

## Liverpool John Moores University

Title: FUNDAMENTAL ISSUES IN HEALTH PSYCHOLOGY  
Status: Definitive  
Code: **7007HEAPSY** (113747)  
Version Start Date: 01-08-2011

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

Team	Leader
Kanayo Umeh	Y

**Academic Level:** FHEQ7  
**Credit Value:** 20.00  
**Total Delivered Hours:** 42.00  
**Total Learning Hours:** 200  
**Private Study:** 158

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	40.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	exam	Exam	50.0	2.00
Essay	case study	Critical Review - Case Study	50.0	

### Aims

*This module aims to familiarise students with the fundamental issues and perspectives implicated in understanding and predicting health behaviour. The module will; give a historical overview of health psychology and the impact of social and cultural factors; create awareness of related disciplines; address key theoretical models that incorporate constructs such as health beliefs (ie expectancy-value cognitions), attribution, anxiety, fear, maladaptive coping, symptom perception and mood; review relevant empirical (theory-based) research focusing on a wide range of health behaviours; discuss criticisms of theoretical models including relevant analytic and methodological constraints.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Give a historical overview of health psychology
- 2 Identify key cognitive and emotional factors implicated in health behaviour
- 3 Describe key theoretical models of health behaviour
- 4 Evaluate the strengths and weaknesses of these theoretical models. Students must be able to provide a comprehensive critique of each model, by drawing on their own intuition, logic, as well as available empirical evidence
- 5 Understand and critically evaluate relevant empirical research
- 6 Appreciate relevant analytic and methodological concerns associated with these models

## Learning Outcomes of Assessments

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

Exam	1	2	3
Critical review - case study	4	5	6

## Outline Syllabus

1. *Historical overview of health psychology and related disciplines*
2. *Introduction into the determinants of health behaviour including the impact of social and cultural factors.*
3. *Introduction to key theoretical perspectives.*
4. *The health belief model.*
5. *Protection motivation theory*
6. *The 'ordered' protection motivation theory.*
7. *The theory of planned behaviour.*
8. *Person-relative-to-event theory*
9. *Models of persuasion (elaboration-likelihood model, heuristic systematic model).*
10. *Leventhal's self-regulation model of illness behaviour, including symptom perception and mood.*
11. *Attribution theory.*
12. *Relevant analytic and methodological issues (eg moderation/mediation).*
13. *Future developments (eg model integration).*

## Learning Activities

The module will essentially rely on traditional lectures. However each lecture session may involve a combination of workshop and seminar activities, to the extent that this would facilitate learning. The decision whether to simply give a traditional lecture, or combine it with other elements will be driven by the particular topic. This flexibility is

essential as it allows each session to be tailored to the peculiar learning characteristics of a given topic.

## References

<b>Course Material</b>	Book
<b>Author</b>	Ogden, J
<b>Publishing Year</b>	2001
<b>Title</b>	Health Psychology
<b>Subtitle</b>	
<b>Edition</b>	(second edition)
<b>Publisher</b>	Open University Press
<b>ISBN</b>	0-335-20596-8

<b>Course Material</b>	Book
<b>Author</b>	Conner, M & Norman, P (eds)
<b>Publishing Year</b>	1996
<b>Title</b>	Predicting Health Behaviour
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Open University Press
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Helman, C.G.
<b>Publishing Year</b>	2007
<b>Title</b>	Culture, Health & Illness
<b>Subtitle</b>	
<b>Edition</b>	5th
<b>Publisher</b>	Hodder Arnold
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Abraham, C., Conner, M., Jones, F. & O'Conner, D
<b>Publishing Year</b>	2008
<b>Title</b>	Health psychology
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Hodder Education
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Marks, D.F., Murray, M., Evans, B., Willig, C., Woodall, C. & Sykes, C.M.
<b>Publishing Year</b>	2005

<b>Title</b>	Health Psychology: Theory, Research & Practice
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	London: Sage Publications
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Umeh, K
<b>Publishing Year</b>	2009
<b>Title</b>	Understanding Adolescent Health Behaviour: A Decision Making Perspective
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Cambridge: Cambridge University Press
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Morrison, V. & Bennett, P.
<b>Publishing Year</b>	2009
<b>Title</b>	An Introduction to Health Psychology
<b>Subtitle</b>	
<b>Edition</b>	2nd
<b>Publisher</b>	Harlow: Pearson: Prentice hall
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Penny, G.N., Bennett, P. & Herbert, M.
<b>Publishing Year</b>	1993
<b>Title</b>	Health Psychology: A Lifespan Perspective
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Harwood Academic Publishers
<b>ISBN</b>	

## Notes

Any Health Psychology textbook will be useful for this module