

COURSE SPECIFICATION

Academic School/Department: Communications, Arts and Social Sciences

Programme: Psychology

FHEQ Level: 5

Module Title: Health Psychology

Module Code: PSY 5425

Module Leader: Dr. Ira Konstantinou

Student Engagement Hours: 120

Lectures: 30

Seminar / Tutorials: 15

Independent / 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 and PSY 4215

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 terminal 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, 4Dij, 4Diii

A detailed list of the programme outcomes is found in the Programme Specification. This is maintained by Registry and located at: <https://www.richmond.ac.uk/programme-and->

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:

This course conforms to the University Assessment Norms approved at Academic Board.

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 - www.psychosomatic.org/
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](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)2044-8287)

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

