

<b>Module Title</b> <b>Health Psychology</b>	Reference SS3016
	SCQF SCQF
<b>Keywords</b> Health Beliefs, Stress and Illness, Pain, Health Promotion, Health Psychology Applications	Level 9
	SCQF Points 15
	ECTS Points 7.5
	Created May 2002
	Approved June 2002
	Amended August 2010
	Version No. 3

## **This Version is No Longer Current**

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

### **Prerequisites for Module**

None, in addition to SCQF 9 entry requirements or equivalent.

Adherence and the client - health professional interaction and communication.

Health screening.

HIV, cancer, and coronary heart disease.

### **Corequisite Modules**

None.

Major forms of psychological distress.

Team working in the health professions.

### **Precluded Modules**

None.

Future directions for health psychology.

### **Aims of Module**

To help the student become aware of the methods, scope, current theories, main findings and applications of health psychology.

### **Indicative Student Workload**

<i>Contact Hours</i>	Full Time
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Lectures	12
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Workshops	12
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*Directed Study*

60

### **Learning Outcomes for Module**

*Private Study*

66

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

1. Analyse the major current models explaining health behaviour in terms of beliefs, attitudes, personality variables, intentions, readiness to change and circumstances.
2. Explain the relationship between stress and health, and critically evaluate stress modification strategies (including pain as a specific example).
3. Explain the influence of key psychosocial factors relating to the onset, treatment and outcome of the range of the major modern illnesses.

### Indicative Module Content

Background, scope and aims of health psychology.  
 Health beliefs and behaviour.  
 Models of health behaviour.  
 Experience of stress.  
 Modification of stress in medical situations.  
 Pain perception and modification.  
 Diagnosis and coping.  
 Factors relating to onset, progress and outcome of illness.  
 Substance misuse and addictive behaviours

### Mode of Delivery

A combination of lectures and workshops supported by ongoing student centred learning.

### Assessment Plan

	Learning Outcomes Assessed
Component 1	1,2,3

Component 1 will be assessed by Examination.

### 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. SARAFINO, E. P., 2014. *Health Psychology: Biopsychosocial Interactions*. 8th ed. New York: Wiley.
4. PRESTWICH, J., KENWORTHY, J. and CONNER, M., 2018. *Health Behaviour Change: Theories, Methods and Interventions*. Abingdon: Routledge.

5. CONNER, M. and NORMAN, P.,  
2015. *Predicting and Changing  
Health Behaviour*. 3rd ed.  
Maidenhead: Open University  
Press.