

Course Plan

Basic Sciences and Physiopathology (Theoretical & Practical)

Number of Students:	Semester:	Academic Year: 1404–1405
Course Representative & Contact Number:	Course	Field of Study: Medicine
	Course Title: Health Psychology	Educational department: General
	Location: Afzalipour School of Medicine	Class Day & Time:
Email:	Prerequisite: -	Course Type: General
General Course Objective: Presentation of psychological and sociological concepts, theories, and research related to medicine		
<p>Specific Course Objectives:</p> <ul style="list-style-type: none"> • Understanding the human being as an integrated psychological and physiological whole. • Gaining knowledge about psychology and its role in the daily lives of medical patients. • Understanding healthy personality from the perspectives of psychologists. • Pain and psychological factors related to it. • Illness behavior and physician–patient interaction. • Illness and disability in the context of addiction, psychological disorders, and common medical diseases. 		
<p>Main Course Resource: Health Psychology with a Medical Approach – Alder, Porteous, Abraham, Teijlingen – Translated by Farzin Rezaei – Arjmand Publications, 1400.</p> <p>Supplementary Resources</p> <ul style="list-style-type: none"> • Summary of Personality Theories – James Prochaska) • General Psychology for Medical Students – Zahra Al-Sadat Meshkani) • Health Psychology: Fundamental Concepts – Hassan Ahadi & Afshin Rabbati, electronic version) 		

Student Evaluation and Grading	
<ul style="list-style-type: none"> • Class attendance and group discussion: 2 marks • Midterm examination: 5 marks • Final examination: 13 marks 	
Student Duties: Active participation in class sessions	
Final Exam Date:	Midterm Exam Date:

Course Reference			In-person/ Online	Theoretical / Practical	Instructor	Title based on the Approved National Curriculum 1395/1/5	Date	No.
Pages	Chapter	Source						
12-60	1	Health Psychology: Fundamental Concepts	In-person	Theoretical		Definition of health psychology and related terms; Goals of health psychology; Necessity of offering the course for the target group; Assessment of students' prerequisite knowledge		1
12-60	1	Health Psychology: Fundamental Concepts	In-person	Theoretical		Health psychology services; Models of health psychology		2
12-22	3	Summary of the Book: Theories of Personality	In-person	Theoretical		Healthy personality from different perspectives: Freud's psychoanalytic school		3
23-38	4	Summary of the Book: Theories of Personality	In-person	Theoretical		Healthy personality from different perspectives: Alfred Adler – Erik Erikson		4
35-78	4-5-6	Summary of the Book: Theories of Personality	In-person	Theoretical		Healthy personality from different perspectives: Erik Erikson – B.F. Skinner – William Rogers		5

35-78	4-5-6	Summary of the Book: Theories of Personality	In-person	Theoretical		Healthy personality from different perspectives: B.F. Skinner – William Rogers		6
54-78	5-6	Summary of the Book: Theories of Personality	In-person	Theoretical		Healthy personality from the perspectives of Abraham Maslow and Viktor Frankl		7
34-60	3	Health Psychology- Rezaei	In-person	Theoretical		Society and health		8
86-102	5	Health Psychology- Rezaei	In-person	Theoretical		Illness and pain: illness behavior and illness role behavior, how to deliver bad news		9
54-78	3	Health Psychology- Ahadi & Rabbati						
			In-person	Theoretical		Factors affecting the timing, location, and manner of individuals' help-seeking in illness		10
62-84	4	Health Psychology- Rezaei	In-person	Theoretical		Features of signs of illness, the social structure of health and disease, and the family and its pathogenic role (violence, neglect, etc.).		11
-	-	Collection of articles on health psychology from the journal health psychology	In-person	Theoretical		History of pain, types of pain		12
-	-	Collection of articles on health psychology- journal health psychology	In-person	Theoretical		Pain theories: specific pain theory, pain paradigm, gate control		13

130-146	7	Health Psychology- Rezaei	In-person	Theoretical		Psychological treatments of pain: Relaxation training, hypnosis, cognitive therapy, behavior modification, biofeedback, multimodal approach.		14
198-220	6	Health Psychology- Ahadi & Rabbati	In-person	Theoretical		Disability and addiction: Risk factors, precipitating factors, and perpetuating factors.		15
86-102	5	Health Psychology- Rezaei	In-person	Theoretical		Doctor-patient relationship		16