

PSYC 235: HEALTH PSYCHOLOGY

This course on the psychology of health and wellness, with a focus on mind-body connection, provides an overview of the field of health psychology, one of the specialty areas of the discipline of psychology. Students will learn the history of health psychology, major theories in the field, and methods of applying health psychology knowledge to promoting health and preventing disease. Particular attention will be given to the roles of individual, social, cultural, and economic factors in health; including the relevance of age, gender identity, sexual orientation, and race.

Credits: 3

Department: [Psychology](#)