

## COURSE SPECIFICATION DOCUMENT

<b>Academic School/Department:</b>	Psychology
<b>Programme:</b>	Psychology
<b>FHEQ Level:</b>	5
<b>Module Title:</b>	Health Psychology
<b>Module Code:</b>	PSY 5425
<b>Student Engagement Hours:</b>	120
Lectures:	30
Seminar / Tutorials:	15
Independent / Guided Learning:	75
<b>Credits:</b>	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 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 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:**

Psychology: 5Aii, 5Aiii, 5Ci, 5Ciii, 5Di, 5Diii

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-course-specifications/>

## **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 and located at: <https://www.richmond.ac.uk/university-policies/>

## **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

## **Indicative Texts:**

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**

[www.psychosomatic.org/](http://www.psychosomatic.org/)  
<https://www.bps.org.uk/>  
[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)2044-8287](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)2044-8287)  
[www.nutrition.org.uk](http://www.nutrition.org.uk)  
[www.cancerresearchuk.org/](http://www.cancerresearchuk.org/)  
<https://www.gov.uk/government/organisations/department-of-health-and-social-care>  
[www.diabetes.org.uk/](http://www.diabetes.org.uk/)  
[www.efpa.eu](http://www.efpa.eu)  
<https://www.food.gov.uk/>  
[www.isma.org.uk/](http://www.isma.org.uk/)  
[www.jrf.org.uk/](http://www.jrf.org.uk/)  
[www.kingsfund.org.uk/](http://www.kingsfund.org.uk/)  
[www.medlineplus.gov/](http://www.medlineplus.gov/)  
[www.nice.org.uk](http://www.nice.org.uk)  
<http://www.statistics.gov.uk/default.asp>  
<https://www.nhs.uk/>  
<https://www.bath.ac.uk/research-centres/centre-for-pain-research-cpr/>  
<https://www.hse.gov.uk/pubns/stresspk.htm>  
[www.talktofrank.com/](http://www.talktofrank.com/)  
[www.who.int](http://www.who.int)

See syllabus for complete reading list.

**Change Log for this CSD:**

Nature of Change	Date Approved & Approval Body	Change Actioned by Registry Services
Various updates as part of the UG programme review	AB Jan 2022	
Revision – annual update	May 2023	

