

## HEALTH PSYCHOLOGY MINOR

### REQUIRED COURSES

- **Psychology 215A: Introduction to Health Psychology** (Dunkel Schetter & Tomiyama)  
*This is a required course for all minors in Health Psychology. This departmental core course acquaints the student with the field and covers such topics as psychosocial factors in disease etiology, health behaviors and behavior change, coping, adjustment to illness, social relationships and health, mind-body interactions and intervention, pain and pain management, and patient-provider interaction.*  
**Note: This course must be taken in conjunction with Psychology 425 the same quarter.**

- **Psychology 425: Health Psychology Lecture Series: Psych 425**  
*This course is offered Fall and Winter quarters each year and two quarters are required of all minors. The Winter Quarter series includes presentations by the Core faculty members of the program in areas of their expertise every other year.*

**Two of the following courses (or an approved substitute) are also required:**

#### **Psychology Elective Course Options:**

- Psych 215B: Human Physiology in Social and Behavioral Science** (Bower/Robles)
  - 216A: Psychology of Chronic Diseases (Stanton)
  - 216B: Psychoneuroimmunology (Bower)
  - 216C: Psychology of Women's Health (Stanton)
  - 216D: Psychology of Aging and Health (Robles)
  - 216E: Families, Emotions and Health (Repetti)
  - 216F: Race/Ethnicity, Social Class, and Mental Health (Myers)
  - 216G: Biology of Chronic Disease (Bower and Robles)
  - 298 (to be 216H): Health Behavior and Behavior Change (Tomiyama)
  - 225: Current Topics in Social Neuroscience (Taylor)
  - 225: Emotion (Eisenberger)
  - M274: Health Status & Health Behaviors of Racial and Ethnic Minority Populations (Mays)
  - 292: Biobehavioral Mechanisms of Stress and Disease (Grijalva and Myers)
  - 298: Health Related Lifestyle Change (McCarthy)
- Four units of Psychology 205 may be applied toward the minor, if approved by petition.

#### **NOTE:**

A variety of other courses including some in Community Health Sciences and Psychiatry are offered less regularly, and can be petitioned for credit. Examples include:

- PH 271: Health-Related Behavior Change (Siegel)
- PH 272: Social Epidemiology (Siegel)
- PH 273: Social Epidemiology of Chronic Disease (Siegel)
- Cross listed in PH and other departments:
- M411: Issues in Cancer Prevention and Control (Maxwell and Berman)
- Psychiatry 208A: Clinical Neuropsychology (Asarnow)