Mindluster Platform

About the course Health Psychology Techniques

Health Psychology course, in this course we will learn about the field of Health Psychology, focusing on understanding the interplay between psychological factors and health outcomes. Topics include stress, coping mechanisms, health behavior change, and interventions aimed at promoting well-being and preventing illness. Through theoretical frameworks and empirical research, students will gain insight into how psychological processes influence health and illness trajectories.

Humanities Category's Courses

Course Lesson(15)

Lesson 1 : **Introduction to Health Psychology Intro Psych Tutorial 206**

Lesson 2 : **What is Stress Intro Psych Tutorial 207**

Lesson 3 : **The Stress Response HPA Axis Intro Psych Tutorial 208**

Lesson 4 : **General Adaptation Syndrome Intro Psych Tutorial 209**

Lesson 5 : **Stress The Immune System Intro Psych Tutorial 210**

Lesson 6 : **Psychological Stressors Health Intro Psych Tutorial 211**

Lesson 7 : **Stress Personality Heart Disease Intro Psych Tutorial 212**

Lesson 8 : **Perceived Control Learned Helplessness Intro Psych Tutorial 213**

Lesson 9 : **Stress Social Hierarchy Intro Psych Tutorial 214**

Lesson 10 : **Control Choice Blame Stress Intro Psych Tutorial 215**

Lesson 11 : **Post Traumatic Stress Disorder PTSD Intro Psych Tutorial 216**

Lesson 12 : **Coping Resilience Post Traumatic Growth Intro Psych Tutorial 217**

Lesson 13 : **Stress Management Physical Exercise Intro Psych Tutorial 218**

Lesson 14 : **Stress Social Support The Faith Factor Intro Psych Tutorial 219**

Lesson 15 : **Positive Psychology Intro Psych Tutorial 220**

Related courses

Civics Basics

OverSimplified History

Political Science

Critical Thinking Skills

Placement Success Stories



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