

H8HPSY: Health Psychology

Module Code:	H8HPSY
Long Title	Health Psychology APPROVED
Title	Health Psychology
Module Level:	LEVEL 8
EQF Level:	6
EHEA Level:	First Cycle
Credits:	5
Module Coordinator:	Caoimhe Hannigan
Module Author:	Amanda Kracen
Departments:	School of Business
Specifications of the qualifications and experience required of staff	Lecturer with PhD in Psychology or related cognate discipline
Learning Outcomes	
<i>On successful completion of this module the learner will be able to:</i>	
#	Learning Outcome Description
LO1	Demonstrate an understanding of the psychological factors that influence health, physical illness, and well-being at the individual, community, and societal level.
LO2	Evaluate key theories and models in the field of health psychology, especially related to behaviour change (e.g., health belief model, social cognitive theory).
LO3	Identify, describe, and analyse factors that affect health, particularly related to stress, pain, and disease.
LO4	Apply current research findings to evaluate macro-social-cultural influences that affect health disparities among groups and communities.
LO5	Critically evaluate health psychology issues in contemporary society (e.g., racism in healthcare, vaccination hesitancy, cancer screening, palliative care practices).
Dependencies	
Module Recommendations	
No recommendations listed	
Co-requisite Modules	
No Co-requisite modules listed	
Entry requirements	There are no additional entry requirements for this module. The programme entry requirements apply.

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Module Content & Assessment			
Indicative Content			
<p>The module will take place across one semester (12 weeks), with a 1 hour lecture plus 1 hour tutorial each week. Students will be expected to engage in independent learning.</p> <p>The module will commence with an introduction to the field; students will then learn about an individual's contributions to health, macro-social-cultural influences on health, and theories of behaviour change. Building on this, students will examine stress and its relationship with illness, pain, disease management, and health disparities. They will apply their learning to contemporary issues in health psychology, that may include topics such as racism in healthcare, vaccination hesitancy, cancer screening, or palliative care practices. Students will help select the contemporary issues that are examined in the module.</p>			
Assessment Breakdown			%
Coursework			35.00%
End of Module Assessment			65.00%
Assessments			
Full Time			
Coursework			
Assessment Type:	Continuous Assessment	% of total:	35
Assessment Date:	Week 11	Outcome addressed:	1,2,3
Non-Marked:	No		
Assessment Description: Students will complete a health-behaviour self-modification intervention, which requires designing an intervention, collecting data, and working independently.			
End of Module Assessment			
Assessment Type:	Terminal Exam	% of total:	65
Assessment Date:	End-of-Semester	Outcome addressed:	1,2,3,4,5
Non-Marked:	No		
Assessment Description: Students will take an exam covering any concept from class. The exam will be mostly MCQ, but may also include short answer and short essay questions.			
No Workplace Assessment			
Reassessment Requirement			
Repeat failed items <i>The student must repeat any item failed</i>			
Reassessment Description If a student fails the module overall, they must repeat all failed or missed assessments to adequately demonstrate their learning.			

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Module Workload				
Module Target Workload Hours 0 Hours				
Workload: Full Time				
Workload Type	Workload Description	Hours	Frequency	Average Weekly Learner Workload
Lecture	Classroom and demonstrations	12	Per Semester	1.00
Tutorial	Mentoring and small-group tutoring	12	Per Semester	1.00
Independent Learning	Independent learning	101	Per Semester	8.42
Total Weekly Contact Hours				2.00

Module Resources	
<i>Recommended Book Resources</i>	
<p>Anisman, H. (2021), Health Psychology, 1st Ed. Sage, London, UK.</p> <p>Marks, D., Murray, M., Evans, B. & Estacio, E.V. (2021), Health Psychology: Theory, Research, and Practice, 4th Ed. Sage, London, UK.</p>	
<i>This module does not have any article/paper resources</i>	
<i>This module does not have any other resources</i>	
Discussion Note:	