The purpose of this course is to equip students with knowledge of the human sciences pertaining to both theory and research in the area of physical health, mental health, psychological disorders, mental disability, and treatment strategies of mental disorders.

This course is divided into two parts. Part I discusses the psychosocial factors associated with physical health, which focuses on the effects of stress process and its mediating (e.g., activity of immune system) and moderating factors (personality, social support). Part II discusses topics on mental health, which includes issues on the causes and manifestations of common mental disorders. Different perspectives and treatment of maladaptive behavior are examined. This part ends with a discussion of the symptoms, causes, and diagnostic criteria of mental disability and pervasive development disorders.

Main Sections:

Part I

Health and Well-being (negative and positive aspect of health)
History and model of Health (mind-body, psychosomatic, biopsychosocial)
Model of Stress (Selye’s physiological reaction and Lazarus’s appraisal)
Nature of Stress (predictability and controllability)
Diathesis stress model (persona and situation interaction),
Mediators of stress process (activity of immune system)
Moderators of stress process (personality and social support)
Part II

Elements of maladaptive behavior (cognitive, behavioral, affective, somatic)

Criteria of abnormality (statistical, social, clinical)

Classification of mental disorder (DSM, CCMD)

Tests and assessment of health and mental (principles and tests in practice)

Anxiety disorder (generalized vs. specific, OCD)

Dissociative and somatoform disorder (functional vs. physiological basis)

Personality disorder (various type, antisocial personal and its related factor)

Dementia and Delirium (diagnosis, causes, management)

Eating disorder (anorexia nervosa, bulimia, cultural factors)

Mood disorder (unipolar and bipolar, perspective of mood disorder)

Schizophrenia (types, causes, influential factors)

Mental disability/Pervasive Development Disorder (manifestation and causes)

Perspectives and treatment of Mental Disorder (psychological and biological)

**教学方式**:

The mode of instruction consists of lectures, presentation of relevant readings, and group discussions.

**考核方式**:

Evaluation is based on written examination and objective test (80%), presentation and participation (20%).

**材料及参考文献**:

**Selected Relevant Texts**

王建平等（2009）《变态心理学》北京：人民大学出版社。

李虹（2006）《健康心理学》武汉：武汉大学出版社。

汪向东主编（1993）《心理卫生评定量表手册》北京：中国心理卫生协会。

中华医学会精神科分会编（2001）《中国精神障碍分类与诊断标准》。济南：山东科学技术出版社。

洪煒（2011）《醫學心理學 – 第 2 版》北京：北京大學醫出版社。

Selected Reading of Journal articles

Culture and Sense of Well-being

Determinants of Happiness

Positive and Negative Affect

Psychological Factors and Health

Disability and Quality of Life

**Life events**

**Stress Reaction**

**Hardiness and Coping**

**Culture and Perceived Emotional Support**

**Neuroticism-linked Dysphoria**

**Personality Disorder**

**Depression and Anxiety**
704-714.

Schizophrenia


Biological Perspective


Other Relevant References


任课教师: Boey Kam Weng (梅锦荣)

大纲撰写人: Boey Kam Weng (梅锦荣)