

Liverpool John Moores University

Title: APPLIED HEALTH PSYCHOLOGY
Status: Definitive
Code: **6501HUMPSY** (119255)
Version Start Date: 01-08-2012

Owning School/Faculty: Natural Sciences & Psychology
Teaching School/Faculty: TMC Singapore

Team	Leader
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Academic Level: FHEQ6 **Credit Value:** 24.00 **Total Delivered Hours:** 50.00
Total Learning Hours: 240 **Private Study:** 190

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	24.000
Seminar	16.000
Workshop	8.000

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.	25.0	
Essay	Essay	Essay (2000 words) examining a topic area in health psychology.	25.0	
Exam	Exam	Unseen examination on issues in health psychology.	50.0	2.00

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.

References

Course Material	Book
Author	Edelmann, RJ
Publishing Year	2000
Title	Psychosocial Aspects of the Health Care Process
Subtitle	
Edition	
Publisher	Prentice Hall
ISBN	

Course Material	Book
Author	Marks, D., Murray, M , Evans, B & Willig, C
Publishing Year	2000
Title	Health Psychology: Theory, Research and Practice
Subtitle	
Edition	
Publisher	Sage
ISBN	

Course Material	Book
Author	Ogden, J.
Publishing Year	2000
Title	Health Psychology: a textbook
Subtitle	
Edition	2nd
Publisher	Open University Press
ISBN	

Course Material	Book
Author	Sarafino, E.
Publishing Year	2002
Title	Health Psychology: Biopsychosocial Interactions
Subtitle	
Edition	4th
Publisher	J.Wiley
ISBN	

Course Material	Book
Author	Taylor, S.
Publishing Year	1999

Title	Health Psychology
Subtitle	
Edition	3rd
Publisher	Random House
ISBN	

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.