

Module specification

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Module Code	PSY627
Module Title	Clinical and Health Psychology
Level	6
Credit value	20
Faculty	Social and Life Sciences
HECoS Code	100497
Cost Code	PSY627
Pre-requisite module	None

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
BSc (hons) Psychology	Optional
BSc (Hons) Psychology with Foundation Year	Optional
BSc (Hons) Criminal Psychology	Optional

Breakdown of module hours

Learning and teaching hours	24 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	24 hrs
Placement hours	0 hrs
Guided independent study hours	176 hrs
Module duration (Total hours)	200 hrs

Module aims

To equip students with critical understanding of the role of social, psychological, and biological factors on physical and psychological health.

Module Learning Outcomes

At the end of this module, students will be able to:

1	Critically evaluate approaches to behaviour change.
2	Propose and justify a health promotion programme within an area of health psychology.
3	Critically explore how concepts and models of psychological disorder have developed and their application within clinical practice.
4	Critically evaluate approaches to psychological treatment.

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:

A 2000-word research proposal focused on an area of health psychology (e.g. behaviour change, pain management, health promotion).

Assessment 2:

A 2000-word case study focused on area of psychopathology.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1, 2	Written Assignment	2000 words	50	N/A
2	3, 4	Written Assignment	2000 words	50	N/A

Derogations

None.

Learning and Teaching Strategies

A range of different learning and teaching strategies will be utilised in this module, including lectures, seminars, group, and individual activities, directed and self-directed learning, and tutorials. Module content will include pre-recorded asynchronous online content that will inform synchronous sessions. This will allow students time to reflect on and further develop

their knowledge ahead of consolidating learning through group workshops and/or seminars. Practical seminars will involve reviewing case studies and recommending relevant psychological interventions, exploring behaviour change models and discussing the application of these in real-life scenarios.

All learning and teaching methods are supported by the University's virtual learning environment, Moodle, where students will be able to access clear and timely information to support the delivery of content such as videos, links to relevant online information, discussion forums, and pre-recorded lectures.

The University's Active Learning Framework (ALF) is embedded within the module to achieve optimal accessibility, inclusivity, and flexibility in terms of teaching and learning. This is in line with the principles of Universal Design for Learning (UDL). A learning blend is used that combines synchronous and asynchronous digitally enabled learning with best use of online opportunities and on-campus spaces and facilities.

Welsh Elements

Students can present their work, access forms, resources, email correspondence, placement support and personal tutorials in Welsh.

Indicative Syllabus Outline

- Introduction to health and clinical psychology
- Health inequalities
- Health promotion and behaviour change
- Pain and pain management
- Psychological disorders
- Stress, nutrition, and exercise
- Concepts of psychopathology and classification systems
- Assessment and formulation

Indicative Bibliography

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

Essential Reads:

Davey, G. (Ed). (2021). *Psychopathology: Research, assessment, and treatment in clinical psychology* (3rd ed.). BPS Wiley.

Ogden, J. (Ed). (2023). *Health Psychology* (7th ed.). Open University Press.

Other indicative reading:

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders: DSM-5-TR* (5th ed.). APA.

Journals

British Journal of Clinical Psychology

British Journal of Psychiatry

Journal of Abnormal Psychology

The Psychologist

British Journal of Health

International Journal of Clinical and Health Psychology

Journal of Health Psychology

Administrative Information

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Initial approval date	April 2026
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