

## 3. GOOD HEALTH AND WELL-BEING

Kadir Has University offers a comprehensive support system, allowing students, academic staff, and administrative personnel to get the best health, psychological support, and sports services. These services play a significant role as the reflection of the sense of social responsibility undertaken by our University.

Out of the units that serve the students, academic staff, and administrative personnel, the most significant one within the organization of our University is the healthcare unit. A physician and full-time nurse are serving in this unit. The healthcare unit also serves the subcontractors and visitors in case of emergency and whenever needed. In addition to provisional diagnosis and pre-treatment services, this unit also follows up with the patients in the subsequent processes.

This University makes great efforts concerning psychological support. Counseling services are offered to the students and personnel at the Psychological Counseling and Guidance Center (KHAS-PDRM). Three half-time specialist psychologists served at the psychological counseling center available at the Cibali campus in 2022. The students are able to get psychological support from these psychologists by means of submitting a request to talk to them online and in person through Mykhas.

Kadir Has University offers an indoor sports hall in respect of sports to encourage the students to have a healthy life and do physical exercises. This sports hall is open for students, academic staff, and administrative personnel and is used for various sports activities. Sports not only support physical health but also help reduce stress and strengthen the social bonds in the community.

Kadir Has University aims to support community members in the best manner possible and encourage them to have a healthy lifestyle through offering healthcare, psychological support, and sports services.

The courses and publications within the organization of our University in connection with this goal are detailed below.

### 3.1. Publications

- Wu, Y., Kuru, O., Baruh, L., Çarkoğlu, A., Cemalcılar, Z., Yıldırım, K. "Partisan Bias in COVID-19 Conspiracy Theories: News Reliance and the Moderating Role of Trust in Health Authorities", Published Online before print, Health Communication.
- "Pandemic and Communication" Webinar, 11 March 2021, UTMK Communication Specialization Committee, Deniz Bayraktar, opening speech.
- A report was prepared and planned to be printed under the editorial service of Hilmi Bengi and Deniz Bayraktar with the heading "Pandemic and Communication" on behalf of the UNESCO Communication Committee.

### 3.2. Courses

- **History of Modern Turkey:** The concept of ‘Good Health and Well-Being’ is discussed under two concepts. The first one is under the heading “city and social life”. Under this heading, the course examines the historical transformation of the city infrastructures and daily life in the cities and the topic of “good health and well-being” is analyzed in the concept of modernization. The heading “Good Health” is discussed together with the historical transformation of healthcare services.
- **KHAS 107 Design:** The mandatory course of design for all the university's first-year students under the Core Program discusses the role of design in improving living quality and creating healthy environments and encourages the students to discuss different cases at seminars. Within the scope of this course, out of the student projects intended to provide a solution to a specific problem identified by the students at the campus and its surroundings, particular projects focus on good health and well-being; for example, the arrangement of the vehicle traffic on the streets of Cibali Neighborhood in a way that does not prevent the pedestrians, the formation of various locations inside and around the campus, where the students could study, organize events, and get socialized, the provision of ergonomic sitting units that the students could use in the socialization locations inside the campus, the rearrangement of the Unkapanı underpass in a way accessible by the persons with disabilities, the creation of accessible contents in the Rezan Has Museum at the campus for the persons with visual and hearing disabilities, and the organization of culture & art tours for the students.
- **KHAS 101 Origins and Consequences:** This course analyzes the valuable consequences of the inventions in the different scientific fields for people, and the modules called Quantum Technologies and the Role of Chemistry in Medicine motivate the students to think of what to do for good health and well-being. The students do research homework in any field of their choice, analyzing the topic thoroughly.
- **KHAS 105 Universal Values and Ethics with the module Ecologic Crisis and Coexistence of Species:** The students do research homework in any field of their choice to deeply analyze the topic.

Period	Course Code	Course
2021-22 Fall	PSY518*2	<b>Health and Motivation</b>
2022-23 Fall	PSY5670	<b>Health Psychology Seminars I</b>