.
- Students who are absent from class more than three times will not be awarded a passing grade.
- Points will be awarded for presentations showing originality.

[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 LMS 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 LMS 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 discussions will take place in class. The discussions will include comparative perspectives between Japan and 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.

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

[主要授業科目（学部・学科名）]

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