

Liverpool John Moores University

Title: Health Psychology
Status: Definitive
Code: **5503HASS** (128409)
Version Start Date: 01-08-2021

Owning School/Faculty: Nursing and Allied Health
Teaching School/Faculty: Nelson and Colne College Group

| Team | Leader |
|----------------|--------|
| Julie Connolly | |

Academic Level: FHEQ5
Credit Value: 20
Total Delivered Hours: 48
Total Learning Hours: 200
Private Study: 152

Delivery Options

Course typically offered: Runs Twice - S1 & S2

| Component | Contact Hours |
|-----------|---------------|
| Lecture | 20 |
| Seminar | 28 |

Grading Basis: 40 %

Assessment Details

| Category | Short Description | Description | Weighting (%) | Exam Duration |
|--------------|-------------------|---------------------------|---------------|---------------|
| Presentation | ASS1 | 20 mins presentation | 50 | |
| Report | ASS2 | 1500 words written report | 50 | |

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.

Learning Outcomes

After completing the module the student should be able to:

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

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

| | | |
|---------------------|---|---|
| poster presentation | 1 | 3 |
| written report | 2 | |

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.*

Learning Activities

Lectures

Students will receive approximately 20 hours of taught input which will provide key theoretical concepts in the area of psychology including the drawing through of key content from Level 4. Guest Lecturers and Speakers may also be used to enhance learning.

Seminars & Workshops

Students will receive approximately 28 hours of seminars and workshops which will support students in the application of key theoretical concepts to key areas of health

practice. Owing to the nature of Coursework Assessment 1, such sessions will have a predominant assessment focus and be used for the facilitation of these assessments.

Independent Study

Students are expected to undertake personal research into topic areas that have been stimulated from the lectures and seminars. This reading will enhance their academic work and enable valid contribution to lectures and seminars.

VLE support

This will provide links to academic web-sites and on-line journals, facilitate group discussion outside of the classroom, access to outline lecture notes, and provide students with assessment details.

Notes

None