

LCHS4010

Psychology in Health and Social Care

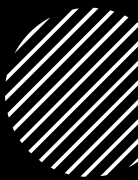
Introduction to the module
Week 1 Sept 2025

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Plan for today



Introduction to the module
and each other



What is Psychology



Key issues in Psychology



Module aim

To develop an understanding of the psychological factors which influence human behaviour throughout the lifespan and how these apply to health and social care settings.

Duration: 10 weeks of teaching sessions

Credits: 20 credits

Upon the successful completion of this module, the student should be able to:

Understand and analyse how theories of lifespan development are applied to health and social care practice.

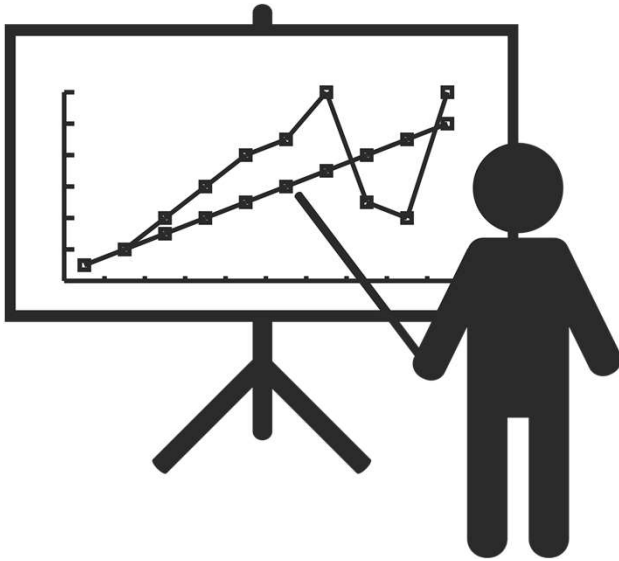
Examine the social and biological determinants of human behaviour in relation to the contexts of health and social care and working with children and young people.

Week	Session Topics
1	Introduction to psychology & different perspectives. Lifespan development.
2	Social and emotional development – Erikson's theory & Attachment
3	Cognitive development & Language – Piaget & Vygotsky
4	Learning theories and biological factors. Conditioning and Social learning.
5	Development of self and identity - Social Identity theory.
6	Presentation week
7	Motivation, Attitudes and behaviour changes - Theory of planned behaviour (Career team visit)
8	Health Psychology and Health promotion
9	Positive psychology
10	Overview workshop and assignment support

A blurred background image showing a desk with a pair of glasses and a red ribbon.

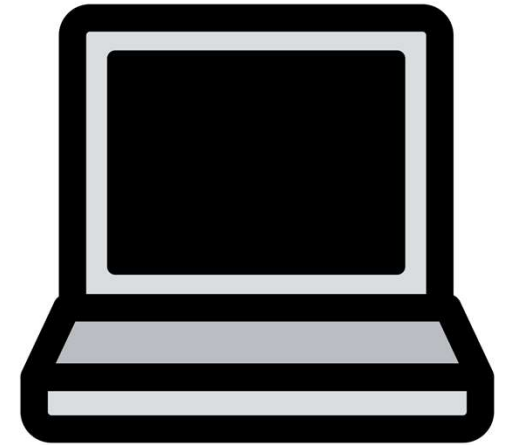
To be successful, you will need

- Attendance and commitment
- To participate in class tasks
- Bring your laptop/borrow one to the session
- Time management
- READING READING READING and think carefully when making sense of your reading
- To ask for help when needed and to access the supports on offer



Assessments

Full details in week 2



8+2 minutes
Presentation (50%)
Week 6

Report 1,500 words
(50%)
Week 11

Make the Moodle page your best friend

Upon the successful completion of this module, the student should be able to:



- Understand and analyse how theories of lifespan development are applied to health and social care practice
- Examine the social and biological determinants of human behaviour vis-à-vis the contexts of health and social care and working with children and young people

Book a one-to-one session with a digital skills advisor or academic liaison librarian - [Book an Appointment | UWTSD](#)



Online Reading List



Announcements

General news and announcements for students between September and December

The most important link you should visit all the time

On the module Moodle page for you will find the following information#;

1. Module information
2. Assignment information
3. Weekly learning resources

Module Information



Assessment Specifications -
September 2024 Term and
December 2024 Retakes



Week 1 - Introduction to
Psychology



Week 2 Learning
Theories



What are the essential textbooks on the online reading list?

Essential reading (13)

Material which is an essential part of the course and which you should draw on as a core part of their learning. Must be available from the library and should be available online.

☐



Lifespan development
E-book | Boydell, David A., Bee, Helen L., Eight, Global edition., Harlow, England :, Pearson, [2...
Note: For Erikson's psychosocial theory, read pp. 40-42 Read pp. 42-46 for the learning theories covered in Week 1
Essential
[View online](#)

[Full details](#) [Share](#) [More](#)

☐



Psychology : the science of mind and behaviour
E-book | Gross, Richard J., See, Helen L., [and] :, Hodder Education, 2015., Total p...
Note: Theory of mind and health status with helpful evaluation of the model used in
Essential
[View online](#)

☐



Developmental psychology
E-book | Gillibrand, Rachel., Lam, Virginia., O'Donnell, Victoria L., Second edition., Harlow, England ...
Note: If you are interested in reading more about the nature-nurture debate, pp. 4-7 would be relevant. Want to learn more about the twins study mentioned in the first week? Read pp. 5-6. For Erikson's theory of psychosocial development, read pp. 40-44 Read pp. 44-45 for the



Introduction to psychology

What Psychology is

What Psychologists do

The evolution of Psychology

Key issues in Psychology



How much do you know about Psychology?



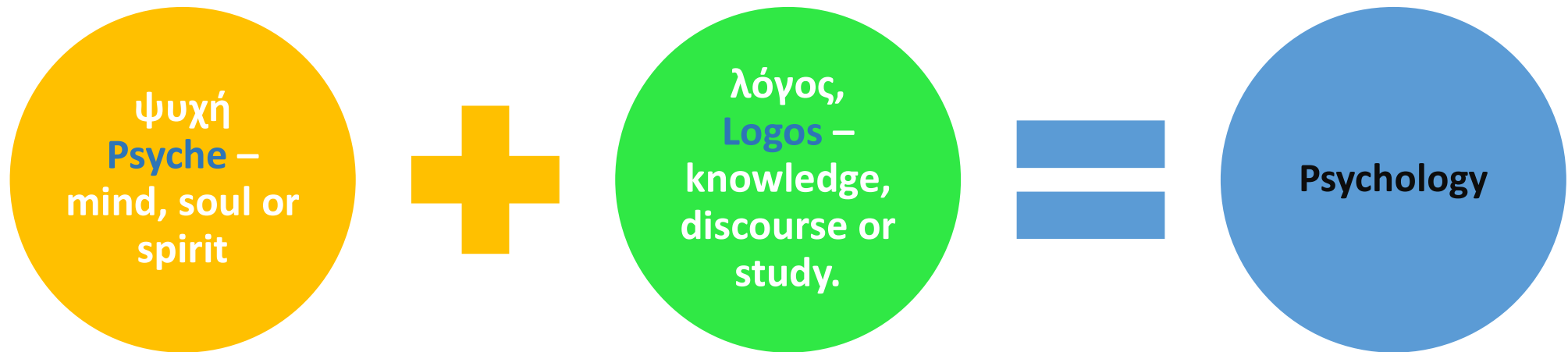
Visit the Week 1 on the module Moodle page

- Complete Quiz on Moodle
- How did you find your quiz score? Discussion in small group
 - Which question has the most surprising answer?
 - Why were there so many unexpected results?
 - Follow the link on the feedback section, each group read the explanation of one question together. Explain the concepts in the explanation to one another using your own words



Remember to make quick notes of your discussion. Don't forget to note down the BPS website as a reference in your notes.

Greek Origin of the word psychology (Gross, 2015)





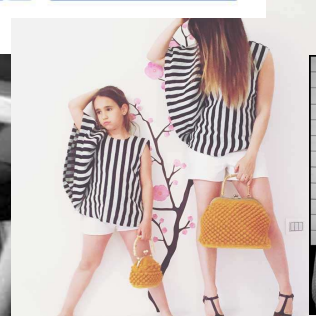
the british
psychological society

Psychology is defined as “...the scientific study of the mind and how it dictates and influences our behaviour, from communication and memory to thought and emotion. It's about understanding what makes people tick and how this understanding can help us address many of the problems and issues in society today. (British Psychological Society, n.d.)”



What kind of questions do psychologists want to know about people's behaviour?

Psychologist



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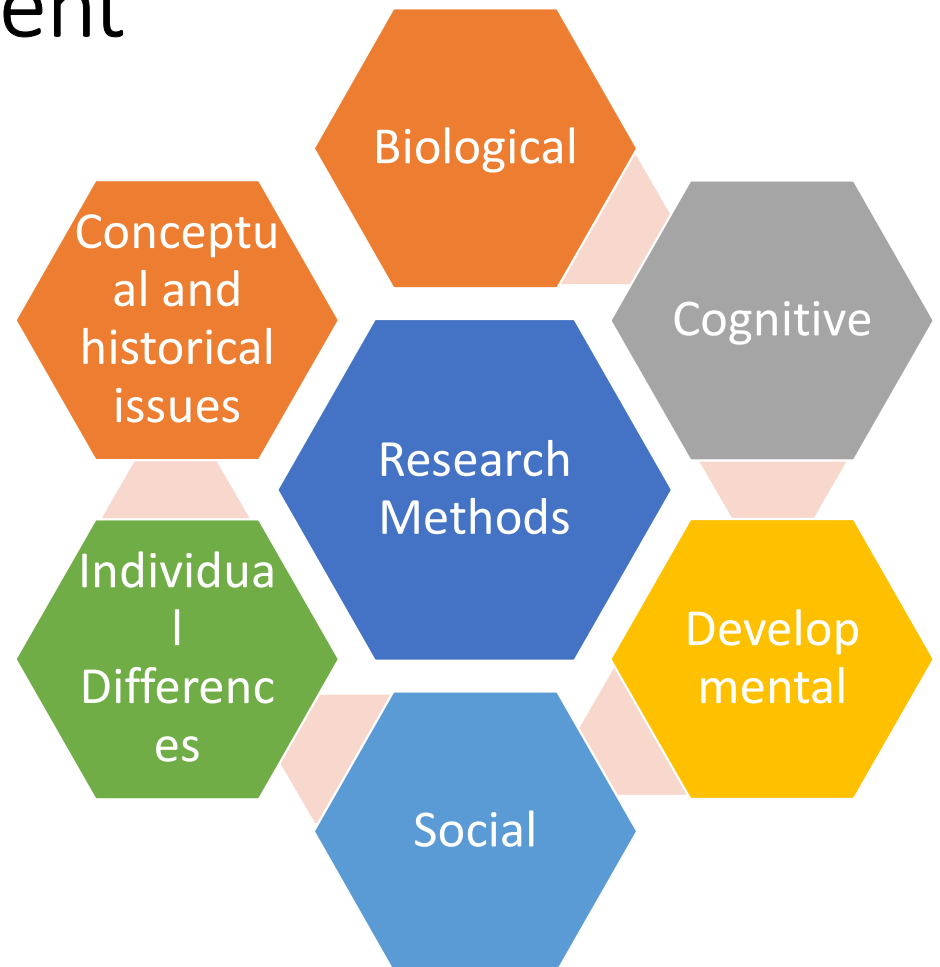


Psychology with different lenses

6 main areas of Psychology (BPS, 2019) with the training on Research Methods underpinning all areas of Psychology.



Read Gross (2015) pp. 3-5 to learn how what each of the core areas is about
It will help to take notes of what kind of 'behaviour' is being looked at in each core area. For example, memory, aggression etc.
Discuss and write down the focus of each area in your own words. Remember to note down the source of this note for future reference.



Matching game

1. Social

2. Cognitive

3. Developmental

4. Biological

5. Individual differences

a. Why are some people very outgoing and confident?

b. Are older people more forgetful?

c. What made people become aggressive?

d. What helps us remember better?

e. Do you get more intelligent if you have more neurons in your brain?

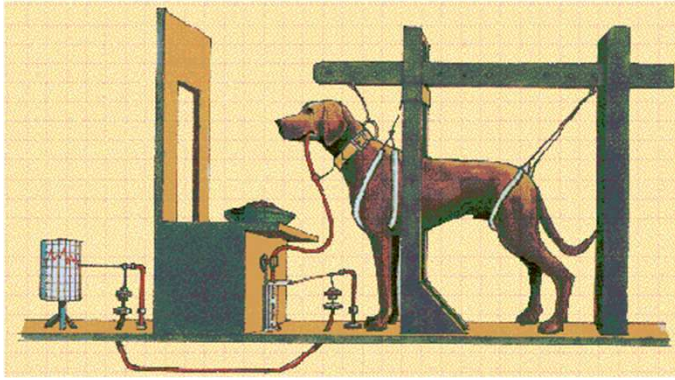
<https://youtu.be/btDPxR-Gauc>



We are psychologists (BPS)



What are the key points you get from this video? What do psychologists do? Or do not do?



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The evolution of psychology





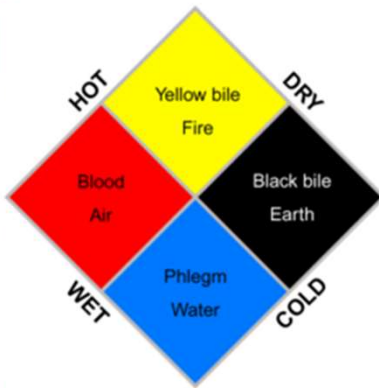
The evolution of psychology

- Ancient Greek philosophers from around 600 BC studied the differences between the mind and the soul and how past experience contributes to behaviour
 - In the past, medical doctors, physiologists and philosophers were interested in the physical workings of the human body.
- The modern history of psychology began when thinkers and researchers began to apply systematic and empirical scientific methods which could produce objective and reliable theories and data.

choleric: fiery, energetic and passionate



melancholic: sad, fearful, depressed, poetic and artistic



sanguine: warm-hearted, cheerful, optimistic and confident



phlegmatic: slow, quiet, shy, rational and consistent

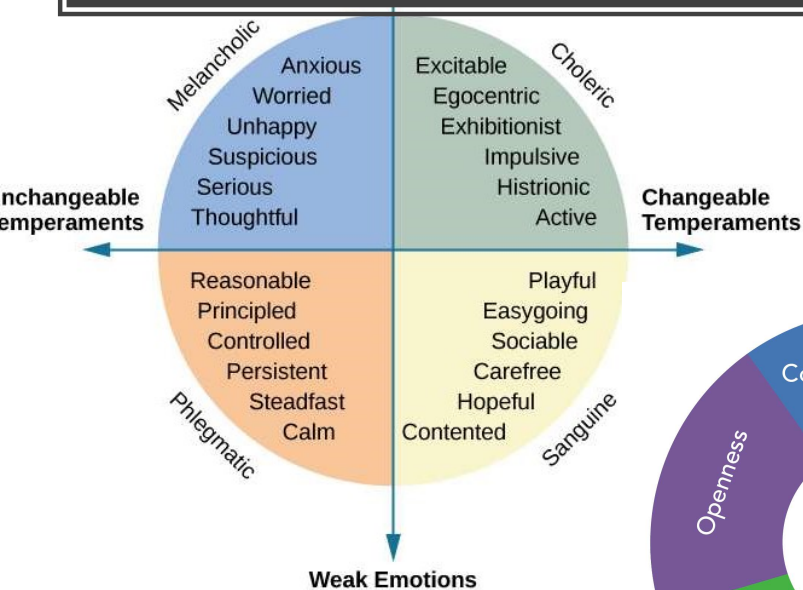
Galen's Four Temperaments (Lester, 1990)

The Roman philosopher Galen (c. AD 129–200) devised a model of personality types based on the ancient Greek theory of humourism, which attempted to explain how the human body worked.

The original medical model based on the four basic elements: earth, fire, air and water. Galen connected these elements to bodily fluids (or 'humours') to emotions or behaviours, known as 'temperaments'.

Close link between bodily functions and psychological traits

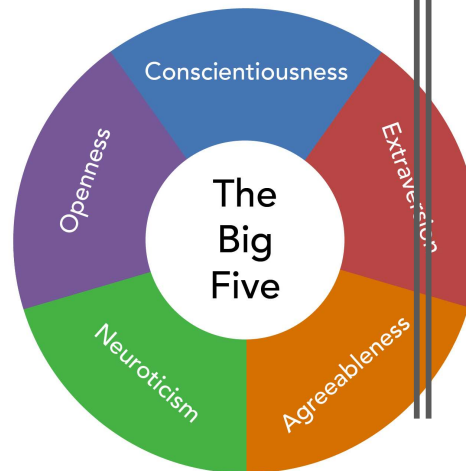
Galen's personality and Health

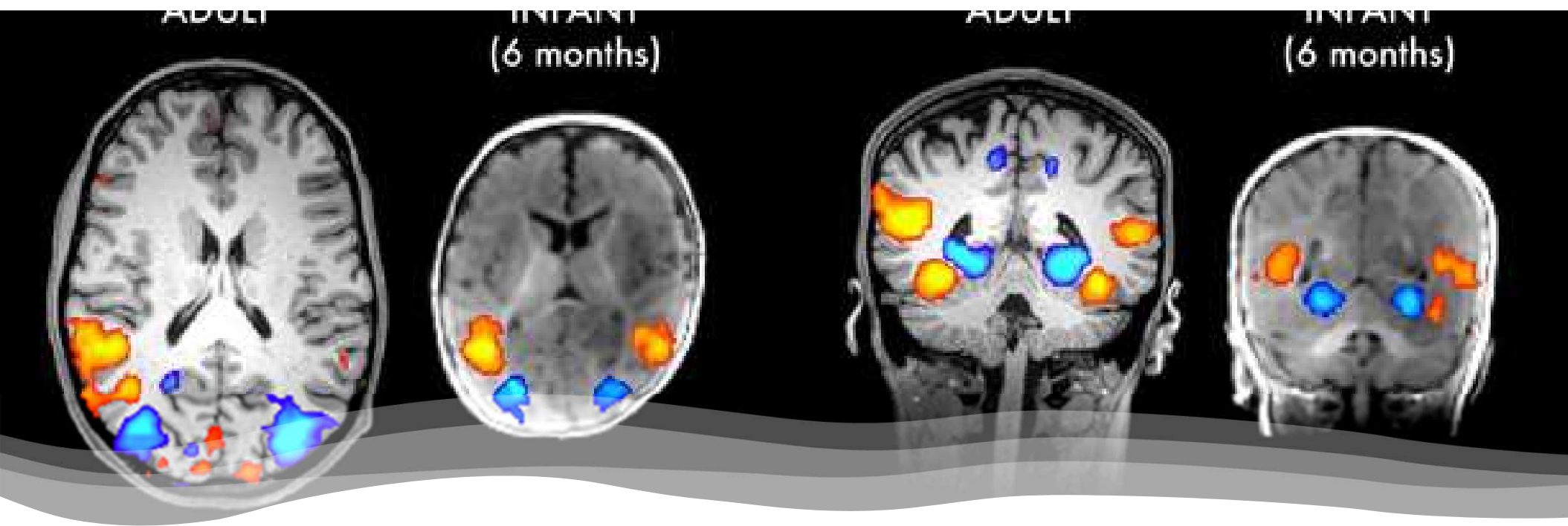


Some of Galen's ideas overlap with the Big-5 model of personality (Fiske, 1949; Goldberg, 1981)

Note the dynamic nature of this link
Galen's notion that many physical and mental illnesses are connected forms the basis of many modern treatments (Lester, 1990)

The concept of temperament is slightly differently understood in developmental psychology

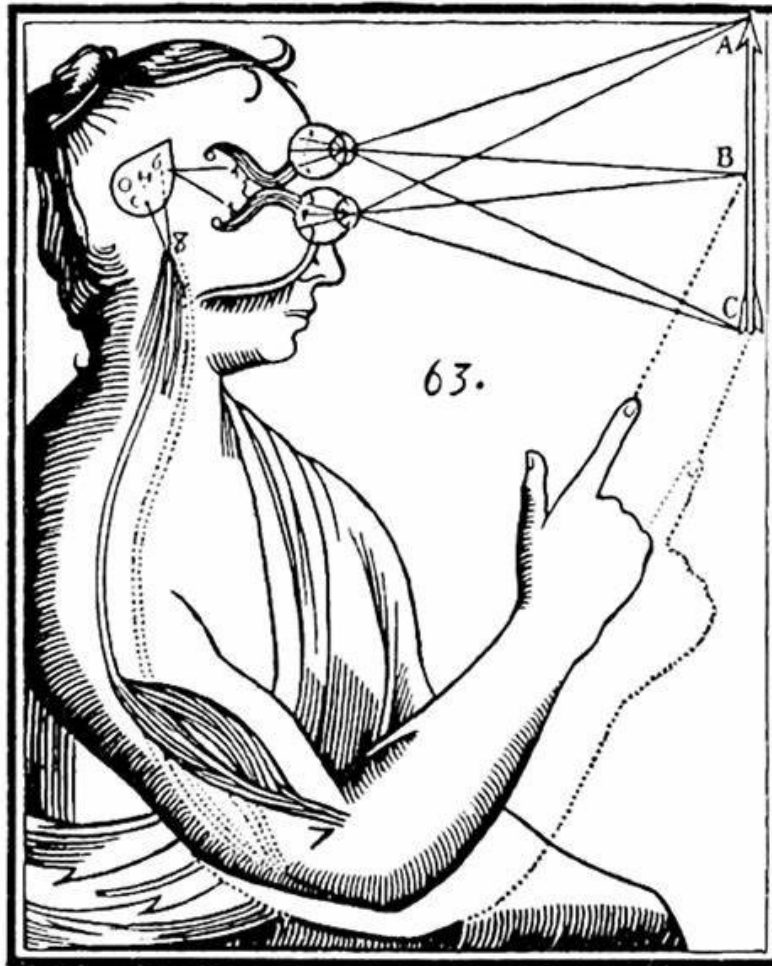




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Key Debate in
psychology 1

Mind or Body?



Disconnecting between mind and body

In 17th-century France, Rene Descartes (1596-1650) was concerned with the link between the external physical world and the internal subjective experience. He concluded that body and mind are fundamentally different things, suggesting that the mind influenced the body through the pineal gland - an idea that became known as 'dualism'.

You can read more about Descartes at <https://plato.stanford.edu/entries/descartes-works/> (Stanford Encyclopedia of Philosophy, 2014).

The Growth of Craniometry and Phrenology

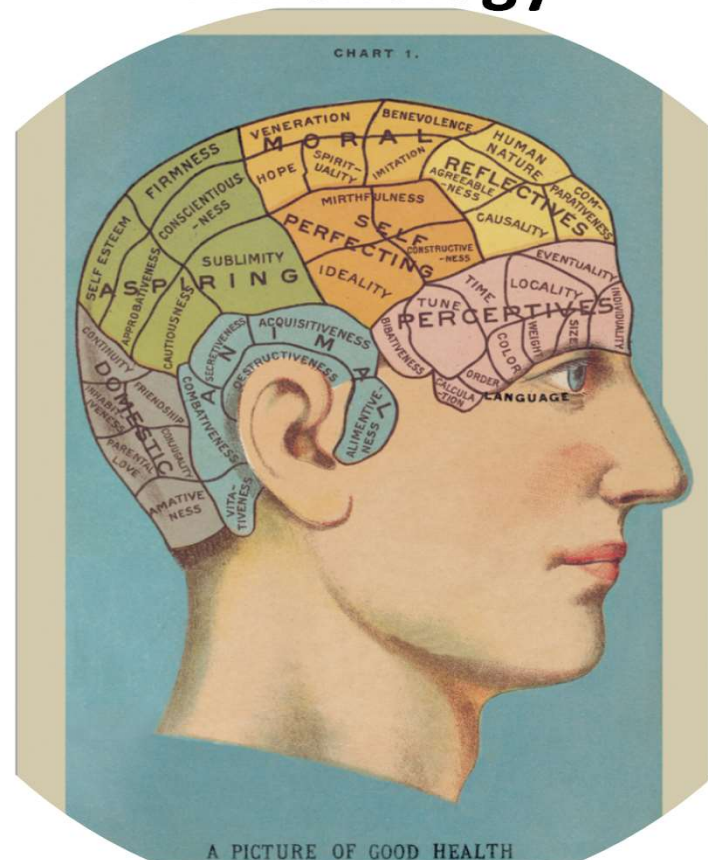
Not everyone at this time agreed with Descartes and his theory that the mind and body were separate.

To Thomas Hobbes (1588-1679), mind and body were not separate entities but the mind is what the brain does.

Franz Joseph Gall (1758-1828) believed the mind and brain were linked but only by size. Through examining the brains of people who had died, Gall theorized that

1. mental ability was linked to brain size.
2. different areas of the brain were linked to different abilities and characteristics
3. these areas could be felt through the skull.

This led to a very popular movement called 'phrenology' - each human capacity was mapped onto a particular area of the brain.



[illegible]

Broca
(Brodmann area 44)

Paul Broca (1824-1880), who discovered that when Broca's area is damaged, a person's ability to speak is affected/impaired (1861)



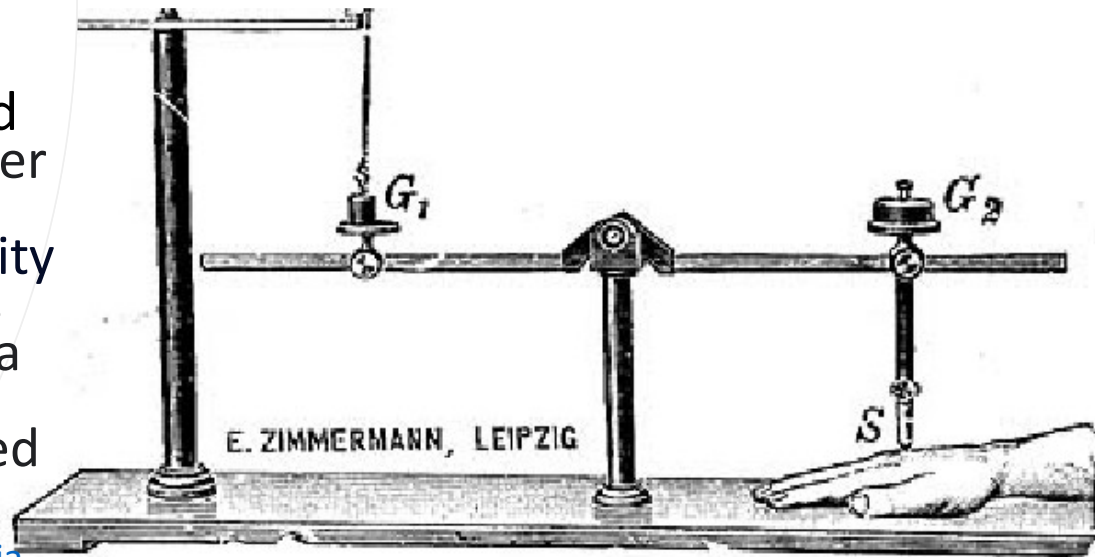
Diagram of a human brain showing two orange highlighted regions in the temporal lobes, indicating areas of damage or focus.

The 'scientific' study of psychology

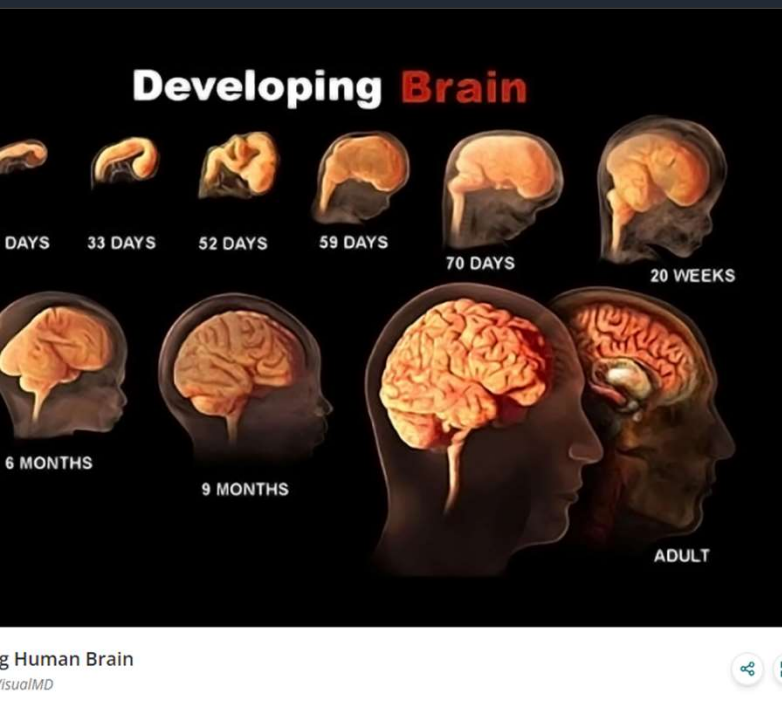
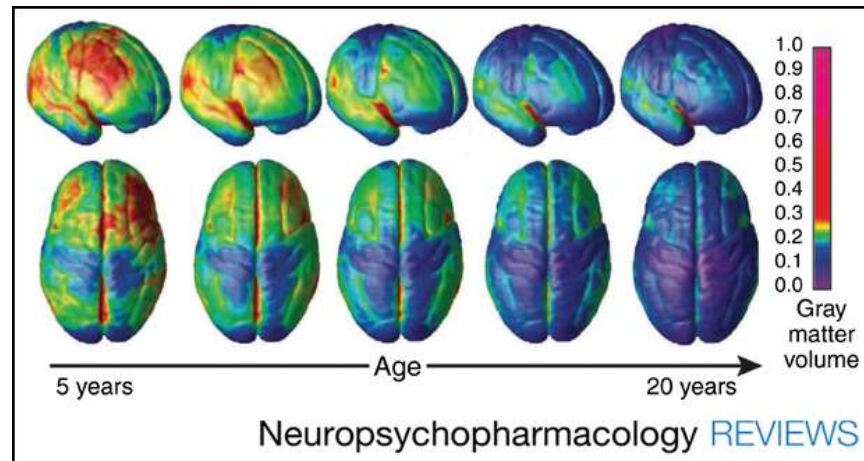
According to Gross (2015) psychology emerged as a separate (and scientific) discipline from philosophy when Wilhelm Wundt opened the very first psychology laboratory in 1879.

Wundt's aim was to investigate the mind through introspection. An esthesiometer (British spelling aesthesiometer) is a device for measuring the tactile sensitivity of the skin (or mouth, or eye, etc.). This was an early example of research using a more scientific method. However, his focus of using introspection was criticised as less scientific.

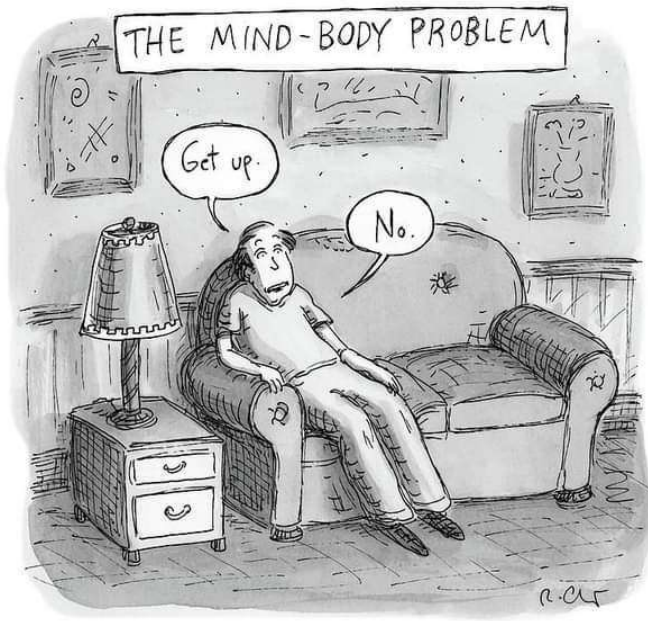
[Wundt's Esthesiometer - Wikipedia](#)



Neuroscience



- With the advance of technology, we are able to build a more nuanced understanding of the development of the brain and its functions linked to cognition and behaviour.
 - Graph on the left shows the changes of the developing brain from early conception (StoryMD, 2024)
 - The graph above shows children reach the adult brain size around age 5-6 (Grigorenko, 2017; Tau and Peterson, 2010). Size does not matter as proposed previously. It is more to do with building differentiated neural connections and becoming more adaptive



<https://pbs.twimg.com/media/FrIOlgbWIAM-tBJ?format=jpg&name=900x900>



What are the key points of the discussion so far?
What is your take on the mind-body link in human behaviour?



Key Debate in psychology 2

Nature or Nurture

Are our behaviour and personality the result of our environment, learning, & life experiences?

Are our behaviour and personality the result of our genetics & biology?

- Many of the basic ideas that we investigate in modern psychology may be traced back to two Greek philosophers: Aristotle and Plato

Both treated behaviour as something that is logical and analytical, rather than mystical.

Their different positions can be seen in the ongoing **nature versus nurture debate**

Plato was a **nativist** - he believed that certain kinds of knowledge are innate.

Aristotle was an **empiricist** - he believed that all knowledge was acquired through experience.



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Developments on the debate since Greek time (Gillibrand, Lam and O'Donnell, 2016)

Rousseau (1712-1778) newborns are morally good

Galton (1822-1911) was the first scientist to popularise the Nature vs Nurture with his work on the genetic basis of human traits.

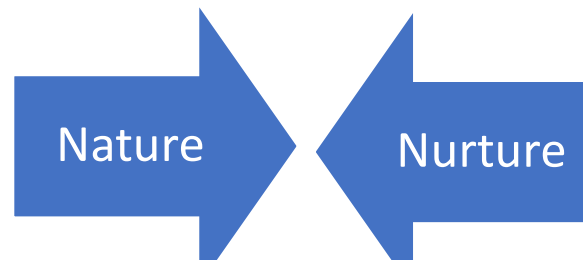
- the effects of both 'nature' and 'nurture' could be measured and compared
- used his own family tree and home environment as the basis of his research.

More recently, Pinker (2002) - our genetic makeup influences the social group that we form.

Locke (1690) proposed the mind of every child is a blank slate (or '**tabula rasa**').

Darwin (1859) suggested that all human development is the result of adaptation to the environment.

Harris (1998) peer group key to shape children's behaviour above and beyond parental influence





Discuss whether the following are influenced by Nature or Nurture?

- Occupation
- Obesity
- High blood pressure
- Personality
- Language acquisition
- Aggression
- Mental Health

How to solve the puzzle of nature-nurture debate?

- Difficulty in separating genetic factors from environmental factors in research. Therefore, twin studies were helpful: identical twins raised by different families
 - Bouchard et al (1990) and Plomin and DeFries (1980) measured the developmental outcomes found mostly similar levels of intelligence, personality, temperament, career paths, leisure activities
 - How do findings like these contribute to the debate?
- It is more helpful to view the debate as a continuum
- Maybe we are asking the wrong question?





Are you born with a personality? (BBC, 2014)



Are you convinced that we could observe individual differences in temperament from unborn babies' reactivity to their environment?

How likely is the level of reactivity observed during pregnancy to continue once the baby is born?

How can we be sure these earlier differences would be linked to the different ways the two younger boys responded to the task?



NATURE VS NURTURE



What are the key points of the discussion so far?

What is your take on the nature nurture debate?

Should we be more concerned with whether earlier experiences have long lasting impact on development instead?

**EITHER WAY IT WAS YOUR
PARENTS FAULT**

makeameme.org

<https://media.makeameme.org/created/nature-vs-nurture-65fea792d4.jpg>



Extension activity

Read the article from the Guardian 'Our first few years as a child can determine the rest of our lives' by Beverley Barnett-Jones (2023). You can access it via the link below and it is also available on Moodle in the Week 1 tile.

<https://www.theguardian.com/commentisfree/2023/apr/03/early-years-support-parents>

What do you think her position is in the 'nature versus nurture' debate?

What is Barnett-Jones arguing for ?

Issues important to shaping or changing behaviour have been of interest to philosophers and scholars for a long time.

There are 5 core topic areas in Psychology, each is underpinned by their specific focus and research methods

Applied psychologists use different specialist skills to apply their psychological knowledge when working with people in different settings. i.e. health or counselling psychologists or psychological wellbeing practitioners

Our knowledge and approaches to studying behaviour are continuously evolving. We looked at the link between mind and body and nature-nurture debate today

The take home message