

Module Specification

Module Summary Information

1	Module Title	Application of Health Psychology Models
2	Module Credits	20
3	Module Level	7
4	Module Code	PSY7062

5	Module Overview
<p>Rationale: Health psychology models move beyond the biomedical model in the explanation of health and risk health behaviours to an appreciation of social-cognitions which focus on the complex interplay between cognitive (psychological factors, emotions, control, perception) and social (environment, political, economic, socio-groups) factors. This module will examine these key health psychology models in their explanation and prediction of health and risky health behaviour change as well as preventative strategies. You will focus on those health behaviours which are key priorities for public health policy and health promotion initiatives and will be considered within the framework of health psychology models when appraising their application to facilitating health behaviour change. An appraisal of health psychology models to health and risky health behaviours will be considered by looking at how these models are placed within the context of allied disciplines such as medical, socio-economic models and limitations when considering changes in contemporary health behaviours, health inequalities, economic and political constraints as well as community and individualistic needs. This appraisal will lend itself to an appreciation of the application and limits of health psychology models within contemporary regional, national and international contexts.</p> <p>How this module fits with the programme aims: This module fits with the following programme aims:</p> <p>[1] To set health psychology in the context of managing health, health promotion and health interventions over the lifespan in the pursuit of excellence in both scholarship and practice in health psychology and applied health psychology.</p> <p>[2] To equip you with the core and transferable skills which meet with stage one training* in health psychology as set out by the British Psychological Society's Division of Health Psychology Training Committee (DHP/BPS, 2014). This supports practice-led training and applied research in health psychology.</p> <p>[3] To provide you with a critical understanding of theoretical issues underlying health psychology and their relation to allied health and cognate disciplines, and work with multidisciplinary teams.</p> <p>[4] To provide opportunities for you to develop health psychology trainee knowledge/outcomes and self-reflective, self-critical, and advanced research skills which support future work and progression in the health sector (scholarship/practice/progression trainee health psychologist).</p> <p>[5] To set health psychology theory research and practice in the context of contemporary, social, cultural, and economic factors within local, national, and international contexts.</p> <p>How this module fits with the programme philosophy: This module will support you in the appraisal of health psychology theories, models and applications to health, health promotion and initiatives which will be considered from both an individual and community based perspective. The module will support the appraisal of health psychology (models and applications) in the context of contemporary, social, cultural and economic factors which are placed within local, national and international contexts. Within this module, evidenced based research and real world applications within health contexts and practice based work will be considered which will support the scientist – practitioner model.</p>	

Study mode/delivery method(s) and alignment with the programme level Learning, Teaching & Assessment strategy

This module will have weekly 2 hour sessions which will provide:

Flexible learning environment where a variety of learning modes will be used in a flexible manner (lecture, small cluster group activities, one-to-one assessment preparation supervision and break away activities). This will be further supported by forum cafés, forum discussion blogs/vlogs, activities and pre/post and wider reading housed on Moodle (VLE). Rich learning culture activities and discussion which will be student-centred where material will be discussed in relation to authentic health issues and relevance to you. Intentional content where material is aligned to the core curriculum and skills in health psychology with the use of various materials (power-point, videos, empirical papers, data sets and case studies and module learning outcomes/assessment.

Professional educator where you will be provided with continual feedback throughout the module which will feedforward to your summative assessment. This module promotes independent and autonomous learning where you will take an active role in completing pre/post reading for sessions, engage in learning activities and discussion. Formative learning activities play a central role to this module. These weekly activities will enable you to consolidate the knowledge and skills gained during class time and enhance critical thinking, reflection, decision making and autonomous learning skills.

Details of the teaching schedule, recommended pre/post reading and access to relevant resources are provided through Moodle (VLE).

6 Indicative Content

Topics include an overview of Health Psychology models, including:

- Biopsychosocial Model
- Protection Motivation Theory
- Health Belief Model
- Theory of Planned Behaviour/ Theory of Reasoned Action
- Social Cognitive Theory
- Stage theories / transtheoretical
- Implementation intentions and Construal Level Theory
- The Common Sense Model of Self-regulation

These models are applied to behaviours such as:

- Physical exercise
- Alcohol, tobacco and drug use
- Food, diet and obesity

7 Module Learning Outcomes

On successful completion of the module, students will be able to:

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| 1 | Compare and contrast health psychology models. |
| 2 | Critically discuss how health psychology models and theory inform one health initiative. |
| 3 | Critically discuss economic, political and social considerations as well as the limits of health psychology models when discussing one health initiative. |
| 4 | Consider changes to the health initiative which would improve health behaviour change. |

8 Module Assessment				
Learning Outcome		Coursework	Exam	In-Person
1-4		X		

9 Breakdown Learning and Teaching Activities	
Learning Activities	Hours
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	24
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	70
Private Study (PS) includes preparation for exams	106
Total Study Hours:	200