

Study Abroad Programme

The module description below is from the 2019/20 academic year and is subject to change, and for the use of study abroad students only.

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|--------------------------|---|
| Module name | Health Psychology and Behaviour Change |
| Module code | PS3012 |
| School | School of Arts and Social Sciences |
| Department or equivalent | Department of Psychology |
| UK credits | 15 |
| ECTS | 7.5 |
| Level | 6 |

MODULE SUMMARY

Module outline and aims

This module is designed to provide you with the opportunity to learn about an important topic in psychology from one of the leading researchers in that area. By this means you will gain insights into the process of scientific advance at the forefront of research.

- 1) To introduce you to key debates, theoretical perspectives and research methodologies in health psychology.
- 2) To enable you to think critically about key issues in health psychology.
- 3) To enable you to use theory to help solve real-world problems.
- 4) To enable you to evaluate practical applications of health psychology.

Content outline

Part 1: Determinants of health and ill-health

Evolutionary determinants, social determinants, individual determinants

Part 2: Theories of health behaviour

Models of behaviour change, habits, automaticity, craving, willpower

Part 3:

Health promotion and intervention

Health policy and evaluation, improving the health of children, improving the health of adults

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WHAT WILL I BE EXPECTED TO ACHIEVE?

On successful completion of this module, you will be expected to:

Knowledge and understanding:

- Have an understanding of the determinants of health and ill-health
- Be familiar with some of the key theories in health psychology, as well as their strengths and limitations
- Understand some of the barriers to delivering successful behaviour change interventions
- Understand how behaviour change interventions may best be evaluated
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Skills:

- Be able to debate key issues in health psychology
- Be able to apply theory to help solve real-world problems
- Be able to think critically about theoretical and applied issues in health psychology
- Be able to evaluate the strength of the evidence for different approaches to improving public health

Values and attitudes:

- Show tolerance of disagreement in a field characterised by the presence of alternative and sometimes conflicting epistemologies.
- Demonstrate an awareness that it is whole persons who experience health and illness, even though research may isolate elements of that experience.
- Demonstrate an awareness that health psychology research is inextricably connected with health care applications.

HOW WILL I LEARN?

Learning outcomes are achieved through lectures, discussion, exercises and individual study. Learning is supported by feedback on the coursework, and by reading lists and supplementary learning materials on the web.

Teaching pattern:

| Teaching component | Teaching type | Contact hours (scheduled) | Self-directed study hours (independent) | Placement hours | Total student learning hours |
|--------------------|---------------|---------------------------|---|-----------------|------------------------------|
| Lectures | Lecture | 20 | 130 | 0 | 150 |
| Totals | | 20 | 130 | | 150 |

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WHAT TYPES OF ASSESSMENT AND FEEDBACK CAN I EXPECT?

Assessments

A 2,000 word piece of coursework: You will be asked to describe how you would go about developing and evaluating a health intervention (90%).

Contribution to debate: You will contribute to a debate on social media (10%).

Assessment pattern:

| Assessment component | Assessment type | Weighting | Minimum qualifying mark | Pass/Fail? |
|----------------------|--|-----------|-------------------------|------------|
| Coursework | Written assignment | 90 | 40 | N/A |
| Social Media Debate | Project output (other than dissertation) | 10 | 0 | N/A |

Assessment criteria

Assessment Criteria are descriptions of the skills, knowledge or attributes students need to demonstrate in order to complete an assessment successfully and Grade-Related Criteria are descriptions of the skills, knowledge or attributes students need to demonstrate to achieve a certain grade or mark in an assessment. Assessment Criteria and Grade-Related Criteria for module assessments will be made available to students prior to an assessment taking place. More information will be available from the module leader.

Feedback on assessment

Following an assessment, students will be given their marks and feedback in line with the Assessment Regulations and Policy. More information on the timing and type of feedback that will be provided for each assessment will be available from the module leader.

Assessment Regulations

The pass mark for the module is 40%. Any minimum qualifying marks for specific assessments are listed in the table above. The weighting of the different components can also be found above. The Programme Specification contains information on what happens if you fail an assessment component or the module.

INDICATIVE READING LIST

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The module description below is from the 2019/20 academic year and is subject to change, and for the use of study abroad students only.

Conner, M. & Norman, P. (2015). Predicting and changing health behaviour: research and practice with social cognition models. (Third Edition). Open University Press.

Morrison, V. & Bennett, P. (2016). An Introduction to Health Psychology. (Fourth Edition.) Harlow: Pearson-Prentice Hall.

Marks, DF., Murray, M., Evans, B. & Estacio, E.V. (2015). Health Psychology. Theory, Research and Practice. (Fourth Edition.) Sage.

Ogden, J. (2012). Health Psychology. A Textbook. (Fifth edition.) McGraw Hill.