

PSY-2120: MULTICULTURAL HEALTH PSYCHOLOGY

Cuyahoga Community College

Viewing: PSY-2120 : Multicultural Health Psychology

Board of Trustees:

March 2023

Academic Term:

Fall 2023

Subject Code

PSY - Psychology

Course Number:

2120

Title:

Multicultural Health Psychology

Catalog Description:

Exploration and study of current topics, research, and theory in the specialty of Health Psychology across many cultures. An overview of topics such as psychoneuroimmunology and health, the basic issues and processes. Examination of the connections between the mind and body and the impact of cognition, emotions and behavior (lifestyle choices) on the physiology of common acute and chronic illnesses and cultural influences. Exploration of stress and coping styles with an emphasis on prevention and treatment. A survey of quality of life issues as created by health needs and resources available in the community for treatment.

Credit Hour(s):

3

Lecture Hour(s):

3

Requisites

Prerequisite and Corequisite

PSY-1010 General Psychology or PSY-101H Honors General Psychology.

Outcomes

Course Outcome(s):

Apply Health Psychology theory, concepts, key terms and major models of health and illness in the workplace and global community settings.

Essential Learning Outcome Mapping:

Critical/Creative Thinking: Analyze, evaluate, and synthesize information in order to consider problems/ideas and transform them in innovative or imaginative ways.

Objective(s):

- a. Define Health Psychology using the Salutogenic and Pathogenic approaches to illness.
- b. Discuss the mind/body connection and the role psychoneuroimmunology plays in health.
- c. Analyze the connections between stress, illness and coping.
- d. Discuss current behavioral medicine treatment issues and community resources available.
- e. Distinguish between acute and chronic illnesses.
- f. List and discuss leading serious and disabling chronic illnesses, their causes, management and cures.
- g. Identify key issues in Health Psychology from a Multicultural Model: Afro American, Native American, Latino/Latina, Asian, Pacific Islander, and Caucasian.
- h. Identify the leading causes of death with a focus on health disparities using major resources such as the World Health Organization (WHO), the National Institutes of Health (NIH), and the Center for Disease Control (CDC).
- i. Explain the influence of race, ethnicity, culture, gender, age, sexual orientation, personality, socio-economic status, and environment on an individual's use of, access to and treatment of the health care system.

Course Outcome(s):

Analyze, conduct and explain research of Health Psychology issues in the workplace and the global community.

Essential Learning Outcome Mapping:

Information Literacy: Acquire, evaluate, and use information from credible sources in order to meet information needs for a specific research purpose.

Objective(s):

- a. Locate and evaluate different kinds and sources of information on Health Psychology including newspaper articles, magazines, journals, and websites.
- b. Apply the scientific method to case scenarios.
- c. Identify appropriate research design methods to use in Health Psychology.
- d. Apply problem solving and critical analysis to case scenarios.
- e. Exhibit effective and appropriate listening, oral and written communication skills.
- f. Explain ethical methods for conducting research and reporting findings.

Course Outcome(s):

Apply a knowledge base of history and culture to reflect on the human condition and recommend resources to cope with illness, illness prevention, and management of serious and disabling chronic illness.

Essential Learning Outcome Mapping:

Cultural Sensitivity: Demonstrate sensitivity to the beliefs, views, values, and practices of cultures within and beyond the United States.

Objective(s):

1. Identify the interaction of biological, cultural, psychological, and environmental factors and their influence on health behavior.
2. Discuss the biological factors that predispose one to illness.
3. Identify individual's risk of inherited disease through assessment of family history, extended family history and prevention and intervention.
4. Identify healthy lifestyles, the health behavior approach, and apply these to the cultural group/individual client.
5. Identify obstacles: to health care access, adherence to treatment regimens, and design prevention/interventions based on cultural landscape and environment.

Course Outcome(s):

Develop personal skills and values that promote multicultural and global thinking in Health Psychology.

Essential Learning Outcome Mapping:

Cultural Sensitivity: Demonstrate sensitivity to the beliefs, views, values, and practices of cultures within and beyond the United States.

Objective(s):

1. Recognize and acknowledge other perspectives.
2. Discuss history of different cultural groups as it relates to Health Psychology, health care.
3. Discuss the importance of knowing when to ask for help from others.
4. Engage in self-reflection through discussion regarding openness to the experience of others.
5. Demonstrate respect for diverse individuals, values, ideas and cultures.
6. Tolerate and negotiate divergent opinions in class.

Methods of Evaluation:

- a. Class Participation
- b. Exams
- c. Service Learning Project
- d. Homework Assignments
- e. Research Paper

- f. Evaluation of Latest Research Articles
- g. Oral or Written Presentation

Course Content Outline:

- a. Defining Health Psychology
 - i. Major Theories
 - ii. Salutogenic and Pathogenic Models
 - iii. Biopsychosocial Model
 - iv. Multicultural Model
- b. Conducting Health Psychology Research
 - i. Identifying and Evaluating Sources of Information
 - ii. Electronic Searches
- c. Seeking Health Care
 - i. Environmental Factors
 - ii. Cultural Factors
- d. Adhering to Medial Advice
 - i. Biopsychosocial Factors
 - ii. Environmental Factors
- e. Stress, Immunity, and Coping
 - i. Defining and Measuring Stress
 - ii. Understanding Stress and Disease
 - iii. Culture and Race Matters
 - iv. Health Psychology and the Workplace
 - v. Understanding Pain
 - vi. Coping with Stress and Pain
 - vii. Psychoneuroimmunology
- f. Behavior and Chronic Disease
 - i. Cardiovascular Disease
 - ii. Personality and Health
 - iii. Behavioral Factors in Cancer
 - iv. Spirituality, Music and Laughter: Health Benefits
 - v. Living with Chronic Illness
 - vi. Prevention of Injuries
- g. Behavioral Health
 - i. Smoking and Health
 - ii. Substance Use and Sexual Behavior
 - iii. Eating Behavior and Health
- h. Social Justice and Health
 - i. Critical Demography
 - ii. Future Directions

Resources

Gurung, Regan A. R. . (2019) *Health Psychology: A Cultural Approach*, Cengage.

Brannon, Linda & Feist, Jess. (2018) *Health Psychology*, Cengage.

Taylor, Shelley E. (2018) *Health Psychology*, Mc-Graw-Hill.

DeMatao, John. *Health Psychology*. 2nd Ed. New York Allyn Bacon, 2005.

Lewis, Michele, K. *Multicultural Health Psychology Special Topics Acknowledging Diversity*. 1st. Allyn Bacon, 2005.

Ornstein, Robert Ph.D. Sobel, David M.D. *Healthy Pleasures*. 13th. Perseus Books, 1998.

[Top of page](#)

Key: 3809