

Lecture 1 – January 7, 2008

I. Introduction

A. What is Health Psychology?

- 1. what is health?**
- 2. what is disease?**

B. What do health psychologists focus on?

- 1. health promotion and maintenance**
- 2. prevention and treatment of illness**
- 3. etiology and correlates of health, illness, and related dysfunction**
- 4. analysis and improvement of the health care system and the formulation of health policy.**

C. The emergence of health psychology

- 1. trends**
- 2. the founding of health psychology**
- 3. related disciplines**

READING: CH. 1, 15

Office hours cancelled today!