

Module specification

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Module code	PSYON702
Module title	Topics in Health Psychology
Level	7
Credit value	15
Faculty	Faculty of Social and Life Sciences
Module Leader	Dr Amy Curtis
HECoS Code	100985
Cost Code	GAPS

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
MSc Psychology	Core
MSc Forensic Psychology	Core
MSc Educational Psychology	Core
MBA Psychology	Core

Pre-requisites

None

Breakdown of module hours

Learning and teaching hours	15 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	15 hrs
Placement / work based learning	0 hrs
Guided independent study	135 hrs
Module duration (total hours)	150 hrs

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Initial approval date	4.6.2020
With effect from date	1.9.2020
Date and details of revision	30.4.21 – change to assessment following validation of MSc Psychology programmes
Version number	2

Module aims

Topics in Health Psychology 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, contemporary society, and their relation to challenges in the workplace. The module encourages the development of a critical understanding of relevant theories and models of behavioural change. Students will cover topics around health promotion, the impact of social media, and the impact and management of stress and chronic illness, which can be applied to strategic, informed management practices in business.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Critically appraise the role of health psychological theory and research that contributes to health in the workplace
2	Critically appraise the role of health psychology in coping with and managing chronic and life limiting illness, and the implications for ethical management
3	Critically evaluate a range of theories and methods of investigation employed in the area of health psychology
4	Apply health psychological theory to promote health behaviours in various contexts

Assessment

Indicative Assessment Tasks:

The assignments for this module are designed to assess your critical appraisal skills focused on health promotion and health psychology theory. Indicative assessments will provide students with an opportunity to develop critical insight around health psychology theory and its application to interventions and health promotion campaigns.

Indicative assessments:

- Critical appraisal of health psychology theory (1500 words)
- Evaluation of a health psychology intervention for management of chronic/life-limiting illness (1750 words)
- Poster presentation on proposal for a novel health promotion campaign (15 minutes)

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 3, 4	Written Assignment	30%
2	1, 2, 3	Written Assignment	40%
3	1, 2, 3, 4	Presentation	30%

Derogations

None

Learning and Teaching Strategies

The overall learning and teaching strategy will include a series of lectures with accompanying media devices. There will be a mix of supporting notes/along with directed study for students to complete as they work through the material and undertake the assessment tasks. The use of a range digital tools within the virtual learning environment together with additional sources of reading will also be utilised to promote breadth and depth of learning.

Indicative Syllabus Outline

- Health Psychology applied to the workplace
- Health Inequality
- Health Beliefs and Attitudes
- Behaviour Change
- Wellbeing at work
- Chronic Illness

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Sarafino, E. P. & Smith, T. W. (2019). *Health Psychology: Biopsychosocial Interactions* (9th ed.). Wiley.

Indicative journals

Health Psychology

International Journal of Clinical and Health Psychology

Journal of Occupational Health Psychology

Health Psychology Open

Journal of Consumer Behaviour

Journal of Organizational Moral Psychology

Human Resources for Health

International Journal of Qualitative Studies on Health and Well-being

Health Promotion Perspectives

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency
Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication