

Module Specification

Module Summary Information

1	Module Title	Psychological Interventions and Behaviour Change
2	Module Credits	20
3	Module Level	7
4	Module Code	PSY7065

5	Module Overview
<p>Rationale: Psychological interventions are integral to the work of a health psychologist which provides a framework to deliver health behaviour change. NICE guidelines and evidenced based health research details traditional and contemporary third wave psychological interventions which are being currently delivered and their mid and post intervention outcomes on behaviour which map onto the bio-psycho-social model. These vary in their underpinning theory, modality of delivery, as well as assessment, formulation and intervention approaches. This module will help you to further build on your understanding of health psychology theoretical models, by appraising assessment, formulation, which informs intervention as well as health and well-being outcomes. Evidenced based research which derives from both health psychology, allied disciplines and work with service users will be used to consider interventions which are employed to address lifestyle behaviour change and co-morbid states of anxiety/depression associated with acute and chronic conditions. By becoming familiar with the delivery of psychological interventions in practice and how interventions differ in their orientation, will help you to prepare for work in a health context when working with service users/patients/clients; health (and applied) psychology research and further training. Comparative community, public, traditional and third wave interventions (cognitive behavioural therapy and motivational interviewing) will be examined to support debate about both the application and limits of psychological interventions when addressing behaviour change and health and well-being outcomes. Individual factors which impact intervention work and outcomes will be appraised and discussed.</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>How this module fits with the programme philosophy: This module fits with the programme philosophy by firstly, adopting an evidenced based approach when appraising psychological interventions and the stages involved. Secondly, this module will require you to build on their appraisal of health psychology theory by further understanding how these theories underpin contemporary psychological interventions. Thirdly, the application of psychological interventions will be considered within contemporary contexts which are placed within regional, national and international settings. Fourthly, psychological interventions will be considered across service user groups across the life span which embraces individualistic and community based approaches. Finally, you will be</p>	

supported in the development of understanding the skills which are required for the assessment and formulation stages during the administration of a psychological intervention which support practice based learning and in turn supports the scientists - practitioner model.

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

Students will be taught about 1) the background and philosophy of health promotion; 2) The role of psychological theory in promoting health protective and reducing risky health behaviours. 3) the theory and application of behaviour change techniques, including

- Cognitive Behavioural Therapy (CBT)
- Motivational Interviewing (MI)

Other topics include:

- Health communication
- Developing health interventions
- Evaluating health interventions
- Technology-based interventions

7 Module Learning Outcomes

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

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| 1 | Demonstrate a theoretical understanding of one psychological intervention. |
| 2 | Employ the assessment and formulation stage of a psychological intervention to a chosen health behaviour. |
| 3 | Critically appraise one psychological intervention in their application to a chosen health behaviour. |
| 4 | Demonstrate an awareness of the limits of the psychological intervention in its application to the chosen health behaviour. |

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