

## Module specification

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|              |  |
|--------------|--|
| Module Code  | PSYON702   |
| Module Title | Topics in Health Psychology with tracked changes |
| Level        | 7  |
| Credit value | 15   |
| Faculty      | Faculty of Social and Life Sciences              |
| HECoS Code   | 100985   |
| Cost Code    | GAPS   |

## Programmes in which module to be offered

| Programme title            | Is the module core or option for this programme |
|----------------------------|---|
| MSc Psychology             | Core  |
| MSc Forensic Psychology    | Core  |
| MSc Educational Psychology | Core  |
| MBA Psychology             | Core  |

## Pre-requisites

None

## Breakdown of module hours

|  |                |
|--|----------------|
| Learning and teaching hours  | 15 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          |
| <b>Total active learning and teaching hours</b>                      | <b>15 hrs</b>  |
| Placement / work based learning                                      | 0 hrs          |
| Guided independent study   | 135 hrs        |
| <b>Module duration (total hours)</b>                                 | <b>150 hrs</b> |

|                            |          |
|----------------------------|----------|
| <b>For office use only</b> |          |
| Initial approval date      | 4.6.2020 |



|                              |   |
|------------------------------|---|
| <b>For office use only</b>   |   |
| With effect from date        | 1.9.2020  |
| Date and details of revision | 30.4.21 – change to assessment following validation of MSc Psychology programmes<br>10/07/2024 – AM2 change to assessment strategy with implementation from Sept 2024 |
| Version number               | 3   |

## 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

None

## 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.

## 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* (9<sup>th</sup> 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

## **Employability – the University Skills Framework**

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Each module and degree programme are designed to support learners as they develop their graduate skills aligned to the University Skills Framework.

Using the philosophies of the Active Learning Framework (ALF) our 10 skills are embedded within programmes complementing core academic subject knowledge and understanding.

Through continuous self-assessment students own their individual skills journey and enhance their employability and career prospects.

This Module forms part of a degree programme that has been mapped against the University Skills Framework.

### **The Wrexham University Skills Framework Level Descriptors: An incremental and progressive approach.**

Learners can use this document to identify where and how they are building skills and how they can develop examples of their success.