

Module specification

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Refer to the module guidance notes for completion of each section of the specification.

Module code	PSY624
Module title	Health Psychology
Level	6
Credit value	20
Faculty	Social and Life Sciences
HECoS Code	100497
Cost Code	GAPS

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (Hons) Psychology	Optional
BSc (Hons) Psychology MBS Crete	Core

Pre-requisites

N/A

Breakdown of module hours

Type of Module hours	Amount
Learning and teaching hours	24 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	24 hrs
Placement / work based learning	0 hrs
Guided independent study	176 hrs
Module duration (total hours)	200 hrs

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Initial approval date	15/04/2021
With effect from date	01/09/2021
Date and details of revision	
Version number	1

Module aims

- To equip students with a knowledge and understanding of the role of social, psychological and biological factors on health, illness and well-being within the context of the individual and contemporary society
- To encourage students to develop a critical understanding of the relevant theories and models of behavioural change

Module Learning Outcomes - at the end of this module, students will be able to:

1	Critically discuss theory within health psychology and research that contributes to health.
2	Critically discuss the role of health psychology in coping with chronic and life limiting illness.
3	Critically evaluate a range of theories and methods of investigation employed in the area of health psychology.

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Assessment 1 (2000 words): written essay on a particular topic within health psychology (e.g. the role of biopsychosocial factors in development and maintenance of stress.)

Assessment 2 (2000 words): research proposal designed to evaluate a particular intervention used within health psychology (e.g. how would you assess the effectiveness of a pain management programme?).

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2	Written Assignment	50
2	3	Written Assignment	50

Derogations

All elements must be attempted.

Learning and Teaching Strategies

Learning and teaching strategies include:

Lectures
Tutorials
Directed learning
Self-directed learning

Indicative Syllabus Outline

- An introduction to Health Psychology including the Biopsychosocial model.
- Theories of Health Psychology
- Health inequalities, globally and nationally
- Health promotion and behaviour change
- The role of health psychology in management of long-term conditions
- Psychology of pain and pain management
- Development and maintenance of stress
- Addiction, nutrition and exercise

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Ogden, J. (2019). *Health psychology* (6th ed.). Buckingham, UK: Open University Press.

Other indicative reading

Sarafino, E. P. (2016). *Health psychology: Biopsychosocial interactions*. London, UK: Wiley

Marks, D. F., Murray, M. & Estacio, E.V. (2019). *Health psychology: theory, research, and practice*. London, UK: Sage.

Morrison, V. & Bennett, P. (2016). *Introduction to health psychology*. (4th ed.) London, UK: Pearson Education Limited.

Rodham, K. (2019) *Health Psychology*. (2nd ed). London, UK: Springer Nature Limited.

Journals:

*British Journal of Health
Health Psychology Journal
International Journal of Clinical
and Health Psychology
Journal of Health Psychology*

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas. [Click here to read more about the Glyndwr Graduate attributes](#)

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency
Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication