

<b>Module Title</b> <b>Health Psychology and the Principles of Behaviour Change</b>	Reference HSM139 SCQF SCQF Level 11 SCQF Points 15 ECTS Points 7.5
<b>Keywords</b> Health Psychology, Behaviour Change, Health Beliefs, Health Communication, Prevention and Self Management; Policy Directives.	Created February 2007 Approved June 2013 Amended May 2016 Version No. 3

## This Version is No Longer Current

The latest version of this module is available [here](#)

### Prerequisites for Module

Refer Regulation A2:  
Admission for admission requirements and/or course specific entry requirements.

### Corequisite Modules

None.

### Precluded Modules

None.

### Aims of Module

To discuss and justify the underpinning principles of health psychology and behaviour change which can influence work practice.

### Indicative Student Workload

	Full Time	Distance Learning
<i>Contact Hours</i>		
Workshops and tutorials	22	0
Online tutorials, online workshops, online discussion.	0	22
<i>Directed Study</i>		
	48	48
<i>Private Study</i>		
	80	80

### Mode of Delivery

Online distance learning or full time on campus.

### Assessment Plan

**Learning Outcomes for**

## Learning Outcomes for Module

On completion of this module, students are expected to be able to:

1. Critically analyse the biopsychosocial model of health and the role of health psychology in public health.
2. Critically examine the theories of behaviour change.
3. Critically evaluate a range of interventions and approaches designed to influence health behaviours at individual and population levels.
4. Critically examine contextual, environmental and political facilitating and inhibiting factors impacting on health behaviours.

### Indicative Module Content

Behaviour change models; ethical implications; upstream and downstream working; predicting risk behaviour; environmental factors; promoting health and self management; prevention; health promotion programmes; decreasing the risks of ill health; adherence to interventions; health beliefs; inhibiting and facilitating factors; policy directives relating to health behaviour

	Learning Outcomes Assessed
Component 1	1,2,3,4

Component 1 is a written piece of coursework.

### Indicative Bibliography

1. HUPPERT. F.A. and COOPER. C.L., 2014. Interventions and policies to enhance wellbeing. Wellbeing: a complete reference guide, Volume VI London. Wiley.
2. SARAFINO. E.P. 2014. Health psychology : biopsychosocial interactions. Oxford: John Wiley & Sons, Inc.
3. Tapper K. 2021. Health Psychology and Behaviour Change: From Science to Practice 1st edition. Bedford, Macmillan International Higher Education.
4. Hagger M. S. et al. 2020. The Handbook of Behavior Change Cambridge: Cambridge University Press
5. SARAFINO. E.P. 2014. Health psychology: biopsychosocial interactions. Oxford: John Wiley & Sons, Inc

change; social marketing;  
communication and media.