

MODULE DESCRIPTOR

Module Title

Health Psychology and the Principles of Behaviour Change

Reference	HSM139	Version	5
Created	April 2018	SCQF Level	SCQF 11
Approved	June 2013	SCQF Points	15
Amended	May 2018	ECTS Points	7.5

Aims of Module

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

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 change; social marketing; communication and media.

Module Delivery

Tutorials, workshops and seminars delivered online or on campus.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	22	22
Non-Contact Hours	128	128
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	150
Actual Placement hours for professional, statutory or regulatory body		

ASSESSMENT PLAN

If a major/minor model is used and box is ticked, % weightings below are indicative only.

Component 1

Type:	Practical Exam	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Case Study				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Specific details will be provided in the module assessment documentation.

Module Grade	Minimum Requirements to achieve Module Grade:
A	A
B	B
C	C
D	D
E	E
F	F
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Refer Regulation A2: Admission for admission requirements and/or course specific entry requirements.
Corequisites for module	None.
Precluded Modules	None.

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 Educations.
- 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