

MODULE DESCRIPTOR

Module Title

Health Psychology

Reference	SS2064	Version	1
Created	December 2021	SCQF Level	SCQF 8
Approved	February 2022	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

Aims of Module

Develop knowledge and understanding about the role of psychology in physical health. This may include susceptibility to physical illness, managing chronic illness, adapting to illness, improving the care of patients in healthcare settings, healthcare professional behaviours, and understanding determinants of health behaviours (including relevant theories and models) and interventions to change health behaviours.

Learning Outcomes for Module

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

- 1 Discuss psychological processes relevant to illness and healthcare settings, including relevant psychological concepts and theories.
- 2 Discuss determinants of and interventions to change health behaviours, including relevant psychological concepts and theories.

Indicative Module Content

Introduction to health psychology as science and profession Psychology applied to hospital settings Adjustment to terminal illness and the process of dying Stress and how it can impact physical health Psychological factors that moderate how much stress is experienced Psychology of pain Coping with illness Women's health Managing chronic illness Healthcare professional behaviours Understanding health behaviour and its determinants Current theories and models of health behaviour Dual-process models Interventions to change health behaviour Behaviour change in low-income countries

Module Delivery

This is a mainly lecture-based module with seminar-style activities integrated as part of workshop-style classes. The on-campus activities will be supplemented and supported with online activities where appropriate.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	24	N/A
Non-Contact Hours	126	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
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:	Examination	Weighting:	50%	Outcomes Assessed:	1
Description:	Component 1 will be assessed by examination.				

Component 2

Type:	Coursework	Weighting:	50%	Outcomes Assessed:	2
Description:	Component 2 will be assessed by written coursework.				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

The examination (refer to x axis on top of grid) contributes 50% to the module total. The coursework (refer to y axis on left side of grid) contributes 50% to the module total.

		Examination:						
		A	B	C	D	E	F	NS
Coursework:	A	A	A	B	B	C	E	
	B	A	B	B	C	C	E	
	C	B	B	C	C	D	E	
	D	B	C	C	D	D	E	
	E	C	C	D	D	E	F	
	F	E	E	E	E	F	F	
NS		Non-submission of work by published deadline or non-attendance for examination						

Module Requirements

Prerequisites for Module	None, in addition to SCQF 8 entry requirements or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 MORRISON, V., & BENNETT, P., 2016. *An Introduction to Health Psychology*. 4th ed. Harlow: Pearson.
- 2 OGDEN, J., 2019. *Health Psychology: A Textbook*. 6th ed. Maidenhead: Open University Press.
- 3 PRESTWICH, J., KENWORTHY, J. and CONNER, M., 2018. *Health Behaviour Change: Theories, Methods and Interventions*. Abingdon: Routledge.
- 4 TAPPER, K, 2021. *Health Psychology and Behaviour Change*. London: Red Globe Press.