

Maulana Abul Kalam Azad University of Technology, West Bengal
(Formerly West Bengal University of Technology)
Syllabus for B. Sc. In Behavioural Science & Applied Psychology
(Effective for Academic Session 2018-2019)

Sixth Semester

BBS-601: Health & Wellness Psychology

Unit-1: Mind-body Connection, Bio-medical & Bio-psychosocial Model
Psychological factors in Illness and Disease, The stages of change model, The Health belief model, Theories of reasoned action and planned behavior)

Unit-2: Stress & Illness, Adjustment Disorders

Predisposing Factors, Effects of Stress- GAS and Psycho Neuroimmunology, Type A behaviour and Stress, Coping

Unit-3: Terminal illness & Wellbeing

Nature, Psychosocial Factors and Management

Sessional:

1. **BBS-681: Dissertation**
2. **BBS-682: Internship**
3. **BBS 683: viva voce**

Reading List:

- Schultz & Schultz (1973) – Psychology & Work Today
- Kerlinger, N (1996) – Foundations of Behavioural Research
- Anastasi, A (1988) – Psychological Testing
- Singh, A.K (1997) – Test, Measurements & Research Methods in Behavioural Sciences
- Berk, L. E (2016)– Exploring Life-span Development
- Kail R V (2001) – Children & Their Development
- Sadock, B. J, & Sadock V. A (2015) – Kaplan & Sadock’s Synopsis of Psychiatry
- American Psychiatric Association (2013) – Diagnostic & Statistical Manual of Mental Disorders, 5th ed.
- Woolfe, R., Strawbridge, S et all (2009) – Handbook of Counselling
- Wing J. K, Morris, B (1981) – Handbook of Psychiatric Rehabilitation Practice.
- Sharf R. S (2000) – Theories of Psychotherapy & Counselling Concepts & Cases
- Palmer, S (1999) – Introduction to Counselling & Psychotherapy
- Brems, C (2001) – Basic Skills in Psychotherapy & Counselling

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- Murickan, J, Kaveparampil (1995) – Persons with disabilities in society.
- Carpener B, (2002) - Families in Context, Emerging Trends in Family Support and Intervention

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- Matsumoto,D and Juang,L (2004). - Culture and Psychology.
- Misra,G and Mohanthy .A.k (2002)- Perspectives on indigenous Psychology .
- Valsiner J (2007) - Culture in minds and societies .Foundations of cultural Psychology
- J.W .Berry ,R.C Mishra and R.C Tripathi.(Eds) - Psychology in human and social development
- Blum, M.L. and Naylor, J.C (1984) - Industrial Psychology
- Stephen P. Robbins and Timothy A. Judge (12th Edition) ‘Organizational Behaviour’
- Dimatteo, Robin,M., Martin, Leslie, R.,(2007) - Health Psychology
- Misra, G (Ed) (1999) – Psychological Perspectives on Stress & Health
- Pandey, J, Sniha D, & Bhawuk, (1996)– Asian Contribution to Cross-cultural Psychology
- Goldsmith, E (1991) – The Way: The Ecological World-view
- Masters, R. E (1994): Counselling Criminal Justice Offenders
- Reid, S. T (1979): Crime andCriminology
- Smith, M. D. & Zahn, M. A (1998): Studying and Preventing Homicide
- Walters, G. D (1994): Drug and Crime in Lifestyle Perspective