

Liverpool John Moores University

Title: HEALTH PSYCHOLOGY
Status: Definitive
Code: **6502PSYSLI** (126276)
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology
Teaching School/Faculty: Sri Lanka Institute of Information Technology

Team	Leader
Simon Cooper	Y

Academic Level: FHEQ6
Credit Value: 20
Total Delivered Hours: 42
Total Learning Hours: 200
Private Study: 158

Delivery Options

Course typically offered: S2 and Non Std S2 (S2 for Jan)

Component	Contact Hours
Lecture	32
Seminar	8

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Review	Critical essay in health psychology (2500 words)	50	
Exam	Exam	Exam based essays	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 utilized in the field of health psychology.
- 4 Critically evaluate the literature in the area of applied health psychology.

Learning Outcomes of Assessments

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

Literature review	1	2	3	4
Exam	1	2	3	4

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. First, conducting research aimed towards understanding, explaining, developing and testing theory. Second, by putting theory into practice and evaluating outcomes. In this module students will be exploring both aspects of health psychology.

Learning Activities

Lectures and seminars.

Notes

The course 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.

