

Prifysgol Wreccsam Wrexham University

Module specification

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Module Code	PSYON702
Module Title	Topics in Health Psychology
Level	7
Credit value	15
Faculty	FSLS
HECoS Code	100985
Cost Code	GAPS
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
MSc Psychology	Core
MSc Forensic Psychology	Core
MSc Educational Psychology	Core
MBA Psychology	Core

Breakdown of module hours

Learning and teaching hours	15 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	15 hrs
Placement hours	0 hrs
Guided independent study hours	135 hrs
Module duration (Total hours)	150 hrs

Module aims

Topics in Health Psychology 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, contemporary society, and their relation to challenges in the workplace. The module encourages the development of a critical understanding of relevant

theories and models of behavioural change. Students will cover topics around health promotion, the impact of social media, and the impact and management of stress and chronic illness, which can be applied to strategic, informed management practices in business.

Module Learning Outcomes

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

1	Critically appraise the role of health psychological theory and research that contributes to health in the workplace
2	Critically appraise the role of health psychology in coping with and managing chronic and life limiting illness, and the implications for ethical management
3	Critically evaluate a range of theories and methods of investigation employed in the area of health psychology
4	Apply health psychological theory to promote health behaviours in various contexts

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.

Indicative assessments:

- Critical appraisal of health psychology theory (2000 words)
- Poster presentation on proposal for a novel health promotion campaign (15 minutes)

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1,3,4	Written Assignment	60%
2	2,4	Presentation	40%

Derogations

The minimum mark you need achieve for each module will be one of the following:

- 50%.
- A pass grade (normally only in place where an assessment is competency-based)

Learning and Teaching Strategies

The overall learning and teaching strategy will include a series of lectures with accompanying media devices. There will be a mix of supporting notes/along with directed study for students to complete as they work through the material and undertake the assessment tasks. The use of a range digital tools within the virtual learning environment together with additional sources of reading will also be utilised to promote breadth and depth of learning.

Welsh Elements

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

Indicative Syllabus Outline

- Health Psychology applied to the workplace
- Health Inequality
- Health Beliefs and Attitudes
- Behaviour Change
- Wellbeing at work
- Chronic Illness

Indicative Bibliography

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

Essential Reads:

Sarafino, E. P. & Smith, T. W. (2019). *Health Psychology: Biopsychosocial Interactions* (9th ed.). Wiley.

Indicative Journals:

- Health Psychology
- International Journal of Clinical and Health Psychology
- Journal of Occupational Health Psychology
- Health Psychology Open
- Journal of Consumer Behaviour
- Journal of Organizational Moral Psychology
- Human Resources for Health
- International Journal of Qualitative Studies on Health and Well-being
- Health Promotion Perspectives

Administrative Information

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With effect from date	September 2026



Date and details of revision	
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