

MODULE DESCRIPTOR

Module Title

Health Psychology

Reference	SSM113	Version	2
Created	April 2017	SCQF Level	SCQF 11
Approved	April 2016	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

Aims of Module

To develop a critical understanding of the key theories and evidence base of psychology as applied to physical health, illness and healthcare, including health behaviour and behaviour change and the role of the Health Psychologist.

Learning Outcomes for Module

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

- 1 Demonstrate critical understanding of a range of current theories which explain health behaviour in terms of its psychological determinants.
- 2 Critically review strategies for health behaviour change.
- 3 Critically analyse the relationship between stress and health, and evaluate stress modification strategies.
- 4 Demonstrate a critical understanding of the influence of key psychosocial processes and behaviours in healthcare settings and the onset, treatment and outcome of symptoms and illness (including pain).

Indicative Module Content

Adjustment to being in hospital. Psychological factors in approaching death and dying. Psychological preparation for stressful medical procedures Communication in healthcare settings. Stress, psychological moderators and mediators of stress. Physiological and behavioural impacts of stress upon health. Strategies of coping with stress. Personality, stress and illness. Acute and chronic pain, coping with pain. Perceiving, interpreting and coping with symptoms. Adjustment to illness, managing chronic illness. Health behaviour; theories of health behaviour; dual-process models, motivation, translation of motivation into behaviour; Behaviour change.

Module Delivery

Online distance learning, with a combination of online lectures, discussion boards, online seminars, directed reading and private study

Indicative Student Workload

	Full Time	Part Time
Contact Hours	24	24
Non-Contact Hours	126	126
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	150
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

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, 2
Description:	Component 1 will be a written piece of coursework.				

Component 2

Type:	Coursework	Weighting:	50%	Outcomes Assessed:	3, 4
Description:	Component 2 will be a written piece of coursework.				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

The assessments will take the form of two pieces of written coursework. Each is weighted 50%.

Module Grade	Minimum Requirements to achieve Module Grade:
A	AA, AB
B	AC, AD, BB, BC,
C	AE, BD, BE, CC, CD,
D	CE, DD,DE
E	AF, BF, CF, DF, EE
F	EF, FF
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	None.
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, UK: Open University Press.
- 3 Marks, D. F., Murray, M., Evans, B. & Estacio, E. V. (2015). *Health Psychology: Theory, Research & Practice*. (4th ed.). London, UK: Sage.
- 4 Prestwich, J., Kenworthy, J. & Conner, M. (2018). *Health Behaviour Change: Theories, Methods & Interventions*. Abingdon, UK: Routledge.
- 5 Conner, M. & Norman, P. (2015). *Predicting & Changing Health Behaviour* (3rd Ed.) Maidenhead, UK: Open University Press.
- 6 Sarafino, E. P. & Smith, T. W. (2018). *Health Psychology: Biopsychosocial Interactions*. (9th ed.). New York, NY: Wiley.