

Theoretical and practical course plan form - Ilam University of Medical Sciences

Introducing the Psychology of Healthy Behavior course

Second semester of the academic year 400-99

School: Health Department: Public Health

* Course name and number: Psychology of healthy behavior

* Field and degree: Master of Health Education

* Day and time of the event:

* Venue: Virtual training

* Name of the person in charge of the course (course instructor): Dr. Mohsen Jalilian Prerequisite courses: No

* Office Address: School of Health, Department of Public Health

* Email Address: jalilian91@yahoo.com

General purpose of the lesson:

Considering that the main goal of education is behavior change and on the other hand, psychology is considered as the most important science in behavior change. Therefore, familiarity with the topics of general psychology, social psychology and psychology of learning and behavior change is one of the foundations of health education.

- Behavioral goals (behavioral goals have an audience, behavioral verb, degree and criteria and conditions of performance)

Educational Objectives: After completing the course, students will be able to:

- 1- To analyze the psychological factors of illness and illness.
- 2- To get acquainted with the importance of health psychology in health and disease analysis.
3. Analyze the concepts and mental factors affecting the change of individual behavior (awareness, attitude, beliefs and precursors of behavior).
4. Analyze health-promoting behaviors based on psychological concepts.
- 5-Explain theories of health-promoting behavior change.
- 6- Get acquainted with the concepts of social psychology affecting health.
- 7- Recognize the psychological implications of health effects.
- 8- Express the effective factors in the formation of behavior and its change in the individual, group and society.
9. Express the concept of self (seLf), self-efficacy, self-esteem, self-confidence in health-promoting behaviors.

10 - State the difference between self-control and locus of control.

11. Analyze social support and social network in health psychology.

12. Analyze high-risk behaviors using psychological concepts

• Student duties (student homework during the semester):

Actively participate in classroom meetings

Participate in presenting concepts and lessons based on lesson plans, brainstorming, and participate in class discussions in the form of questions and answers.

• Main sources (observing the principles of source writing and giving an address for their preparation, including library, bookstore, internet,)

1- Seif A. Educational Psychology. Tehran: Agah Publications, 2004

2- Sarafino A. Translated by Abhari et al. Health Psychology. Tehran: Roshd Publications, 2005

3- Milton Burger R. Translation by Fathi Ashtiani A. and Azimi Ashtiani H. Behavior change methods. Tehran: Samat Publications, 2006

4- Omidvar A. Behavior change methods of behavioral therapy and cognitive-behavioral. Tehran Faramizesh Publications

5) Ogden Jane, Health Psychology, London, Open University Press 2012

• Teaching method and teaching aids used: The teaching method in this course will be in the form of lectures, questions and answers, discussion and participation of students and presenting lectures by them using PowerPoint software and using other educational media as needed.

• Methods and time of assessment and evaluation of the student and the bar related to each assessment:

Method	Score	Date	Time
Class activity and presentation	2	During term	
attendance conference	3		
Participate in the final exam	15	End of term	

Lesson rules and expectations from students

1- Attending the class on time and based on the set time

2- Observance of training and disciplinary regulations

3- Studying the contents of the previous session and preparing to attend the class

4- Participating in presenting concepts and lessons based on lesson plans, brainstorming and participating in class discussions in the form of questions and answers

5- According to the educational regulations, unjustified absence in the final exam of the semester as a score of zero and justified absence will cause the removal of that course.

Schedule of Healthy Behavior Psychology Curriculum for the second semester of the 400-99 academic year

Session	Time	Topic	Lecturer	Necessary preparation of students before the start of the class
1	10-12	Introduction of the course, expected objectives of the course, presentation of lesson plans and outlines	Dr. Jalilian	
2		Introduction to Health Psychology		Knowing the contents of the previous session
3		Behavior and behavior change		
4		Staying healthy and health psychology		
5		Awareness, attitude, behavior and precursors of behavior		
6		Awareness, attitude, behavior and precursors of behavior		
7		Behavior change theories		
8		Behavior change theories		
9		Self-efficacy, self-esteem, self-confidence		
10		Locus of control		
11		Self-control		
12		Social support and social network		
13		Theories in Social Psychology Theory of Value Expectation		
14		Theories in Social Psychology		
15		Behavior in groups		
16		Behavior in groups		
17		Social influence and control		