

SUBJECT NAME: Psychology and Sociology of Health and Population Health

SUBJECT DESCRIPTION

The subject material will cover the psychological and social factors in health and wellness, including health behaviors, stress and coping strategies, social supports, AND the client-healthcare provider relationship. In addition, topics such as health promotion and community-based content will include behaviour change counselling for stress management, developing coping skills, and health promotion in clinical and non-clinical settings.

CONTENT COVERED (65% of the content below in one course)

- The Canadian healthcare delivery system
- The fundamental concepts and theories of health psychology and sociology
- The sociological and psychological perspectives in health and illness
- Epidemiology and population health, including the effects of behaviour on disease prevalence
- Substance abuse, including drugs and alcohol
- Human identity/sexuality
- The social construct of disease and disability
- Mortality and life expectancy
- Social determinants of health, including healthcare access and utilization
 - Gender (including gender identity), social class, race and ethnicity, and age
 - Rural/ remote service availability and socio-economic status
- The effects of acute and chronic stress on health
- Social and psychological support structures and networks
- The role of the health care professional in the provision of evidence-informed care
- Behaviour change or modification counselling
- Examine health from a holistic perspective, in which health is viewed as the product of physical, psychological, and social well-being
- The role of personal behaviours (e.g. diet, exercise, stress management, and drug use) on health status

KEY PERFORMANCE INDICATORS (KPIs)

1. Defines dimensions of wellness (e.g., physical, intellectual, emotional, social, spiritual, environmental, occupational, and lifestyle).
2. Explains how demographic, socio-economic factors, and ecological issues affect community well-being.
3. Summarizes how society, media, culture, and peer pressures influence wellness.
4. Designs wellness activities for varying audiences, considering the demographics, lifestyle risk factors, epidemiology, socio-psychological and socio-economic factors, and ecological issues.
5. Compares the relationship between the determinants of health and wellness (e.g., emotional, environmental, intellectual, occupational, physical, social, and spiritual), and the effect on healthy living across the lifespan.
6. Identifies factors that influence exercise adherence and motivation.
7. Explains the benefits of exercise on a population and individual level to affect behaviour change when appropriate.
8. Considers the client's cultural values and beliefs.

9. Applies knowledge of epidemiology related to wellness and disease prevention.
10. Identifies the client's strengths and limitations, and environmental factors that may affect their well-being, recovery, and participation in treatment.
11. Identifies, and acts on, communication barriers which may negatively impact the decision making, informed consent and treatment processes.
12. Identifies the availability and limitation of environmental supports and client resources.
13. Takes into consideration the client's socio-economic factors and disparities (e.g., health, availability, finances, access to services) when developing the plan of care.
14. Identifies the client's goals, level of desired participation, and socio-economic strengths and limitations.
15. Identifies determinants of health and their influence on the population's health status.
16. Identifies available resources and prepares proposal for a range of funding opportunities.
17. Utilizes relevant database information to analyze and assess variables associated with target population.
18. Designs programs based on needs assessment and evidence-informed practices.
19. Considers population and environmental disparities (health, availability, finances, access) in program design.
20. Adapts programs to respect the cultural and social norms of the population.
21. Implements community and population-based programs and/or interventions in collaboration with stakeholders.
22. Develops and implements wellness, exercise, and/or health program to meet the needs of a group and/or community.