

Subject	Health Psychology, Stress Management, and Lifestyle		
Type	Type	Semester	ECTS
	MANDATORY (M)	1	5
Lecturer	Dr.Sc. Elona Krasniqi		
Aims and Objectives	This course will further expand student's knowledge of the importance and significance of psychology in health, illnesses, and chronic health conditions and the impact of stressors and the psycho-physiological indicators of excessive stress. It will provide a theoretical foundation for exploring the relationship/interaction between biology, social, cognitions, emotions, and the many somatic, behavioral, and cognitive stress management techniques and exercise, as important factors in combating the effects of stress. This course will examine various medical conditions, prevention, and treatments and actively engage in physiological, behavioral, and cognitive interventions throughout the semester through a Health Psychology perspective. Finally, this course will also demand critical thinking of the research, assigned readings, and articles that support or contradict a certain theoretical perspective/viewpoint and foster an environment of self-directed learning (individual responsibility and self-challenge		
Learning Outcomes	Upon completion of this module, students shall be able to: By the end of this course, students will be able to: <ul style="list-style-type: none">Describe the science of the field of Health Psychology and the benefits of Stress Management techniques by identifying and discussing the interplay of psychological, biological, and behavioral, in the study of health issues including mechanisms of stress management as effective participation in motivating a greater sense of wellbeing and self-esteemSummarize the theory and research of the field of Health Psychology and Stress Management by reviewing and discussing the fundamental and more recent contributions to the science.Critique and synthesize research on the factors involved in causing, maintaining, contributing to, preventing, and treating a specific health issue, physical and mentalBetter examine one's health history and describe and enact a positive, proactive attitude toward healthy living and demonstrate proficiency through knowledge and acquired skills enabling themDevelop an appreciation of physical activity, positive thinking, and stress management as a lifetime pursuit and a means to a better way of living.		
Content	Week	Topics	
	Syllabus presentation		
	1	A general description of the course of Health Psychology and Stress Management	
	2	An Overview of Psychology and Health and the impact of stress in our physical and mental health.	
	3	Physical system of the body, Stress, and the mind	
	4	Stress, Biopsychosocial Factors, and Illness	
	5	Assessing your Stress, Building Resilience, and the managing of emotions	
	6	Health-Related Behavior and Health Promotion	
	Mid-term exam – 1		
	7	Time management.Reducing Stress by coping with it.	
	8	Healthy Lifestyles Nutrition and Diet, Exercise, and Safety	
9	Relaxation, Breathing, Meditation, and Yoga; their impact on mental and physical well-being		

	10	Serious Chronic illness.The managing of panic and anxiety	
	11	Sexual Health and Wellness, Causes, management and coping	
	12	Cognitive and behavioral change under pressure and stress	
	Mid-term exam – 2		
Teaching/Learning Methods	Activity		Weight (%)
	Lectures		50%
	Lab /Seminars		20%
	Research		20%
	Independent learning		10%
Assessment Methods	Methods of assessment:		%
	Participation		10%
	a) Mid-term exam -1		30%
	b) Mid-term exam - 2		30%
	Lab		20%
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	59
	Examination preparation	n/a	30
Literature	Dr.Petraq Simo (2008) Psikologjia e Shëndetit ISBN 978-99943-57-61-1 Sarafino, E. P., & Smith, T. W. (2011). Health Psychology: Biopsychosocial Interactions (8th Ed.). John Wiley & Son. ISBN 978-1-118-42520-6 INNOVATIONS IN STRESS AND HEALTH Edited by Susan Cartwright Professor of Organizational Psychology and Well Being and Director of the Centre for Organizational Health and Well Being, Lancaster University, UK and Cary Cooper Distinguished Professor of Organizational Psychology and Health, Lancaster University (Susan Cartwright & Cary Cooper 2011)		
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 by UBT College's academic integrity policies.		
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