

Health Psychology

Module Information

2022.01, Approved

Summary Information

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|---------------------|---------------------------|
| Module Code | 5503HASS |
| Formal Module Title | Health Psychology |
| Owning School | Nursing and Allied Health |
| Career | Undergraduate |
| Credits | 20 |
| Academic level | FHEQ Level 5 |
| Grading Schema | 40 |

Teaching Responsibility

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| LJMU Schools involved in Delivery |
| LJMU Partner Taught |

Partner Teaching Institution

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| Institution Name |
| Nelson and Colne College Group |

Learning Methods

| Learning Method Type | Hours |
|----------------------|-------|
| Lecture | 20 |
| Seminar | 28 |

Module Offering(s)

| Display Name | Location | Start Month | Duration Number Duration Unit |
|--------------|----------|-------------|-------------------------------|
| SEP-PAR | PAR | September | 12 Weeks |

Aims and Outcomes

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| Aims | The module will provide an introduction to health psychology, evaluating the contributions of both traditional and the emerging critical approaches to key areas within this field of psychology. It will develop students' knowledge of Health Psychology, enabling students to understand, discuss and critically evaluate the research, both within the wider framework of psychological theory and in terms of the practical implications for health. |
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After completing the module the student should be able to:

Learning Outcomes

| Code | Number | Description |
|------|--------|--|
| MLO1 | 1 | Critically discuss historical and contemporary perspectives in health psychology |
| MLO2 | 2 | Demonstrate knowledge of the theoretical approaches and their application within health psychology |
| MLO3 | 3 | Recognise the importance of psychological factors as they influence health, illness and recovery |

Module Content

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| Outline Syllabus | This module explores the psychological correlates of health and illness within a social context. Topics covered include the development of health psychology as a discipline, prediction of health-related behaviours, psychophysiological mechanisms of health and illness, the experience of treatment and the psychosocial impact of chronic disease. 1. Lifestyle factors contributing to health and wellbeing. 2. Psychosocial determinants of health behaviour and relevant models (e.g. Health Belief Model, Theory of Planned Behaviour/Reasoned Action, Stages of Change Model). 3. Patient-practitioner communication and patient adherence. 4. The psychophysiology of stress and arousal: Models of stress and coping, individual differences in vulnerability to stress, stress and health. 5. Chronic and acute pain: Pain theory and the management of chronic pain. 6. The role of psychology throughout the course of chronic illness. |
| Module Overview | |
| Additional Information | None |

Assessments

| Assignment Category | Assessment Name | Weight | Exam/Test Length (hours) | Module Learning Outcome Mapping |
|---------------------|---------------------|--------|--------------------------|---------------------------------|
| Presentation | poster presentation | 50 | 0 | MLO1, MLO3 |
| Test | written report | 50 | 0 | MLO2 |

Module Contacts

Module Leader

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|--------------|--------------------------|-----------|
| Contact Name | Applies to all offerings | Offerings |
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Partner Module Team

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| Contact Name | Applies to all offerings | Offerings |
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