

# Health Psychology, Minor

The objective of the minor in health psychology is to provide students with knowledge regarding the relationship between psychological and behavioral processes and health and illness. Distinct from other specialty areas in psychology, health psychology focuses on how biology, psychology, behavior, and social factors influence health and illness.

This minor seeks to benefit students by highlighting the unique features of this specialty area and help students understand how to apply this knowledge to the provision of health services and various career paths relevant to health psychology, should they choose to pursue careers in professional psychology focused on the promotion of health. The minor in health psychology is designed for undergraduate students from a variety of disciplines within Bouvé and across the university who wish to expand and to apply their understanding in key concepts of behavioral science and how they inform and intersect with public health, prevention science, clinical applications, and interdisciplinary and interprofessional care.

The minor is comprised of five courses. It requires two foundational courses, one that provides an introduction to the role of psychology in health, illness, and healthcare—Health Psychology: An Introduction (CAEP 2012)—and one that focuses on the application of principles of behavior analysis to address common health problems, such as obesity, addiction, and adherence to medical procedures—Behavioral Assessment and Treatment of Health Problems in the 21st Century (CAEP 2101).

These courses instruct students on basic, foundational principles of mental/behavioral health and the role of psychology in overall health and well-being in applied settings. Students may choose three other electives based on their specific interests.

## Minor Requirements

Complete all courses listed below unless otherwise indicated. Also complete any corequisite labs, recitations, clinicals, or tools courses where specified.

## Required Courses

Code	Title	Hours
CAEP 2012	Health Psychology: An Introduction	4
CAEP 2101	Behavioral Assessment and Treatment of Health Problems in the 21st Century	4

## Elective Courses

Code	Title	Hours
Complete any three of the following:		12
CAEP 2105	College Student Mental Health	
CAEP 2106	History and Systems of Psychology	
CAEP 2107	Introduction to School Psychology	
CAEP 3899	Relationships in College	
CAEP 4525	Introduction to Professional Psychology	
CAEP 5150	Early Intervention: Family Systems	
CAEP 5151	Early Intervention: Infant and Toddler Development, Risk, and Disability	
HLTH 5002	Mindfulness: Theory and Practice	
HUSV 2800	Sexual Orientation and Gender Expression	

HUSV 3520	Child Intervention and Treatment
PSYC 1101	Foundations of Psychology
PSYC 3404	Developmental Psychology

## GPA Requirement

2.000 GPA required in the minor