

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

This Version is No Longer Current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.

Corequisite Modules

None.

Precluded Modules

None.

Adherence and the client - health professional interaction and communication.

Health screening.

HIV, cancer, and coronary heart disease.

Major forms of psychological distress.

Team working in the health professions.

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
Lectures	12
Workshops	12

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.