

MODULE SPECIFICATION FORM

Module Title: Health Psychology	Level: 6	Credit Value: 20
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Module code: PSY610	Cost Centre: GAPS	JACS3 code: C800
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Trimester(s) in which to be offered: 1	With effect from: September 2014
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Office use only: To be completed by AQSU:	Date approved: February 2014
	Date revised: June 2020 sequence change August 2020 updated module leader
	Version no: 3

Existing/New: Existing	Title of module being replaced (if any):
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Originating Academic Department: Psychology	Module Leader: Dr Amy Curtis
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Module duration (total hours): 200	Status: core/option/elective Option (identify programme where appropriate):
Scheduled learning & teaching hours: 48	
Independent study hours: 152	

Programme(s) in which to be offered: BSc (Hons) Psychology	Pre-requisites per programme (between levels): None
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Module Aims:

- To equip students with a knowledge and understanding of the role of social, psychological and biological factors on health, illness and well being within the context of the individual and contemporary society
- To encourage students to develop a critical understanding of the relevant theories and models of behavioural change

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Intended Learning Outcomes:

At the end of this module, students will be able to:

1. Critically discuss the role of health psychological theory and research that contributes to health (KS1, KS5)
2. Critically discuss the role of health psychology in coping with chronic and life limiting illness (KS6, KS7)
3. Critically evaluate a range of theories and methods of investigation employed in the area of health psychology (KS9)

Key skills for employability

1. *Written, oral and media communication skills*
2. *Leadership, team working and networking skills*
3. *Opportunity, creativity and problem solving skills*
4. *Information technology skills and digital literacy*
5. *Information management skills*
6. *Research skills*
7. *Intercultural and sustainability skills*
8. *Career management skills*
9. *Learning to learn (managing personal and professional development, self management)*
10. *Numeracy*

Assessment:

1. An essay on a specified topic e.g. the contrasting approaches of differing schools of psychology to one of the key concepts covered by this module.
2. Practical report e.g. individual perception of self control.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting	Duration (if exam)	Word count (or equivalent if appropriate)
1	1,2	Essay	50%		2,000
2	3	Report	50%		2,000

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Learning and Teaching Strategies:

A variety of teaching and learning strategies will be adopted in this module including lectures, tutorials, case studies, directed and self-directed learning.

Syllabus outline:

- An introduction to Health Psychology and the bio psychosocial model of health
- Psychological theories including Attribution, Locus of control
- Stages of change model, health belief model
- The role of psychology in health promotion and illness prevention and coping with illness
- The medical setting, stress and health
- The psychology of pain and pain management

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Bibliography:

Essential reading:

Ogden, J. (2012). *Health psychology* (5th ed.). Buckingham, UK: Open University Press.

Sarafino, E. P. (2011). *Health psychology: Biopsychosocial interactions*. London, UK: Wiley.

Other indicative reading:

Berry, D. (2004). *Risk, communication and health*. Maidenhead, UK: Open University Press.

Crossley, M. (2000). *Rethinking health psychology*. Buckingham, UK: Open University Press.

Marks, D. F. (2002). *The health psychology reader*. London, UK: Sage.

Marks, M., & Chamberlin, K. (1999) *Qualitative health psychology: Theories and methods*. London, UK: Sage.

Marks, D. F., Murray, M., Evans, B., & Willig, C. (2005). *Health psychology: Theory, research and practice* (2nd ed.). London, UK: Sage.

Rutter, D., & Quine, L. (2002). *Changing health behaviour*. Buckingham, UK: Open University Press.

Journals:

British Journal of Health Psychology
Health Psychology