



Module Specification

Applications and Professional Skills in Health Psychology

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Part 1: Information

Module title: Applications and Professional Skills in Health Psychology

Module code: USPJVU-30-M

Level: Level 7

For implementation from: 2023-24

UWE credit rating: 30

ECTS credit rating: 15

Faculty: Faculty of Health & Applied Sciences

Department: HAS Dept of Social Sciences

Partner institutions: None

Field: Psychology

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Module Entry requirements: Undergraduate degree in Psychology, or quantitative social/behavioural sciences

Features: Not applicable

Educational aims: See Learning Outcomes

Outline syllabus: The emergence of health psychology; definitions and models of health and illness

Determinants of health: The example of exercise, health and illness
The role of social, cultural and economic factors in behaviour change; Policy health behaviour change
Risk behaviours, theory; behaviour change exercise
Impact and ethics of screening
Perceiving symptoms and seeking help
Making decisions about treatment
Issues on admission to hospital
Stressful procedures: Dentistry
Transitions in care: from paediatric to adult services
Adherence to treatment
Applying theory to practice: (e.g. Stages of change models, smoking and exercise)
BPS Stage 2 training and the HCPC
Being a Health professional in the electronic age
Communication in healthcare settings
Sceptical approaches to health interventions
Communication and intervention skills (6 sessions)
Health Promotion
Working in teams

Part 3: Teaching and learning methods

Teaching and learning methods: Students will be expected to attend weekly timetabled sessions which will act to guide their further reading and independent study. It is expected that students will spend 300 hours, including contact time and preparation for exams and assignments working for this module. Typically this might comprise a working day per week averaged across the working year.

Scheduled learning includes lectures, seminars, demonstration, practical classes and workshops.

Independent learning includes hours engaged with essential reading, case study preparation, assignment preparation and completion etc

Technology Enhanced Learning (TEL): The module will be supported by a Blackboard module site here a range of course materials will be available. Students will be expected to access reading materials through the Blackboard site.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Demonstrate a firm grounding in professional skills relevant to the practice of health psychology, and to the status of Health Psychologist

MO2 Reflect on their personal development through the use of a personal record, constructively offer and accept peer feedback

MO3 Demonstrate the ability to integrate the concepts and principles acquired in earlier modules to issues under investigation.

MO4 Identify and debate ethical issues relevant to health psychology.

MO5 Demonstrate a familiarity with relevant codes of professional conduct.

MO6 Engage in debate concerning the current status and future development of the discipline of health psychology

MO7 Demonstrate an understanding and application of communication and intervention skills.

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 275 hours

Face-to-face learning = 25 hours

Total = 300

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uspjvu-30-m.html) via the following link <https://uwe.rl.talis.com/modules/uspjvu-30-m.html>

Part 4: Assessment

Assessment strategy: Rationale for assessments:

Communication Skills:

In semester 2 there are workshops exploring communication skills and techniques of motivational interviewing. Students will be encouraged to consider the communication which facilitates health behaviour change.

They will be asked to explore the advantages and disadvantages of different ways of dealing with this situation, and may practice some of these – offering and accepting feedback from peers. The principles of motivational interviewing will also be introduced, and the appropriate use of these techniques discussed.

Students will be asked with a partner to role play a scenario in which interventional techniques are applied, and will be asked to produce a brief written critical commentary. Tutors will assess the students submission and will give feedback for the students to reflect upon.

Critical Incident Analyses:

Students are asked to draw on their experiences during the programme and on material in their reflective journals to produce two critical experiences related to their personal development and/or professional practice, to reflect upon the outcomes of these, and the processes involved.

Personal behaviour change reflection:

Students are required to submit a critical evaluation of current health psychology theories and models in the light of their own attempt at health behaviour change. Students need to be clear what health behaviour they chose to change, how they attempted to change it and how successful or otherwise they were. The critique needs to be based on the model chosen and supported with current research evidence.

Assessment tasks:

Practical Skills Assessment (First Sit)

Description: Practical exam - communication skills assessment

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO7

Written Assignment (First Sit)

Description: 1500 word critical incident analysis

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO5, MO6

Written Assignment (First Sit)

Description: 1500 word behaviour change reflection

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO5, MO6

Practical Skills Assessment (Resit)

Description: Practical exam - communication skills assessment

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO7

Written Assignment (Resit)

Description: 1500 word critical incident analysis

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO5, MO6

Written Assignment (Resit)

Description: 1500 word behaviour change reflection

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO5, MO6

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Health Psychology [Frenchay] MSc 2023-24

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