

MODULE DESCRIPTOR

Module Title

Health Psychology

Reference	SS3016	Version	6
Created	May 2017	SCQF Level	SCQF 9
Approved	June 2002	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

Aims of Module

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

Learning Outcomes for Module

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

- 1 Demonstrate knowledge and understanding of the major current theories explaining health behaviour in terms of its psychological determinants, and strategies leading to health behaviour change.
- 2 Appraise the relationship between stress and health, and critically evaluate stress modification strategies.
- 3 Appraise the influence of key psychosocial processes in healthcare settings and the onset, treatment and outcome of symptoms and illness (including pain).

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. 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.

Module Delivery

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

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:	Coursework	Weighting:	50%	Outcomes Assessed:	1
Description:	Component 1 will be assessed by written coursework.				

Component 2

Type:	Examination	Weighting:	50%	Outcomes Assessed:	2, 3
Description:	Component 2 will be assessed by examination.				

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 9 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 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.