Subject	**Health Psychology, Behavior, and Life Management**		
Type	Type	Semester	ECTS
	MANDATORY (M)	3	4
Lecturer	Dr.Sc. Ejona Icka		
Aims and Objectives	This course will further expand student's knowledge about key theories in health psychology and how to apply them in approaching changing health-related behavior at individual and population levels and the interaction between psychological processes (cognitions, emotions, behavior) and disease and illness.		
Learning Outcomes	Upon completion of this module, students shall be able to: • Show ability in applied work description within the field of health psychology. • Describe and reflect on the theories and assumptions, and reflect on difficulties and possibilities with the implementation of evidence-based care. • Identify and describe the competency of the professions that work together to a successful and healthy lifestyle. • Consider and evaluate the collaboration between different contributions to evidence-based care and rehabilitation, improved health and/ or high-quality life management • Specifying how the school and community can affect personal health practices and behaviors. • Analyzing how culture supports and challenges health beliefs, practices, and behaviors. • Evaluating the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. •		
Content	**Week**	**Topics**	
	Syllabus presentation		
	1	Introduction to the course	
	2	Stress Management Concept, Causes, management, and coping	
	3	Health Psychology: Concept, Assumptions, Health and the Community, Health Behavior and Promotion	
	4	Models (Biomedical and Biopsychosocial). Social Cognitive Theory	
	5	Theory of Planned Behavior, Health Belief Model, Protection – Motivation theory	
	6	Transtheoretical model of behavior change, Self-regulatory model	
	Mid-term exam – 1		
	7	Factors that Determine Health, Behavior, and Lifestyle. Assessing your Behavior and life management, building resilience, and managing emotions.	
	8	Changing health habits. Cognitive-behavioral approaches to health behavior	
	9	Future challenges for health care, Growth of Health Psychology.	
	10	The culture supports and challenges health beliefs, practices, and behaviors.	
	11	The influence of personal values, attitudes, and beliefs about individual health practices and behaviors. Health and Wellness	
	12	Perception versus Reality. Cognitive and behavioral change.	
	Mid-term exam – 2		
Teaching/Learning Methods	**Activity**		**Weight (%)**
	Lectures		40%
	Paper		40%
	Independent learning		10%
	Other		10%
	Methods of assessment:		**%**
	Participation		10%
	a) Mid-term exam -1		20%

Assessment Methods	b) Mid-term exam - 2		20%
	Research paper		50%
ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	44
	Examination preparation	n/a	20
Literature	Dr.Petraq Simo (2008) Psikologjia e Shëndetit ISBN 978-99943-57-61-12. Ogden, J. (2012). Health Psychology. McGraw-Hill Foundation 3. Morrison, V., & Bennett, P. (2009). Introduction to Health Psychology(2nd Ed) Pearson Education Limited, New York. 3. 4. Sarafino, E. P. (1994). Health Psychology, Biopsychosocial Interactions. John Wiley & Sons, New York. Page 4 of 12 4. 5. Taylor, S.E., (2009). Health Psychology (9th Ed). New Delhi: Tata McGraw-Hill Publishing Company Ltd.		
Ethical standards	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.		
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