

Faculty of Education  
Class: M.A. III Sem (Psychology)  
Paper I : Health Psychology  
Paper Code: PSY-301

**Course Objectives:-**

CO1-Health psychology also aims to put theory into practice. This can be implemented by:

Promoting healthy behavior.

CO2-Understanding the role of behavior in illness can allow unhealthy behaviorist be targeted.

Understanding the beliefs that predict behaviors can allow these beliefs to be targeted.

**Subject Outcomes:-**

SO1-Students would be able to understand the nature and research methodology of Health Psychology.

SO2-Students would be able to understand the role of Macro-socio Environment and Culture in Health.

SO3-Students would demonstrate understanding of biopsychosocial aspects of Diabetes, Cardiovascular diseases and substance abuse.

SO4-Students would gain knowledge about the techniques of Pain Management and will be able to work in the area of Health Psychology

**Course Content:-**

Unit-I

- Health Psychology-Nature, Scope and its interdisciplinary and socio-cultural contexts.
- The relationship of health psychology with clinical psychology behavioral medicine, gender and health.

Unit-II

- Models of Health: Biopsychosocial model, Health behaviors model, self efficacy model.
- Concept of Bhagvadgita.Yoga and meditation.
- Conditions/Resources promoting and maintaining health.
- Psychological, economic and Spiritually- Oriental Intervention.
- Development of healthy habits and reduction of unhealthy.

Unit-III

- Health promotion and disease prevention and behavioral risk factors.

- Stress personality and social support as psycho-social linkages of health, cardio-vascular disorders and Psychology and pain.

#### Unit-IV

Psychophysiological Disorders major forms:

- Asthma
- Headaches
- Neurodermititis
- Peptic Ulcer.
- Insomnia.
- Cardio-vascular Disorders.

#### Unit-V

Pain and Pain Management Techniques:

- Physiology of Pain. Gate – control theory
- Psychological influences on pain perception
- Specific pain treatment methods
- Medical Settings and Patient Behaviour:
- Compliance with medical treatments.
- Hospitalization

#### References: -

1. Mishra, G. (1999) Psychological Perspectives on Stress and Health. New Delhi, Concept Publication, Aboud, F.E(1998) Health psychology in global perspective. Thousand oaks, CA:sage
2. Bakhtaveer, M.S., Rajyadaksha, M.S. (1999). New Biology and Genetic Diseases. Oxford: Oxford University Press.
3. Dimatteo, M. R. & Martin, L.R. (2007). Health Psychology. New Delhi, Pearson Education Inc., & Dorling Kindersley Publishing, Inc.
4. Davidson, P.O. & Davidson, S.M. (1980). Behavioral Medicine: Changing Health Lifestyles. New York. Brunner/Mazel.
5. Gatchel, R.J., Baun, A. & Krantz, D.S. (1989). An Introduction to Health Psychology. Singapore: McGraw Hill.
6. Goleman, D. & Gurin, j. (1993). Mind-Body Medicine. New York: Consumer Reports Books.
7. Pomerlau, O.V. & Brady, J.P. Behavioral Medicine Theory and Practice. Baltimore: Williams & Wilkin's Company.

Faculty of Education  
Class: M.A. III Sem (Psychology)  
Paper II : Neurodevelopmental Disorder  
Paper Code: PSY-302

**Course Objectives:-**

CO1-To provide knowledge and understanding of brain, mind and behaviour relationship with the help of current developments in the field of neuroscience, scientific theories, clinical and real-life examples.

CO2-To facilitate a dynamic understanding of the field by discussing neuro imaging techniques, case examples, current researches challenging the students to examine the field of neuropsychology as a framework for understanding behavior and mental processes.

**Subject Outcomes:-**

SO1-Upon successful completion of the Subject, the students should be able to know basics of neuropsychology with emphasis on behavioral impairments.

SO2-Apply different behavioral methods to study brain behavior relations. To understand the neural basis of Psychological and physiological disorders

**Course Content:-**

Unit-I

- Learning Disabilities-Theoretical Framework; Types
- Diagnostic procedures, early identification aetiology; associated problems, assessment and interventions

Unit-II

- Attention-Deficit Hyperactivity Disorder-Theoretical Framework; types, diagnosis,
- Aetiology, Diagnostic Criteria, Developmental Subject and adult outcomes, assessment and interventions, assessment, interventions

- Deficits, Recovery, Adaptation and Rehabilitation
- Neuropsychological deficits in stroke, head injury, tumors, epilepsy, Brain recognition and plasticity, spontaneous recovery.
- Neuropsychological Rehabilitation.

#### Unit-III

Autistic Spectrum Disorders—Theoretical Framework, Levels, aetiology, assessment and interventions

#### Unit-IV

- Dementias—Types and Classifications
- Alzheimer's Disease: Histologic Markers, Neuropsychological profile
- Treatment for Cognitive Enhancement
- Subcortical Dementials with special reference to Parkinson's Disease, its neuropathology, neuropsychological profile and Treatment

#### Unit-V

- Neurogenetic disorder: down syndrome and fragile X syndrome,
- History, causes and treatment.

#### References:-

1. Barkley, R.A. & Murphy, K.R. (2006). Attention-Deficit Hyperactivity Disorder: A clinical workbook (3<sup>rd</sup> ed.). New York: The Guilford Press.
2. Gupta, Ashum (2004). Reading difficulties of Hindi-speaking children with developmental dyslexia. Reading and Writing: An Interdisciplinary Journal, 17, 79-99.
3. Gazzaniga, M. S. (2002). Cognitive neuroscience: The biology of mind (2nd Ed.). New York: W. W. Norton & Company.
4. Kolb, B., Whisaw, I. Q. (1990). Fundamentals of neuropsychology. New York: Freeman, W.H.
5. Naatanen, R. (1992). Attention and brain function. Hillsdale: LEA.
6. Parsuraman, R. (1998 ). Attentive brain. London: MIT Press.
7. Rapp, B. (Ed.) (2001). The handbook of cognitive neuropsychology. Chestnut Street: Psychology Press.

Faculty of Education  
Class: M.A. III Sem (Psychology)  
Paper III : Psychoanalytic Psychology  
Paper Code: PSY-303

**Course Objectives:-**

CO1-A theoretical introduction to the depth of the human psyche as understood in the psychoanalytic tradition will form the basic Subject content.

CO2-Students opting for this paper will be acquainted with the psychoanalytic perspective in some detail.

CO3-The Subject content is geared towards familiarizing the participants with understandings on states of human distress. Psycho dynamically inclined ways of responding to emotional distress will be taken up in classes.

**Subject Outcomes:-**

SO1-Students have gained knowledge about psychoanalytic theories and human psyche.

SO2-Understanding about mental disorders by investigating the interaction of conscious and unconscious elements in the patient's mind and bringing repressed fears and conflicts into the conscious mind, using techniques such as dream interpretation

**Course Content:-**

Unit-I

- The Approach: psychoanalytic perspective
- Methods and techniques, history of psychoanalytic Theory.

Unit-II

- A look at the person within-The flow between the conscious and the unconscious & their vicissitudes.

- The unfolding psyche: a look at the free associative principle.

#### Unit-III

- Dreams, symptoms, symbols & myths
- Their relationship to individual (intrapsychic) & cultural processes.

#### Unit-IV

- Approaching the psychodynamics of psychoneurosis.
- Detailed exploration :Phobias or obsessive-compulsive disorder.

#### Unit-V

- The method and place of psychodynamic work with children.
- On the origins of psychoanalysis: a special focus on Hysteria, Freud and women's sexuality.

#### **Reference:**

1. Freud, S. (1933) New Introductory Lectures, Standard Edition 12: 112-135.
1. Altrocchi, J. (1980) Abnormal Behaviour. New York: Hartcount brace Jovanovich
2. American Psychiatric Association (1994). Diagnostic and Statistical Manual of Mental Disorders (DSM IV). Washington, D.C. APA.
3. Bootzin, R.R. &Acocella, J.R. (1994). Abnormal Psychology: Current Perspectives. New York: McGraw Hill Publishing Company.
4. Carson, R.C., Butcher, J.N. &Mineka, S. (1996). Abnormal Psychology and Modern Life. New York: Harper Collins College Publishers.
5. Cokerham, W.C. (1996). Sociology of Mental Disorders. New York: McGraw Hill International.
6. Davison, G.C. & Neale, J.M. (1990). Abnormal Psychology. New York: John Wiley & Sons.

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Paper Code: PSY-304

### SYNOPSIS

A synopsis should be constructed in such a way as to make it easier for the reviewer to understand the research project at a glance. It's supposed to be brief but accurate.