

# Health Psychology

## Module Information

2022.01, Approved

### Summary Information

Module Code	7501PSYSCI
Formal Module Title	Health Psychology
Owning School	Psychology
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

### Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

### Partner Teaching Institution

Institution Name
Unicaf

### Learning Methods

Learning Method Type	Hours
Online	36

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
APR-PAR	PAR	April	12 Weeks
JAN-PAR	PAR	January	12 Weeks
SEP-PAR	PAR	September	12 Weeks

## Aims and Outcomes

Aims	The module will explore psychological theory, as it relates to health and health care. It will examine some of the major threats to public health, including obesity, diabetes, and cardiovascular disease. Students will study the historical and philosophical origins of health psychology and key theoretical models and research methods in health psychology. Students will examine, in depth, biopsychosocial factors involved in the enhancement of health and prevention of illness, e.g. perception of risk, illness perceptions, and individual differences. They will be introduced to self- management in the context of long term conditions. Additionally, content will consider specific health problems and their impact on the individual, significant others, and society.
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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	Critically 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	Select appropriate theories/models in health psychology and apply these to a given case study to improve health
MLO5	5	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 develops students' knowledge and understanding of health psychology, one of the newest and most rapidly expanding fields of modern psychology. The module will explore psychological theory, as it relates to health and health care. 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 students will explore both aspects of health psychology. They will have the opportunity to apply their knowledge to one of a choice of case studies provided to them.
Module Overview	
Additional Information	The module will explore psychological theory, as it relates to public health care and promotion of health. It will 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	Coursework 1	60	0	MLO1, MLO3, MLO5, MLO2
Report	Coursework 2	40	0	MLO4

## Module Contacts

### Module Leader

Contact Name	Applies to all offerings	Offerings
Helen Poole	Yes	N/A

### Partner Module Team

Contact Name	Applies to all offerings	Offerings
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