#### **COURSE SPECIFICATION**

**Department:** Communications, Arts and Social Sciences

**Programme:** Psychology

Level: 5

Module Title: Health Psychology

Module Code: PSY 5425

**Module Leader:** Dr Antonio Rei Fidalgo

Student Engagement Hours:120Lectures:30Seminar / Tutorials:15Independent / Guided Learning:75

**Semester:** Spring

**Credits:** 12 UK CATS credits

6 ECTS credits 3 US credits

## Module/Course Description:

Although nowadays people live longer and are currently 'healthier' than in the past not everyone has a sense of improved health or wellbeing. Health Psychology analyses the biopsychosocial factors which contribute to, and, maintain illness/disease in contemporary society. Health Psychology aims to improve wellbeing by applying psychological theories, methods and research to the promotion of health; prevention and treatment of illness and disability; analysis and improvement of the health care system and; health policy formation.

**Prerequisites:** PSY 3100 Foundations in Psychology and PSY 4215 Biological Basis of Human Behaviour

# Aims and Objectives:

This course is designed to provide an overview of current health psychology topics and serve as an introduction to an applied field of psychology. Lectures will introduce topics in health psychology such as current trends and interests on health psychology; how to conduct research in health psychology; health myths; stress and illness; pain; living with chronic and terminals conditions; sleep disorders; smoking and alcohol consumption. Students are expected to develop a sound understanding of health psychology interventions strengths and limitations.

# **Programme Outcomes:**

4Ai, 4Aiii, 4Ci, 4Ciii, 4Dii, 4Diii

A detailed list of the programme outcomes are found in the Programme Specification. This is located at: (weblink to be provided)

### **Learning Outcomes:**

- Show a systematic understanding of contemporary topics in the field of health psychology;
- Demonstrate a critical understanding of the biopsychosocial model of health psychology;
- Summarise and critique ideas and debates in the field by developing a health intervention programme.

- Be able to demonstrate critical understanding of the relationship between a socio biopsychological approach to health and the different research/clinical topics in the field.
- Enable students to conceive, develop and present a self-directed project in health intervention.

#### **Indicative Content:**

Introduction & Conducting Health Research
Adhering to Healthy Behaviour: Breaking Health Myths
A health psychology approach to Stress and Illness
Theories and methods for controlling pain
Living with Chronic (Diabetes) and Terminal Illness
Sleep Disorders: Aetiology and Treatment
Smoking: Theoretical models and Treatments
Using Alcohol and other drugs
Eating, Weight and Exercise
HIV/AIDS: psychology throughout the course of illness
Psychological Aspects of Coping with Cancer
Behavioural Factors in Cardiovascular Disease & Stroke

#### **Assessment:**

The module is evaluated in accordance with the Standard Assessment norms of the University.

## **Teaching Methodology:**

The course material will be covered in the following ways:

- I. Lecture presentations with the key concepts
- II. Group discussions on journal articles and important questions on the topics discussed
- III. Internet sites related to psychology
- IV. Intra-net access to lecture notes and reading material

### Bibliography:

#### Recommended textbook

- Feist J (2013) *Health psychology: an introduction to behavior and health.* Independence, KY: Wadsworth Publishing.

#### *Journals*

Health Psychology Behavioral Medicine British Journal of Health Psychology

## Web Sites

- 1. American Psychosomatic Society <u>www.psychosomatic.org/</u>
- 2. BPS Division of Health Psychology www.health-psychology.org.uk/
- 3. British Journal of Health Psychology –

http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)2044-8287

- 4. British Nutrition Foundation www.nutrition.org.uk
- 5. Cancer Research UK <u>www.cancerresearchuk.org/</u>
- 6. Connexions <u>www.connexions.gov.uk/</u>
- 7. Department of Health www.doh.gov.uk
- 8. Diabetes UK Homepage www.diabetes.org.uk/
- 9. European Health Psychology Society www.efpa.eu

- 10. Food Standards Agency (nutrition) <a href="https://www.food.gov.uk/healthiereating/">www.food.gov.uk/healthiereating/</a>
- 11. International Stress Management Association www.isma.org.uk/
- 12. Joseph Rowntree Foundation Social policy research www.jrf.org.uk/
- 13. King's Fund A health related site with useful links www.kingsfund.org.uk/
- 14. MedLine Plus <u>www.medlineplus.gov/</u>
- 15. National Institute of Clinical Excellence (NICE) <u>www.nice.org.uk</u>
- 16. National Institute of Mental Health <a href="www.nimh.nih.gov/">www.nimh.nih.gov/</a>
- 17. National Statistics Online <a href="http://www.statistics.gov.uk/default.asp">http://www.statistics.gov.uk/default.asp</a>
- 18. NHS Direct www.nhsdirect.nhs.uk
- 19. Pain Management and Research <a href="https://www.bath.ac.uk/pain-management/">www.bath.ac.uk/pain-management/</a>
- 20. Phillip Morris Tobacco <u>www.philipmorrisusa.com/en/home.asp</u>
- 21. Race and Ethnicity in Medicine <a href="http://cdh.med.wisc.edu/">http://cdh.med.wisc.edu/</a>
- 22. Giving up Smoking <u>www.givingupsmoking.co.uk/</u>
- 23. Stress www.hse.gov.uk/pubns/stresspk.htm
- 24. Talk to Frank www.talktofrank.com/
- 25. World Health Organisations www.who.int

## Change Log for this CSD:

Major or Minor Change?	Nature of Change	Date Approved & Approval Body (School or LTPC)	Change Actioned by Academic Registry