

## Liverpool John Moores University

Title: APPLIED HEALTH PSYCHOLOGY  
Status: Definitive  
Code: **6006PSYSCI** (113678)  
Version Start Date: 01-08-2020

Owning School/Faculty: Psychology  
Teaching School/Faculty: Psychology

Team	Leader
Kanayo Umeh	Y
Lisa Newson	
Helen Poole	

**Academic Level:** FHEQ6  
**Credit Value:** 24  
**Total Delivered Hours:** 50  
**Total Learning Hours:** 240  
**Private Study:** 190

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	24
Seminar	16
Workshop	8

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Reflection	Review	Literature review (2000 words) examining the theoretical or methodological foundation of health psychology.	25	
Essay	Essay	Essay (2000 words) examining a topic area in health psychology.	25	
Exam	Exam	Written examination on issues in health psychology.	50	2

### Aims

1. To explore in depth the major concepts and research methods used in the field of health psychology.
2. To critically appraise biopsychosocial factors involved in the enhancement of health and prevention of illness.
3. To analytically assess the role of secondary prevention in relation to health and illness.
4. To examine, in detail, specific health problems and their impact on both patients and families.
5. To compare and contrast techniques used in the application of health psychology for both the prevention and management of illness.

## Learning Outcomes

After completing the module the student should be able to:

- 1 Delineate the major features of current theories and approaches in health psychology with reference to related disciplines.
- 2 Discuss the role of biological, psychological, social and economic factors in the enhancement of health and/or the development and maintenance of illness.
- 3 Critically evaluate a variety of research methodologies utilised in the field of health psychology.
- 4 Critically evaluate the literature in the field of applied health psychology.

## Learning Outcomes of Assessments

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

Literature review	1	2		
Essay	3	4		
Exam	1	2	3	4

## Outline Syllabus

*Major concepts and methods used in health psychology. Physiological systems involved in health and illness. The relationship between stress and illness and role of coping. A biopsychological approach to pain and its management. An examination of the impact of chronic or life threatening illness and the application of health psychology in their management. Theories of health related behavior change. Examination of health related cognition and behavior, individual differences in health and illness and life span development issues related to these. An examination of health care contexts including communication, compliance and health care utilization. The application of health psychology including health promotion, design and evaluation of interventions and specific applications/interventions.*

## Learning Activities

Students will be required to demonstrate their understanding of the issues covered in this module through seminar discussions, focused workshops, and class presentations.

### **Notes**

The module examines the theoretical underpinnings of the field of health psychology and critically evaluates research in this area with reference to its potential application to health and illness in human populations.