

MODULE CODE: ECPS6006
TITLE: Health Psychology
DATED: 26/04/2018

LEVEL: 6
CREDITS: 20

JACS CODE: C841

AIM(S)

- To foster critical understanding of the psychological, social and biological processes in physical health and the role of psychological theory and interventions in improving health and wellbeing.

LEARNING OUTCOMES

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

- demonstrate critical understanding of how the biopsychosocial model informs our understanding of specific health behaviours, physical health problems and wellbeing;
- use evidence-based reasoning to critically evaluate how multiple psychological perspectives can be applied to understand and influence specific health behaviours;
- analyse research findings in order to identify appropriate intervention strategies and associated design and ethical issues in relation to intervention development and evaluation;
- take responsibility for their own learning and skill development; including effective personal planning, self-reflection and project management skills.

INDICATIVE CONTENT

- Introduction to the role and training routes for Health Psychology in the UK and professional and ethical frameworks.
- Individual, cultural and lifespan perspectives on health.
- Health in the 21st Century: health inequalities, global health concerns, and the Welsh context.
- Psychosocial risk factors and determinants for health and illness: health-risk versus health-enhancing behaviours.

- Predicting health behaviours: social cognition models including Health Belief Model, Theory of Planned Behaviour, Protection Motivation Theory, Stage theories.
- Stress, health and illness: stress and the immune system, stress and the gastrointestinal system, models of stress and coping, moderators of the stress response, coping interventions.
- Symptom perception, interpretation and response: including self regulatory model of illness perceptions.
- Principles of intervention development and evaluation including ethical consideration of real-world research in health psychology.

LEARNING AND TEACHING STRATEGY

The module will be delivered through interactive lectures and seminars. Seminars will focus on further developing students' understanding of the theories and empirical evidence underpinning lecture content through a variety of tasks including practical demonstrations, small class exercises, critical reflection and group discussions.

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning (lectures & seminars)	30	15%
Independent learning	170	85%
Placement learning	-	-
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Professional Hosted Poster (Academic poster plus presentation)	10 minute poster presentation	50%

Students will be required to demonstrate their critical understanding of theory-based interventions in health psychology through producing a professional conference-style academic poster identify an appropriate intervention technique for a specific health behaviour and appropriate design and evaluation issues. Students will be required to explain and discuss their academic poster to a small group of peers during an assessed seminar.

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Written Assignment: Essay	2,500 words	50%

Students will be required to demonstrate an in-depth critical understanding of the evidence base underpinning health psychology theories.

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	50%
Practical	50%
TOTAL	100%

This module is not linked to a Professional, Statutory and regulatory Body (PSRB).

READING LIST

Module Code	ECPS6006	
Module Title	Health Psychology	
Classification	Reading List entry	Electronic*
Essential	Connor, M. & Norman, P. (2009). <i>Predicting health behaviour</i> . Maidenhead: Open University Press.	☒
Essential	Pinel, J. P. J. (2014). <i>Biopsychology</i> (8th ed.) Boston, MA: Pearson.	☒
Further	Morrison, V., & Bennett, P. (2012). <i>An introduction to health psychology</i> (3rd ed.) Harlow: Prentice Hall. (2009 2nd edition E-book available.)	☒
Further	Ogden, J. (2012). <i>Health psychology</i> (5th ed.). Maidenhead: Open University Press.	☐
Further	Sarafino, E. P. (2014). <i>Health psychology: Biopsychosocial interactions</i> (8th ed.). Chichester: Wiley-Blackwell.	☒
Further	Taylor, S.E. (2011). <i>Health Psychology</i> (8th ed.). NY: McGraw-Hill.	☐
Further	Ayers, S., & de Visser. (2011). <i>Psychology for Medicine</i> . London: SAGE.	☒
Further	<i>British Journal of Health Psychology</i>	☒
Further	<i>Health Psychology</i>	☒
Further	<i>Psychology, Health and Medicine</i>	☒
Further	<i>Psychology and Health</i>	☒