

**DEPARTMENT OF PSYCHOLOGY**  
**UPSYVAC01 - Health and Well-Being**

**Unit I**

Introduction to Health Psychology: components of health, relationship between health and psychology, mind and body relationship, goals of health psychology.

**Unit II**

Well-being : Components of well-being: life satisfaction, affect.

**Unit III**

Stress, illness and pain : causes, consequences and coping with stress, pain and illness

**Unit IV**

Health enhancing behaviours: Implications for well-being: psychology factors: resilience, hope, optimism; exercise, safety, nutrition.

**Unit V**

Environment and Health, Communicable and Non-communicable Diseases, Role of Genetics in Health and Disease, Major nutritional problems , National Health Programmes in India.

**Suggested Readings:**

DiMatteo, M.R. and Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson.

Sarafino, E.P. (2002). *Health psychology: Bio psychosocial interactions ( 4th ed.)*.NY: Wiley.

Snyder, C.R & Lopez,S.J.(2007).*Positive psychology :The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.

Taylor, S.E. (2006). *Health Psychology (6th ed.)*. New York: Tata McGraw Hill.