

## REQUIRED COURSES FOR HP MINOR

- **Introduction to Health Psychology Proseminar: Psych 227** (Dunkel Schetter and Core Faculty)  
*This is a required course for all minors in Health Psychology. This course acquaints the student with the field and covers such topics as psychosocial factors in disease etiology, pain and pain management, psychoneuroimmunology, coping, control, and adjustment to stress, social support and health, risk detection and prevention, health behaviors, and patient-practitioner interaction. This course must be taken in conjunction with Psychology 425 the same quarter.*
- **Health Psychology Lecture Series: Psych 425**  
*This course is offered Fall and Winter quarters each year and two quarters are required of all minors during all years of training. Minors are required to present their work at least once in this series. The Winter Quarter series includes presentations by the Core faculty members of the program in areas of their expertise every other year.*

## ADDITIONAL ELECTIVES

(two of the following courses, or an additional substitute, must be taken)

### PSYCHOLOGY:

- Psych 225: Stress Processes (Dunkel Schetter)
- Psych 225: Social Support and Helping Processes (Dunkel Schetter)
- Psych 225: Self Management of Health Behavior (Mann)
- Psych 225: Psychology of Eating (Mann)
- Psych 225: Current Topics in Social Neuroscience (Taylor)
- Psych 292: Biobehavioral Mechanisms of Stress and Disease (Grijalva and Myers)
- Psych 298: Health Status and Health Behaviors in Racial and Ethnic Minority Populations (Mays)
- Psych 298: Social Psychology Correlates of Health Related Lifestyle Change (McCarthy)
- Psych 298: Health and Stress in Ethnic Minorities (Myers)
- Psych 298: Conceptual and Methodological Issues in Community Interventions (Myers)
- Psych 298: Stress and Coping in the Family (Repetti)
- Psych 298: Psychology of Chronic Disease (Stanton)
- Psych 298: Psychology of Women's Health (Stanton)
- Psych 298: Clinical Neuropsychology (TBA)
- Psych 298: Behavioral Neuroimmunology (TBA)
- Psych 298: Biological Bases of Health Psychology (Bower and Robles)

### PSYCHIATRY:

- Psychiatry 228: Behavioral Medicine
- Psychiatry 274 B,C: Psychoneuroimmunology (Irwin) [2 units]

### COMMUNITY HEALTH SCIENCES:

- CHS M234: Obesity, Physical Activity, and Nutrition (Yancey and McCarthy)
- CHS 246: Woman's Roles & Family Health (Leslie)
- CHS 248: Women's Mental Health (Aneshensel)
- CHS 271: Health-Related Behavior Change (Siegel)
- CHS 272: Social Epidemiology (Siegel)
- CHS 273: Social Epidemiology of Chronic Disease (Siegel)

### **NOTES:**

Many other courses are offered on a one-time only basis, and can be approved for the minor by petition. Papers required in these courses must be on health-related topics to be counted for the minor.