Course Title	Social and Behavioural Dimensions of Health				
Course Code	MPH-535				
Course Type	Elective				
Level	2nd Cycle				
Year / Semester	2 / 3				
Teacher's Name	Dr Costas Constantinou Dr Eirini Kampriani Prof Alexia Papageorgiou Dr Stelios Georgiades				
ECTS	10	Lectures	13	Interactive learning activities	16
Course Purpose and Objectives	The main objectives of the course are to: • The specific section aims to provide the necessary knowledge and understanding of the social and psychological/behavioural dimensions of health. • Apply sociological and psychological principles to understand health-related behaviours and the experience of disease and treatment in groups of people. • Equip students with the skills to apply models of predicting health-related behaviour among groups of people and devising intervention programs in improving and maintaining health-related behaviour.				
Learning Outcomes	After completion of the course students are expected to be able to: 1. Describe social and psychological theories of behaviour at the population level. 2. Describe specific lay health beliefs and beliefs about the causes of illness and explain how these are formed and shaped from childhood to adulthood. 3. Describe how lay health beliefs and attitudes can influence health-related behaviour and the experience of illness and treatment. 4. Outline and critically evaluate various concepts of health and wellbeing in populations. 5. Explain the experience of living with a stigmatising condition, the mechanism of labelling, the types of stigma and the different situations of stigmatisation. 6. Describe the social dimensions of chronic illness. 7. Outline and critically evaluate the main features of the concepts 'the sick role' and 'biographical disruption'. 8. Analyse and explain how the body is shaped by social forces and values and describe the concept of "embodiment". 9. Describe why hospitals are considered social institutions 10. Analyse the concept of Iatrogenesis. 11. Describe the relationship between social capital and health.				

	12. Describe the social dimensions of mental illness. 13. Describe the social aspects of dying, death and bereavement. 14. Distinguish between social and biological death and describe the changes in the perception of death, and critically evaluate cultural differences in these around the world. 15. Describe the process of medicalisation of death. 16. Analyse and explain the terms 'awareness context' and 'good death' in a social context. 17. Apply Medical Sociology principles to explain and tackle public health issues. 18. Describe the social dimension of policy initiatives involving community-wide (or nationwide) disease-preventing and health promotion measures (e.g. smoking ban and educational programmes) and analyse the implications for the successful implementation of such programmes 19. Describe the social dimension of nationwide (or global) initiatives for health protection (e.g. immunization programmes) and analyse the implications for the successful implementation of such programmes 20. Demonstrate deep understanding and describe behaviour at a group level in response to illness and treatment. 21. Demonstrate deep understanding and describe risk-taking behaviour relevant to health at a group level. 22. Demonstrate deep understanding and describe the main determinants of health-related behaviour at a group level, in the developed and developing world. 23. Describe the concepts of mindfulness, health consciousness, locus of control, and denial in the context of health-related behaviours. 24. Demonstrate deep understanding and describe how health-related behaviours are formed in childhood and carry on in adulthood. 25. Use models for predicting health-related behaviours, such as dietary choice, leisure-time physical activity, alcohol consumption and smoking. 26. Devise and apply intervention programmes for modifying and improving health-related behaviours. 27. Devise and apply programmes for maintaining beneficial change in health-related behaviour.		
Prerequisites	MPH-511, MPH- 512, MPH- 513, MPH- 521, MPH-531, MPH-523.	Required	None
Course Content	1. The theoretical perspectives of human behaviour 2. Lay health beliefs and illness behaviour 3. Chronic illness and disability experience and the concepts of health and wellbeing in a social context 4. The body as social entity		

	5. Hospitals as social institutions 6. Social capital and public health 7. Social dimensions of mental illness in the context of public health 8. Social dimensions of death and dying in the context of public health 9. Applied Medical Sociology 10. Behaviour in illness and treatment 11. Risk-taking behaviour relevant to health 12. Main determinants of health-related behaviour in the developed and developing world 13. Origins and prediction of health-related behaviour 14. Intervention programmes for modifying, improving and maintaining behaviours related to health
Teaching Methodology	This programme is delivered via distance learning (online) and includes recorded lectures, interactive online tutorials (Webinars) and discussion forums, as well as online exercises and other activities.
Bibliography	**Required Textbooks / Reading:**

Title	Author(s)	Publisher	Year	ISBN
Sociology as applied to medicine (6th ed.)	Scambler G.	Saunders Elsevier	2008	0702029017
The Oxford Handbook of Health Psychology (Oxford Library of Psychology) (1st ed.)	Friedman HS	Oxford University Press	2014	978-0199365074
The sociology of health and illness (3rd ed.)	Nettleton S.	Polity Press	2013	978-0745646015

Recommended Textbooks / Reading:

Title	Author(s)	Publisher	Year	ISBN
Mastering Public Health: A Postgraduate Guide to	Lewis G, Sheringham J, Bernal JL, Crayford T	CRC Press	2014	978-1444152692

	Examinations and Revalidation, (2nd ed.)				
	Cambridge Handbook of Psychology, Health and Medicine (2nd ed.)	Ayers S, Baum A, McManus C, Newman S, Wallston, Weinman J, Wes R.	Cambridge University Press	2007	978-0521 6051 06
Assessment	Online quiz (formative) Coursework (1 essay, 1 mini project on a psychological intervention for achieving health behaviour change) – 30% Mandatory interactive activities and webinar attendance/participation – 10% Final Exam – 60%				
Language	English				