



University of Hyderabad
School of Medical Sciences
Centre for Health Psychology

**Syllabus for
M.Sc. Health Psychology**

Total Credits – 40 (Semester I – IV)

Semester	Credits
I	20
II	20
III	22
IV	18
Total	40

Course Outline (Semester I - IV)

MSc Semester I

Sl.	Course Title	Credits	Course Codes
1.	Physiological Psychology (In lieu of Physiology I & II)	4	HP401
2.	Counseling Psychology	4	HP402
3.	Health Psychology – Theory and Practice	4	HP403
4.	Research Methodology I	4	HP404
5.	Project (Field based)	4	HP405
Total		20	

MSc Semester II

Sl.	Course Title	Credits	Course Codes
1.	Advanced Statistics	4	HP451
2.	Community Health Psychology	4	HP452
3.	Counseling Skills	4	HP453
4.	Health Communication	4	HP454
5.	Counseling Skills Lab	4	HP455
Total		20	

MSc Semester III

Sl.	Course Title	Credits	Course Codes
1.	Stress and Coping	4	HP501
2.	Interventions to Chronic Illnesses	4	HP502
3.	Research Methodology II	4	HP503
4.	Term Paper / Psychology Lab	4	HP504
5.	Internship	6	HP505
Total		22	

MSc Semester IV

Sl.	Course Title	Credits	Course Codes
1.	Occupational Health Psychology	4	HP551
2.	Dissertation / Psychology Lab	8	HP552
3.	Internship	6	HP553
Total		18	

M.Sc. Health Psychology

Semester I

Paper I: Physiological Psychology (4 Credits)

Unit-I Psychology and Biology: Methods of Research; Ethical issues related to physiological psychology; Neuron (Structure and Function)

Unit-II Nervous System: Central Nervous System (Structure and Function); Peripheral Nervous System (Structure and Function)

Unit-III Endocrine System: Structure and Function; Relation with human behavior

Unit-IV Sleep: Psychophysiology and Disorders of Sleep

Textbooks

1. Foundation of Physiological Psychology by Neil R. Grism
2. Carlson, N. R. (2008). *Foundations of Physiological Psychology*. Pearson / Allyn & Bacon: UK

References:

- Fluharty, S. J. (1995). Progress in psychobiology and physiological psychology. Vol. XVI. Academic Press: London.
- Sibler, K. (1999). The physiological basis of behaviour: Neural & Hormonal processes. Routledge: USA
- Wagner, H., Silver, K. (2004). Instant Notes – Physiological Psychological. Garland Science / BIOS Scientific Publishers: UK

Paper II: Counseling Psychology (4 Credits)

Unit - I Introduction to Counseling: Definition; Concept; Scope; Characteristics of a Good Counselor; Ethics in Counseling

Unit - II Approaches to Counseling: Psychoanalysis; Behaviouristic; Humanistic; Cognitive

Unit - III Application of Counseling: Family set up; Educational set up; Organizational set up; Clinical set up

Unit - IV Types of Counseling: Individual Counseling; Group Counseling; Family Counseling; Premarital and Marital Counseling; Career Counseling

Textbooks

1. Hough, M. (2006). *Counseling Skills and Theory*. Hodder Arnold
2. Gladding, S.T. (2009). *Counseling: A Comprehensive Profession*. New Delhi: Pearson Education, Inc.

References

- Capuzzi, D., & Gross, D.R. (2007). *Counseling and Psychotherapy: Theories and Interventions (4th Ed.)*. New Delhi: Pearson Education Inc.
- Gelso, C. J., & Fretz, B. R. (1995). *Counseling Psychology*. Bangalore: Prism Books Pvt. Ltd.
- Nelson-Jones, R. (2008). *Basic Counseling Skills: A Helper's Manual*. New Delhi: Sage Publications.
- Sharf, R. S. (2008). *Theories of Psychotherapy and Counseling: Concepts and Cases*. New Delhi: Brooks/Cole Cengage Learning Publications.

Paper III: Health Psychology: Theory & Practice (4 Credits)

Unit-I Health Psychology: Concept, Assumptions, Models (Biomedical and Biopsychosocial)

Unit-II Theories: Social Cognitive Theory, Theory of Planned Behavior, Health Belief model, Protection – motivation theory, Trans – theoretical model of behavior change, Self-regulatory model, latest trends.

Unit-III Health Promotion and Illness Prevention: Health and Behavior; Changing health habits; Cognitive behavioural approaches to health behavior change.

Unit-IV Health Care System: Indian Scenario, Attitude of Health Professionals, Burnout in health professionals, Designing health care work environment, Future challenges for health care, Growth of Health Psychology.

Textbooks

1. Ogden, J. (2012). *Health Psychology*. McCrawhill Foundation
2. Morrison, V., & Bennett, P. (2009). *Introduction to Health Psychology*(2nd Ed) Pearson Education Limited, New York.
3. Sarafino, E. P. (1994). *Health Psychology, Biopsychosocial interactions*. John Wiley & Sons, New York.

4. Taylor, S.E., (2009). *Health Psychology (9th Ed)*. New Delhi: Tata McGraw-Hill Publishing Company Ltd.

References

- Ayers, S., Baum, A., McManus, C., Newman, S., Wallston, K., Weinman, J., & West, R. (2007). *Cambridge Handbook of Psychology, Health and Medicine (2nd Ed)*. Cambridge University Press
- Brannon, L., McNeese, J. F., & Updegraff, J. A. (2014). *Health Psychology an introduction to behavior and health (8th Ed)*. Delhi: Cengage Learning
- Lyons, A.C. & Chamberlain, K. (2006). *Health Psychology A Critical Introduction*. Cambridge University Press
- Straub, R.O. (2014). *Health Psychology a BioPsychosocial Approach (4th Ed)*. Worth Publishers A Macmillan Higher Education Company

Paper IV: Research Methodology I (4 Credits)

Unit-I Research: Concept; Steps; Designs; Quantitative research design: Characteristics; Types (Experimental—Pre, True, Quasi; Correlational)

Unit-II Methods of Quantitative Data Collection: Observation; Experiment; Survey.

Unit-III Sampling: Concept; Techniques; Determining sample size.

Unit-IV Designing and Developing Tools: Types—Scale, Questionnaire, Test, Inventory, Schedule, Checklist; Steps of Developing Standardized Tool—Item writing, Item analysis, Reliability, Validity, Norms; Report-writing, APA Guidelines

Textbooks

1. Coolican, H. (2009). *Research Methods and Statistics in Psychology (5th Ed.)*. London: Hodder Education.
2. Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches (4th ed.)*. Thousand Oaks, California: SAGE Publications, Inc.
3. Goodwin, J. C., & Goodwin, K. A. (2012). *Research in Psychology: Methods and Design (7th ed.)*. New York, USA: John Wiley & Sons Inc.
4. Anastasi, A., & Urbina, S. (1997). *Psychological Testing*. New Delhi: Pearson Education, Inc.
5. Nunnally, J. C., & Bernstein, I. H. (1994). *Psychometric Theory (3rd ed.)*. USA: McGraw-Hill, Inc.

References

- Aiken, L. R., & Groth-Marnat, G. (2009). *Psychological Testing and Assessment (12th ed.)*. Noida, India: Pearson India Education Services Pvt Ltd.

- Best, J. W., & Kahn, J. V. (2003). *Research in Education* (9th Ed.). Needham Heights, MA: Allyn & Bacon.
- Gregory, R. J. (2004). *Psychological Testing: History, Principles and Applications*. New Delhi: Pearson Education
- Kerlinger, F. N. (1979). *Foundation of Behavioural Research*. Delhi: Surjeet.
- McQueen, R.A., & Knussen, C. (2004). *Introduction to Research Methods and Statistics in Psychology* (1st ed.). Canada: Pearson Education.

Paper V: Project (Field based) (4 Credits)

Semester II

Paper I: Advanced Statistics (4 Credits)

Unit-I SPSS Statistics Software: Introduction; Working with SPSS Statistics; Familiarization and Basic computation with graphs.

Unit-II Correlation (Partial and bi-serial): Concept, Assumptions, Computations, Uses; **Regression (Simple and Multiple):** Concept, Assumptions, Computations, Uses.

Unit-III Analysis of Variance: Two-way: Concept, Assumptions, Computations, Uses; **Three-way:** Concept, Assumptions, Computations, Uses; **One-way repeated measure:** Concept, Assumptions, Computations, Uses; **Two-way repeated measure:** Concept, Assumptions, Computations, Uses; **Post-hoc tests:** Concept, Assumptions, Computations, Uses; **Nonparametric (Friedman Test):** Concept, Assumptions, Computations, Uses

Unit-IV Analysis of covariance: Concept, Assumptions, Computations, Uses; **Multivariate analysis of variance:** Concept, Assumptions, Computations, Uses; **Factor analysis:** Concept, Assumptions, Computations, Uses.

Textbooks

1. Kremelberg, D. (2011). *Practical Statistics: A Quick and Easy Guide to IBM SPSS Statistics, STATA, and Other Statistical Software*. Thousand Oaks, California: SAGE Publications, Inc..
2. Ferguson, G. A. (1981). *Statistical Analysis in Psychology and Education*. New Delhi: McGraw Hill.
3. Aron, A., Aron, E. N., & Coups, E. (2006). *Statistics for Psychology*. New Delhi: Pearson.
4. Howell, D. C. (2010). *Statistical Methods for Psychology*. Belmont, USA: Cengage Wadsworth.
5. Tabachnick, B. G. & Fidell, L. S. (2013). *Using Multivariate Statistics* (6th ed.). Boston, USA: Pearson Education, Inc.

References

- Adbi, H., Edelman, B., Valentin, D., & Dowling, W. J. (2009). *Experimental Design and Analysis for Psychology*. New Delhi, India: Oxford University Press.
- Albright, S. C., Zappe, C. J., & Winston, W. L. (2011). *Data Analysis, Optimization, and Simulation Modeling*. Delhi: Cengage Learning India Private Limited.
- Foster, J. J., Barkus, E., & Yavorsky, C. (2006). *Understanding and using advanced statistics*. London: SAGE Publications, Inc.
- Grimm, L. G. & Yarnold, P.R. (2000). *Reading and Understanding Multivariate Statistics*. Washington: APA
- Hair, Jr. J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2010). *Multivariate Data Analysis* (7thed.). New Delhi: Pearson Prentice Hall.
- Leech, N. L., Barrett, K. C., & Morgan, G. A. (2005). *SPSS for intermediate statistics: Use and interpretation*. Routledge.
- Mohanty, B., & Misra, S. (2016). *Statistics for Behavioural and Social Sciences*. New Delhi: SAGE Publications India Pvt Ltd.

Paper II: Community Health Psychology (4 Credits)

Unit-I Community Health: Concept, History, Approaches, Public Health Policies: WHO, National

Unit-II Health Inequalities and Community Health Programme: Health differentials; Issues related to poverty, Minority status and health; Gender and Health; Work and health; Community health programme and evaluation

Unit-III Community Health and Hazards: Health habits and health behavior; Food habits, Health risk behavior (use of Tobacco, Alcohol, Drugs), Strategies for changing health risk behavior (cognitive, behavioral, motivational, emotional approaches), Reproductive health, Health promotion and disease, Prevention: Applications of Psychological principles 1 Behavioral change approach, Self empowerment, Community development

Unit-IV Community Health Care: Health seeking behavior (screening for disease detection); Immunization; Predicting health behavior (influences on health behavior)

Textbooks

1. Orford, J.(2008).*Community Psychology Challenges, Controversies and Emerging Consensus*. John Wiley & Sons, Ltd

References

- Cancela, V. D., Chin, J. L., & Jerkins, V. M. (1998). *Community Health Psychology*, Routledge.

Paper III: Counseling Skills (4 Credits)

Unit-I Pre Helping Skills: Overview of Developmental Model

Unit-II Stage I - Present Scenario: Ia-Story; Ib-Blind Spot; Ic-Leverage.

Unit-III Stage II - Preferred Scenario: IIa-Agenda; IIb -Best fit; IIc-Commitment

Stage III - Getting There: IIIa-Strategies; IIIb-Planning; IIIc-Action
Unit-IV Action Plan, Termination and Follow-up

Textbooks

1. Egan Gerard (1990) *The Skilled Helper – A Systematic Approach to Effective Helping*, Brooks Cole Pub.
2. Culley, S. & Bond, T. (2004). *Integrative Counselling Skills: Action*. New Delhi: Sage Publications.

References

- Hough, M. (2006). *Counseling Skills and Theory*. Hodder Arnold
- John McLeod (2007). *Counselling Skills*. McGraw Hill International.
- Nelson-Jones, R. (2002). *Essential counselling and therapy skills: The skilled client model*. Sage Publications.
- Nelson-Jones, R. (2008). *Basic Counseling Skills – A Helper’s Manual.*, Sage Pub.
- Sharf R. S., (2008). *Theories of Psychotherapy and Counseling – Concepts and Cases* Brooks/Cole Cengage learning pub

Paper IV: Health Communication (4 Credits)

Unit-I Health Communication: Concept forms, Steps, Theories and Models, Contexts and role of health psychologists in communication

Unit-II Pain: Concept types, Theories, Measurement, Principles of Management (Biomedical and Biopsychosocial), Communication in pre and post-surgical conditions

Unit-III Trauma and Communication: Contexts of trauma-Personal trauma, Disaster related trauma (natural, manmade); Effective Communication and Crisis intervention

Unit-III Palliative Care and Communication: Breaking bad news, Communication with non-cooperative patients, Communication withfamilies, Communication with children, Communication with care providers

Textbooks

1. Zoller, H.M. and Dutta,M.J., (2008). *Emerging Perspectives in Health Communication*, New York, Routledge
2. Gordon, T and Edwards, W.S., (1995). *Making the Patient your Partner*. London, Auburn House.

References

- Berry, D., (2007). *Health Psychology* Mc Graw- Hill Education
- Hariharan, M., Padmaja, G., & Padhy, M. (Eds.) (2010). *Trauma & Pain: Biopsychosocial approach*. Delhi: Global Vision.

Thompson, T. L., Dorsey, A.M., Miller, K.I. and Parrott, R., (2003). *Handbook of Health Communication*. Lawrence Erlbaum Associates, Inc., Publishers

Paper V: Counseling Skills Lab (4 Credits)

1. SOLER
2. Pre helping Skills – Probing
3. Stage 1 – Challenging
4. Stage 2 – Evolving agenda (and commitment to agenda)
5. Stage 3 – Evolving strategies (Brain storming, Best fit etc)
6. Action strategies

Semester III

Paper I: Stress and Coping (4 Credits)

Unit-I Stress: Concept, Meaning, Definition and Models, Stimulus, Response, Transaction, **Physiology of Stress:** Endocrinal Response Sequence, ANS response, GAS

Unit-II Sources of Stress: Internal, External, Interpersonal; Systemic

Impact of Stress: Physical, Emotional, Cognitive, Behavioral, Stress & Eustress

Unit-III Coping with Stress: Complexity of Coping; Coping-concept, Process of coping, Coping and adaptation, Coping strategy and style, types of coping styles: Proactive and Explanatory, Factors affecting coping.

Unit-IV Stress Management and Coping: Symptoms/ Alarms; Management techniques, Physical Level, Cognitive and behavioural skills/ techniques.

Textbooks

1. Hariharan, M. & Rath, R. (2009). *Coping with Life Stress: An Indian Experience*. Sage, Delhi
2. Sarafino, E. P. (2005). *Health Psychology: Biopsychosocial interactions* (5th Ed). New York: Wiley

References

Benjamin H. G. (Editor) (1997). *Coping with Chronic Stress*, Hard cover

Geldard K. (2009). *Practical Interventions for Young People at Risk*.

Gwen K. P. (2000) *Coping With Stress*, Hardcover

Hamilton I. McCubbin (Editor) (1994) *Sense of Coherence & Resiliency: Stress, Coping & Health*, Paperback

Hussain A. & Ilyas Khan, M. (2006). *Recent Trends in Human Stress Management*., Global Vision Publishing House

Johnson S. L., Field Tiffany M., & Schneiderman (2000). *Stress, Coping & Depression*., Lawrence Erlbaum Associates Pub.

- Leenaars A. A., (2004). *Psychotherapy with Suicidal People*, John Wiley & Sons, Ltd. Pub
- Mimi W. (Editor), & Gordon S. Gates (Editor) (2003). *Toward Wellness: Prevention, Coping, and Stress*, Paperback
- Pestonjee, D. M. (1999) *Stress and Coping: The Indian Experience*, Hardcover. Sage Pub
- Sharon J. P. (Editor), & Patrick C. McKenry (1994). *Families and Change: Coping With Stressful Events*, Paperback

Paper II: Interventions to Chronic Illnesses (4 Credits)

Unit-I Cardio Vascular and Pulmonary System: Physiology, Illnesses, Biopsychosocial management

Unit-II Digestive System: Physiology, Illnesses, Biopsychosocial management in children and adults

Unit-III Immune System: Physiology, Illnesses, Biopsychosocial management

Unit-IV Psycho Physiological Illnesses: Migraine, Tension headaches, Psoriasis and other major skin problems

Textbooks

1. Sarafino, E.P. (2005) *Health Psychology: Biopsychosocial interactions* (5th Ed). New York: Wiley
2. Taylor, S.E. (2005) *Health Psychology* (6th Ed) Boston: McGraw Hill

References

- Catherine, G. (2005). *Cut feelings: Chronic illness and the search for healing* Volume 16 of At the interface/probing the boundaries, Volume 16 of Probing the boundaries, Rodopi
- Catherine, M. S. (2008). *Health Psychology- Theory, Research and Practice* Second Ed., Sage Pub.
- David S. G. (1997). Handbook of health behavior research, Volume 1 *Handbook of Health Behavior Research*, Springer
- Friedman, H.S. (2002). *Health Psychology*, 2nd edition, Upper Saddle River, NJ: Prentice Hall
- Linda, B. & Jess F. (2007). *Introduction to Health Psychology.*, Thomson Wadsworth Pub
- Lyons, A. C. & Chamberlain, K. (2006), *Health Psychology A critical Introduction*
- Marks, D. F., Michael M., Brian E., Carla, W., Cailine, W., & Ogden, J. (2007) *Health Psychology*. Open University Press
- Peter, D. F. & Teresa, F. (1996). *Managed care and chronic illness: challenges and opportunities*, Jones & Bartlett Publishers
- Rajbir, S., Radhey S., & Shyodan S. (2008). *Psychoneuroimmunology – A Behavioral Approach.*, Global Vision Publishing House

Rice, P. L. (1998). *Health Psychology*, 1st Ed. Wadsworth Publishing

Robert, L. K., Reinhard P., Annette M., & Totten (2005). *Meeting the Challenge of Chronic Illness*, JHU Press

Sanderson, C. (2003). *Health Psychology*, Wiley.

Straub, R. (2006). *Health Psychology* (2nd Ed.,) Worth Publishers

Paper III: Research Methodology II (4 Credits)

Unit-I Qualitative Research Design: Concept; Characteristics; Difference between quantitative and qualitative research designs; Mixed methods

Unit-II Approaches of Qualitative Research Design: Case Study Research, Grounded Theory Research, Narrative Research; Phenomenological Research; Ethnographic Research; Action Research

Unit-III Methods of Qualitative Data Collection and Analysis: Interview; Focus Group Discussion; Content Analysis; Thematic Analysis; Grounded Theory Coding, Interpretative Phenomenological Analysis; Discourse Analysis

Unit IV: Ethics in Research: Research using human subjects; Significance of informed consent; Preparing an informed consent form; Issues related to authorship; Intellectual Property Rights; Plagiarism; ICMR guidelines on research ethics.

Textbooks

1. Forrester, M. (Ed.) (2010). *Doing Qualitative Research in Psychology: A Practical Guide*. New Delhi: Sage.
2. Smith, J. A. (2015). *Qualitative Psychology: A Practical Guide to Research Methods* (3rd ed.). London: SAGE Publications Ltd.
3. Silverman, D. (2012). *Qualitative Research* (3rd ed.). New Delhi, India: Sage South Asia.
4. *Publication Manual of the American Psychological Association* (6th ed.). (2009). Washington, DC: American Psychological Association.

References

- Bruce, L. B. (2001). *Qualitative Research Methods for the Social Sciences*. Needham Heights, MA: Allyn and Bacon.
- Flick, U. (2009). *An Introduction to Qualitative Research* (4th ed.). New Delhi: SAGE Publications India Pvt. Ltd.
- Gamlell, D. T. & Stanley, J. C. (1963). *Experimental and Quasi-experimental Designs for Research*. Chicago: Rand McNally.
- Merriam, S. B., & Tisdell, E. J. (2016). *Qualitative Research: A Guide to Design and Implementation*. NJ: John Wiley & Sons, Inc.

Paper IV: Term Paper / Psychology Lab (4 Credits)

Practical - Subject 1 for each assessment

1. WISC
2. WAIS
3. Mallin's Intelligence Test of Children
4. Bhatia Battery of Performance Intelligence Test

Paper V: Internship (6 Credits)

Semester IV

Paper I: Occupational Health Psychology (4 Credits)

Unit-I Occupational Health Psychology: Concept, Origin, Scope; Role of Occupational Health Psychologists

Unit-II Work, Organization and Health: Work Environment (Hazards and Safety), Work Force diversity, Psychosocial stressors, risks (Physiological behavior, psychosocial), work related illnesses.

Unit-III Health Promotion in Workplace: Individual intervention, Setting – based interventions.

Unit IV: Work – Life Balance: Work – Family Conflict, Work – Family interface, Dimensions and levels of work – family balance, Promoting work – family balance, Latest trends in Occupational health psychology

Textbooks

1. Leka, S. & Houdmont, J. (2010). *Occupational Health Psychology*, John Wiley & Sons, Ltd., Publication

References

- Schabracq, M. J., Winnubst, J. A. M., & Cooper, C. L. (2003). *The Handbook of Work and Health Psychology* (2nd Ed). John Wiley & Sons, Ltd., Publication

Paper II: Dissertation / Psychology Lab (8 Credits)

Practical - No. of Subject = 2 constantly for all tests

1. MMPI
2. Subjective Well-being
3. State-Trait Anxiety
4. Health Locus of Control A, B, and C
5. Biofeedback

Step 1: Process – All the test 1, 2, 3, and 4 will be administered on the Subject first.

Step 2: 5 sessions of Biofeedback

Step 3: Test 4 only (Health Locus of Control A, B, and C)

Paper III: Internship (6 Credits)