

MODULE DESCRIPTOR

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| MODULE TITLE | HEALTH PSYCHOLOGY: THEORY AND PRACTICE | | |
| MODULE CODE | PS3040 (L6) | CREDIT VALUE | 20 CREDITS / 10 ECTS |
| CAMPUS | UCLAN CYPRUS | | |
| SCHOOL | SCHOOL OF SCIENCE | | |

MODULE AIMS

To develop students' knowledge of the many different roles that Health Psychologists have and to explore how the skills that Health Psychologists possess are applied in different professional arenas.

MODULE CONTENT

The module will develop students' understanding of the application of health psychology theory and practice across a range of professional health psychology settings (e.g., clinical practice, research, health policy, academic, commercial, consultancy, health promotion). It will also develop students' understanding of Evidence-Based Practice as a process to inform development and implementation of professional practice in Health Psychology. A selection of the following topics will be covered: eating disorders, body dysmorphic disorder, obesity, muscle dysmorphia: models and interventions, models of health behaviours, models of work stress, stress management, emotional labour, autoimmune disease, and the perception of pain.

INTENDED LEARNING OUTCOMES

| On successful completion of this module a student will be able to: | |
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| 1. | Critically evaluate how theory and practice are applied differently across areas of health psychology in practice |
| 2. | Describe and discuss evidence-based practice and the application of health psychology skills in areas of health psychology |
| 3. | Describe the professional organisation and regulation of health psychology and how this influences professional practice |
| 4. | Work independently to identify, select, interpret and present appropriate information |
| 5. | Critically evaluate theoretical models and interventions |
| 6. | Demonstrate effective communication skills |

TEACHING METHODS

Lectures will include subject specific content, discussions and individual and group exercises. This combination will provide core knowledge to the students and enable them to develop skills in the application of knowledge in relation to health psychology clinical practice, research, policy, academic, commercial, consultancy, and to discuss, evaluate and present psychological research. Learning and teaching will be informed by subject specific research and by research informing practice. Students will be required to complete a portfolio exploring the diverse roles of Health Psychologists in relation to a specific health issue.

ASSESSMENT METHODS

The module is assessed through a Portfolio on the role of health psychology/ the health psychologist in different professional contexts; including a reflective statement and a Poster Presentation (based on the Portfolio); full day conference event.