

International Summer University 2025

Module: Current Topics in Health Psychology

Level: Undergraduate / Bachelor

Module title	Current Topics in Health Psychology
Learning contents (also taking into account students' soft skill competences)	<p>This course explores current research and essential theories in health psychology, focusing on the interaction between psychological factors and physical health. Topics include current models of health, stress and coping mechanisms, health behavior change, chronic illness management, and emerging trends in the field as well as approaches to corporate health management. Through lectures, readings, discussions, and group work, students will critically evaluate current literature and its implications for promoting health and well-being.</p> <p>At the end of the course, students should be able to:</p> <ul style="list-style-type: none">• understand different approaches to health and illness.• analyze the impact of psychological factors on health behaviors and outcomes.• explore current research on stress, coping, and resilience in health contexts.• examine strategies and evaluate interventions for promoting health behavior change.• discuss emerging trends and future directions in health psychology research and practice. <p>The course fosters the following soft skill competencies:</p> <ul style="list-style-type: none">• Critical thinking and analytical skills• Scientific literacy• Problem-solving skills• Teamwork and collaboration• Ethical and social awareness
Teaching methods (mentioning case studies if applied)	<ul style="list-style-type: none">• Interactive lectures• Discussions• Group work• Case studies• Student presentations• Independent study

Requirements / prerequisites	This course is designed for undergraduate students studying psychology or business psychology. Students should have successfully completed an introductory course in psychological research methods.
Recommended literature	<p>Clarke, S., Probst, T. M., Guldenmund, F., & Passmore, J. (2015). <i>The Wiley Blackwell Handbook of the Psychology of Occupational Safety and Workplace Health</i>. John Wiley & Sons.</p> <p>Cooper, C., Quick, J. C., & Schabracq, M. J. (Eds.). (2009). <i>International Handbook of Work and Health Psychology</i>. John Wiley & Sons.</p> <p>Sanderman, R., & Morgan, K. (Eds.). (2025). <i>The Routledge International Handbook of Health Psychology: Global and Contemporary Issues</i>. Taylor & Francis.</p> <p>Siegrist, J., & Li, J. (2024). <i>Psychosocial Occupational Health: An Interdisciplinary Textbook</i>. Oxford.</p> <p>Tetrick, L. E., Fisher, G. G., Ford, M. T., & Quick, J. C. (2024). <i>Handbook of Occupational Health Psychology</i>. American Psychological Association.</p>
Examination 1) Type of examination 2) Exam aids	<p>1) final exam</p> <p>2) none</p>
Max. Participants	20 - 25
Language of lecture	English
Promoter of the module	Dr. Franziska Bredehöft
Module instructor/ Home university	<p>Dr. Franziska Bredehöft</p> <p>Osnabrück University of Applied Sciences</p>
Hours all in all a) Time spent in classroom b) Time spent outside classroom	<p>Hours all in all: 150 hours</p> <p>a) 60 hours</p> <p>b) 90 hours: Time for preparation: 45 hours, Time for literature studies: 45 hours</p>
ECTS-Credits	5