

## Liverpool John Moores University

Title: HEALTH PSYCHOLOGY  
Status: Definitive  
Code: **6503PSYWUC** (128539)  
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology  
Teaching School/Faculty: Westford University College

Team	Leader
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**Academic Level:** FHEQ6      **Credit Value:** 20      **Total Delivered Hours:** 40  
**Total Learning Hours:** 200      **Private Study:** 160

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	32
Seminar	8

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Review	Literature review in Health Psychology	50	
Essay	Essay	Essay 1500 words	50	

### 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
Essay	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. 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.*

## Learning Activities

Lectures (32hrs) & Seminars (8hrs)

## Notes

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.