

Course Code	Course Title			Course Type
BP103T	Healthcare Psychology and Communication Skills (Theory)			Core
Credit	Hours Per Week (L-T-P)			Max. Hours
	L	T	P	
1	1	--	--	15
Maximum Marks	SE			ESE
50	20			30

COURSE OBJECTIVES:

The objectives of this course are to:

1. Introduce the fundamental concepts and branches of psychology relevant to healthcare.
2. Help students understand human behavior, development, and psychological responses to illness.
3. Develop awareness of common psychological disorders and coping mechanisms in healthcare contexts.
4. Equip students with effective health communication skills for clinical and community settings.
5. Promote professional interaction with patients, caregivers, and healthcare teams through ethical and empathetic communication.

Course Outcomes (CO):

CO No.	Upon successful completion of this course, the students will be able to:
1	Explain the fundamental concepts of psychology and their relevance in healthcare settings.
2	Describe the stages of human development, personality traits, and behavioral responses associated with illness and recovery.
3	Apply effective communication models and techniques in clinical and interdisciplinary healthcare scenarios.
4	Demonstrate professional communication skills including active listening, empathetic interaction, and accurate clinical documentation.
5	Analyze psychological and behavioral interventions that promote mental health, treatment adherence, and stigma reduction.

Detailed Syllabus:

Unit No.	Topics	No. of Lectures
I	Introduction to Psychology in Healthcare Definition, scope, and relevance of psychology in health sciences. Branches of psychology with healthcare relevance: clinical, health, behavioural, and developmental psychology. Sensation, perception, and attention in clinical assessment. Learning and memory: reinforcement in health behaviour change. Emotion and motivation: theories and implications in health contexts.	3 hours
II	Developmental and Behavioural Psychology Human developmental stages and healthcare needs. Personality theories and patient interaction styles. Psychological factors affecting illness perception and recovery. Common psychological disorders in healthcare: anxiety, depression, and somatization. Coping strategies, resilience, and stress management techniques.	3 hours
III	Foundations of Health Communication Elements and models of communication in healthcare. Types of communication: interpersonal, group, mass, and telehealth communication. Barriers to effective communication in clinical settings. Active listening, questioning techniques, and empathy. Culturally appropriate and inclusive communication.	3 hours
IV	Professional Communication in Healthcare Settings Communication with patients, caregivers, and interdisciplinary teams. Delivering difficult news and handling emotionally charged situations. Legal and ethical issues in health communication (confidentiality, consent). Writing patient records, reports, and discharge summaries. Use of technology and digital communication tools in healthcare services.	3 hours
V	Health Psychology and Behavioural Interventions Health belief models and illness behaviour. Psychosomatic illnesses and the mind–body connection. Behaviour change theories (e.g., CBT, TTM) in treatment adherence. Psychological first aid and crisis communication. Mental health promotion and stigma reduction through communication.	3 hours
Recommended References (Preferably Latest Editions): 1. Feldman, R.S., Understanding Psychology. McGraw-Hill Education, New York. 2. Taylor, S.E., Health Psychology. McGraw-Hill Education, New York. 3. Hargie, O., The Handbook of Communication Skills. Routledge, London.		

4. Nevid, J.S., Rathus, S.A. and Greene, B., Psychology and the Challenges of Life: Adjustment and Growth. Wiley, New York.
5. Atkinson, R.L., Atkinson, R.C., Smith, E.E., Bem, D.J. and Nolen-Hoeksema, S., Introduction to Psychology. Wadsworth Publishing, Belmont.
6. Kumar, A., Communication Skills for Health Professionals. Jaypee Brothers Medical Publishers, New Delhi.
7. Park, K., Park's Textbook of Preventive and Social Medicine. Banarsidas Bhanot Publishers, Jabalpur.

