[Outline and Purpose of the Course]

I. Course Description
This course will introduce outlines of representative behavior theories/concepts, with particular focus on those which have demonstrated effectiveness in practices.

II. Methods of Instruction
Lecture, group discussion

[Course Goals]
- To be able to explain the outlines of representative behavioral theories.
- To be able to apply behavioral theories in the areas in which the participants are interested.

[Course Schedule and Contents]

April 11    Introduction, Health belief model
April 18    Transtheoretical model, Theory of planned behavior
April 25    Social cognitive model
May  9      Cognitive-behavioral model, Cognitive behavioral therapy
May 16    Stress and coping
May 23    Psychiatric symptoms, behavioral disorders
May 30    Overview (1)
June  6    Overview (2), Examination

[Class requirement]
MPH Elective but Required

[Method, Point of view, and Attainment levels of Evaluation]
Participation 50 %, Examination 50% (To get credit 60% in total will be required)

[Textbook]
lecture materials

[Reference books, etc.]
Required text: None.
Suggested reading:
[Regarding studies out of class (preparation and review)]

Review lessons.

(Others (office hour, etc.)

The class is not open to students from Graduate School of Human Health Science.

*Please visit KULASIS to find out about office hours.