

## Module: Psychology and Health by C.Kirkman

Code: HLT2010

20 credits at level HE5

### Description and Purpose of Module

Provides an introduction to health psychology as an area of study based on applying relevant psychological perspectives to a range of health and illness scenarios. It explores how health and illness issues and practices can be illuminated by resort to appropriate concepts, theories and models. The module presents the opportunity for students to make reference to the NHS Knowledge and Skills Framework (DoH 2004), enabling students to identify reflect and gather evidence of their progression through the dimensions and levels outlined in the document.

### Indicative Syllabus Content

History of the emergence of a health psychology and what it has to offer with reference (where appropriate) to changing patterns of illness.  
 Psychological issues in an Illness Process.  
 Researching topics such as:  
 Food and Eating  
 Cancer prevention, detection and management  
 Pain: theories, psychology, assessment and management.  
 Selected topics such as stress and well being, social support, self perspectives, control issues and screening.

### Learning, Teaching and Assessment

#### Delivery

Regular formal input sessions will be held followed by class discussions and short student led seminars reporting on work done and one to one tutorials with students for giving feedback on student work.

#### Assessment

The assessment will take the form of two 2500 word essays.

### Learning Outcomes and Assessment Criteria

	Learning Outcomes when you have successfully completed this module you will:	Assessment Criteria to demonstrate that you have achieved the learning outcome you will:
1.	Understand the emergence of health psychology as offering a bio/psycho/social perspective on health and illness	Demonstrate familiarity with the role of Health Psychology in clarifying approaches to health and illness
2.	Deploy a range of psychological theories to practices relating to beliefs, attitudes and intentions to individual health and illness behaviours..	Be able to demonstrate a knowledge of patterns of health and illness behaviours through resort to beliefs, attitudes and intentions.
3.	Engage critically with a range of models and research to develop a better understanding of specific illness scenarios	Shows a practical effectiveness in the use of a range of core analytical concepts of health psychology.
4.	Manipulate and evaluate a range of strategies, informed by research findings, which claim to help clients more effectively cope with illness and which include developing a healthy lifestyle	Shows evidence of reading research studies which can lead to practical outcomes and possibly new approaches to practice

### Assessment

Your achievement of the learning outcomes for this module will be tested as follows:

Type	CW	CW
Description	A2500 work essay.	A2500 word essay.
%age	50	50
Final Assessment	N	N
Learning Outcomes	1,2,3,4	1,2,3,4

### Prerequisite Module(s)

There are no prerequisites for this module.

### Barred Combinations

No restrictions apply.

### Indicative Reading

Baum, A, Gatchel, R. and Krantz, D. (1997) *An Introduction to Health Psychology*. Third Edition. McGraw-Hill.  
 Crossley, M (1999) *Re-constructing Health Psychology* Milton Keynes: OUP.  
 Taylor, S. (1997) *Health Psychology*. Third Edition McGraw Hill.  
 Pitts, Mand Phillips K (1998) *The Psychology of Health* Second Edition  
 Routledge  
 Niven, Neil (2000) *Health Psychology for Health Care Professionals* . London: Churchill- Livingstone/  
 Marks, D., Murray, M, Evans, B and Willig, C (2000) *Health Psychology: theory, resources and practice*. London: Sage.  
 Marks, D (2002) *The Health Psychology Reader*. London: Sage.  
 Marks, D.F and Yardley, L (2003) *Research Methods for Clinical and Health Psychology*. London: Sage.  
 Niven, Neil (2000) *Health Psychology for Health Care Professionals*. London: Churchill Livingstone.  
 Ogden, J (1999) *Health Psychology: a textbook*. Second Edition. Open Univ.  
 Ogden, J (2003) *The Psychology of Eating: from Healthy to Disordered Eating*. London: Blackwell.  
 Roberts, R, Towell, T and Golding, J.F. (2001) *Foundations of Health Psychology*. Basingstoke@ Palgrave.  
 Schafer, W (1996) *Stress Management for Wellness*. London: Harcourt Brace.  
 Horn, S and Munafo, M (1997) *Pain: theory, research and intervention*. London: OUP.  
 Special Resource: Milne, D (1992) *Assessment: a mental health portfolio*. London: NFER. A collection of investigative instruments and test materials for use in teaching contexts by approved users.  
 Wall, Patrick (1999) *Pain: the science of suffering*. London: Phoenix

Some useful websites

Royal Society of Medicine: [www.rsm.ac.uk](http://www.rsm.ac.uk);  
 Division of Health Psychology of British Psychological Society: [www.health-psychology.org.uk](http://www.health-psychology.org.uk)  
 British Journal of Health Psychology: [www.bps.org.uk/publications](http://www.bps.org.uk/publications)  
 Eating Disorders Association: [www.edauk.com](http://www.edauk.com)  
 World Congress on Men's Health : [www.unvie.ac.at/wcmh/website](http://www.unvie.ac.at/wcmh/website)

<b>Module Type:</b>	OTHR
<b>Module Length:</b>	1
<b>Host Subject Group:</b>	Health, Social and Community Studies
<b>Version Number::</b>	0.1

**Activity Log**

User Name	Date Accessed	Action
jeh1	13/09/2004 15:32:16	amended
cak1	15/11/2004 14:15:14	amended
cak1	15/11/2004 14:22:34	amended
cak1	15/11/2004 14:25:16	amended
cak1	15/11/2004 14:28:12	amended
cak1	15/11/2004 14:32:02	amended
jeh1	23/11/2004 13:40:41	amended
pac2	08/04/2008 13:25:30	added
pac2	08/04/2008 13:33:50	amended
pac2	02/05/2008 10:41:27	amended
pac2	02/05/2008 10:43:50	amended
pac2	02/05/2008 10:44:13	amended
pac2	02/05/2008 10:45:27	amended
bm1ext	06/07/2011 11:53:36	added
bm1ext	18/07/2011 15:29:33	Ammended

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