

# Health Psychology

## Module Information

2022.01, Approved

### Summary Information

Module Code	6202PSYSCI
Formal Module Title	Health Psychology
Owning School	Psychology
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

### Teaching Responsibility

LJMU Schools involved in Delivery
Psychology

### Learning Methods

Learning Method Type	Hours
Lecture	32
Seminar	8

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
			12 Weeks

### Aims and Outcomes

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.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Delineate the major features of current theories and approaches in health psychology with reference to related disciplines.
MLO2	2	Discuss the role of biological, psychological, social and economic factors in the enhancement of health and/or the development and maintenance of illness.
MLO3	3	Critically evaluate a variety of research methodologies utilized in the field of health psychology
MLO4	4	Critically evaluate the literature in the area of applied health psychology.

### Module Content

Outline Syllabus	The causes of illness and disease are varied and complex, and understanding health requires the expertise of a wide array of health professionals including doctors, nurses, midwives, dietitians, epidemiologists and, of course, psychologists. This module introduces you to Health psychology, one of the newest and most rapidly expanding fields of modern psychology. Health psychology emphasises the role of psychological factors in the cause, progression and consequences of health and illness. In general, health psychologists work in two areas. Firstly, conducting research aimed towards understanding, explaining, developing and testing theory; secondly, by putting theory into practice and evaluating outcomes. In this module you will be exploring both aspects of health psychology.
Module Overview	This module will explore psychological theory, as it relates to public health care. It will also examine some of the major threats to public health, including obesity, diabetes and cardiovascular disease. You will explore in-depth the major concepts and research methods used in the field of health psychology.
Additional Information	The course will explore psychological theory, as it relates to public health care. It would also examine some of the major threats to public health, including obesity, diabetes, and cardiovascular disease.

### Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Literature review	50	0	MLO1, MLO2, MLO3, MLO4
Centralised Exam	Exam	50	2	MLO1, MLO2, MLO3, MLO4

### Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Kanayo Umeh	Yes	N/A

**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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