
Textbook of Healthcare Psychology and Communication Skills (Theory)

Editors

Ms Shivani Pannu

Assistant Professor, Gateway College of Pharmacy, Sonipat

Email-shenupnnu70@gmail.com

Ms. Raman Kumari

Associate Professor at Rajendra Institute of Technology and Sciences

Ms. Reena

Assistant Professor, Gateway College of Pharmacy, Sonipat, Haryana.

Dr. Meenu Beniwal

Assistant Professor, Department of Pharmaceutical Education and Research,
BPSMV, Bhainswal Kalan, Sonipat



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Preface

Healthcare is not limited to the diagnosis and treatment of diseases alone but also involves understanding human behaviour, emotions, communication, psychological well-being, and patient-centered care, all of which play a significant role in improving healthcare quality and patient outcomes. In modern healthcare systems, the integration of psychology, behavioural sciences, and effective communication has become essential for promoting emotional support, treatment adherence, rehabilitation, stress management, and holistic healthcare delivery. This book has been carefully designed to provide students, healthcare professionals, educators, and researchers with comprehensive knowledge regarding psychology in healthcare, developmental and behavioural psychology, health communication, professional communication in clinical settings, health psychology, behavioural interventions, motivation, emotional responses, stress management, reinforcement techniques, and digital healthcare communication systems. The chapters have been systematically organized with clear explanations, healthcare-oriented examples, tables, figures, flowcharts, review questions, and assessment-based learning components to enhance conceptual understanding and professional competence. Special emphasis has been given to the practical applications of psychological and communication principles in healthcare practice to strengthen patient interaction, empathy, counselling skills, ethical behaviour, and healthcare decision-making. This book also aims to promote awareness regarding behavioural modification, emotional well-being, coping strategies, patient safety, healthcare ethics, and modern technological communication tools used in healthcare services. It is hoped that this academic resource will serve as a valuable guide for improving healthcare communication, psychological understanding, professional skills, and patient-centered healthcare delivery in various clinical and educational settings. We sincerely express our gratitude to all authors, editors, academicians, healthcare professionals, and collaborators whose continuous support, expertise, and dedication contributed significantly to the successful completion of this work and its contribution to healthcare education and professional learning.

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