



# PSY 926

## Psychology of Health

S1 Day 2019

*Department of Psychology*

### Contents

<u>General Information</u>	2
<u>Learning Outcomes</u>	2
<u>Assessment Tasks</u>	3
<u>Delivery and Resources</u>	7
<u>Policies and Procedures</u>	7
<u>Graduate Capabilities</u>	8

#### **Disclaimer**

Macquarie University has taken all reasonable measures to ensure the information in this publication is accurate and up-to-date. However, the information may change or become out-dated as a result of change in University policies, procedures or rules. The University reserves the right to make changes to any information in this publication without notice. Users of this publication are advised to check the website version of this publication [or the relevant faculty or department] before acting on any information in this publication.

## General Information

Unit convenor and teaching staff

Unit convenor

Professor Kerry Sherman

[kerry.sherman@mq.edu.au](mailto:kerry.sherman@mq.edu.au)

Contact via 9850 6874

C3A 724

Kerry Sherman

[kerry.sherman@mq.edu.au](mailto:kerry.sherman@mq.edu.au)

Credit points

4

Prerequisites

Admission to MCLinPsych and PSY904 and (PSY961 or PSYC987) and (PSY962 or PSY978 or PSYC986) and (PSY965 or PSY977)

Corequisites

Co-badged status

Unit description

This unit aims to prepare students for work in clinical health psychology and to introduce health promotion and the wider interface between psychological processes and health. Presentations on the core mechanisms and processes, presentations by practicing leaders in clinical psychology on specific areas (eg, pain management, chronic illness) and small group work on case scenarios are the methods to achieve these objectives.

## Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

## Learning Outcomes

On successful completion of this unit, you will be able to:

Critically appraise potential behavioural and psychological mechanisms that contribute to ill health

Use psychological skills and techniques to develop interventions for addressing health common health conditions.

Assess the psychological impact of ill health.

Critically appraise the role of a clinical psychologist in a variety of health settings including inpatient medical and outpatient chronic disease care

Effectively communicate about health problems in a culturally and linguistically diverse community

Extend skills in searching and critical appraisal of information sources for clinical decision making to new and unfamiliar health problems

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#">EB Treatment plan - Background</a>	10%	No	Week 2
<a href="#">EB Treatment Plan - Full</a>	35%	No	Week 7
<a href="#">EB treatment - Presentation</a>	10%	No	Week 8
<a href="#">Funding Proposal</a>	45%	No	Week 13

### EB Treatment plan - Background

Due: **Week 2**

Weighting: **10%**

#### Background and Intervention Approach (500 words)

Based on a case scenario provided, produce a plan for an appropriate psychosocial/clinical intervention approach. In the plan you should describe and justify the intervention approach you would provide.

Submission of background and case formulation (10%)

In the plan briefly outline basic details about your client including:

Briefly outline basic details about your client including their goals and preferences for intervention (one paragraph) and general background details about their main physical health problem: Symptoms, Diagnosis, Prevalence, Typical Course, Mortality and Disability (one paragraph).

On successful completion you will be able to:

- Assess the psychological impact of ill health.
- Extend skills in searching and critical appraisal of information sources for clinical decision making to new and unfamiliar health problems

### EB Treatment Plan - Full

Due: **Week 7**

Weighting: **35%**

## Individual submission of Evidence Based Treatment Plan

Based on the case scenario provided in class and the background and preliminary formulation from the previous step, produce a treatment plan in which you describe and justify the treatment you would provide *in no more than 2000 words*.

Use the background information and a preliminary formulation that you have worked up as the basis for the following steps.

1. Critically review the literature about psychological mechanisms that may influence the health problem or its treatment. Pay careful attention to the quality of the research and its applicability to the client in the case scenario. Come to a definite conclusion;
2. Critically review the literature about the effectiveness of psychological interventions for this health problem paying careful attention to the quality of evidence and its applicability to the client. Come to a definite conclusion about the best treatment for this client. .
3. Critically review existing programs, treatment manuals, and self help materials that might assist the clinical psychologist to deliver the intervention. Again come to a definite conclusion about the materials to use for this client. You are encouraged to check relevant Wikipedia entries, make edits as supported by the literature and submit the changes you made with your assignment (see <http://www.psychologicalscience.org/index.php/members/aps-wikipedia-initiative> ).
4. Critically review assessment tools that measure the psychological processes related to the health problem and measure the client's progress toward their goals. Make a definite conclusion about the assessments to be used for this client.

## Overall points

A. Critical review means your assignment contains:

- a) a clear and explicit statement about the source of the information (e.g., a PSYCINFO or PUBMED search using specified subject headings and the clinical queries filters),
- b) a critical appraisal of the quality of the research methods and a judgement about how much you trust the study findings, and
- c) an explicit critical appraisal of the generalisability of those findings to your client.

On successful completion you will be able to:

- Critically appraise potential behavioural and psychological mechanisms that contribute to ill health
- Assess the psychological impact of ill health.
- Extend skills in searching and critical appraisal of information sources for clinical

decision making to new and unfamiliar health problems

## EB treatment - Presentation

Due: **Week 8**

Weighting: **10%**

**Oral presentation must not exceed the set time limit 15 minutes. Marks will be deducted for exceeding the time limit.**

Oral presentation will be assessed on presentation skills, clarity, **conciseness, and enthusiasm**, as well as content, logical flow, and critical analysis displayed in the presentation. 5% of marks are allocated to the presentation and 5% to the handout or clinician toolkit. The handout is marked on its ability to provide a concise “clinical tool kit” resource list for colleagues.

On successful completion you will be able to:

- Assess the psychological impact of ill health.
- Effectively communicate about health problems in a culturally and linguistically diverse community
- Extend skills in searching and critical appraisal of information sources for clinical decision making to new and unfamiliar health problems

## Funding Proposal

Due: **Week 13**

Weighting: **45%**

Funding application arguing for a new service for example an additional clinician, sessional funding for a group, client information materials, an internet intervention. *Please choose a health problem or illness that you are unfamiliar with and was not the topic of your first assignment.*

## Main Points

Make sure you present

1. a concise description of what you plan to do,
2. an argument or justification for why your intervention is a good idea, is practical, and should be funded for a trial period, and
3. describe an evaluation that should lead to results that would convince your administrators to continue funding in the future

## Format

Please submit your assignment in the format of a funding proposal: a Synopsis (Abstract of research plan), Aims and Objectives, Background literature review, Implementation Plan, Evaluation Plan, References. For this assignment I am not interested in your ability to develop a budget, you can assume that a large budget of up to \$1 million is available. A sample

template form will be provided later in the semester via iLearn for completing each section of the grant.

*Synopsis:* An abstract or brief overview of the aims, background, and methods you propose. This needs to include the main features of each of these areas and is marked for conciseness.

*Aims and Objectives:* What specifically does your project aim to achieve? Remember methods are not aims! (“The aim is to run a support group for Spina Bifida” no! that’s a proposed *method* of achieving an *aim* such as improved quality of life or increased social connections). These need to be achievable and to match what it is you measure in your evaluation plan.

*Background Literature Review:* A review of existing literature on the target problem leading to a justification for your specific program. This section should include: i) brief discussion of the medical aspects (facts and figures) of the problem, ii) brief theoretical coverage of the psychological factors involved in the problem, iii) discussion and brief review of programs (especially Australian) that have been established to address the problem. Show that there are important gaps that your proposal will fill. Refer to state and federal health goals, targets & priority areas to reinforce your case. Remember you are presenting an argument for why this intervention is important and worthy of funding.

*Implementation plan:* A specific plan of what you are going to do and how you will implement the intervention. You need to explain the rationale for each aspect of your intervention. That is, you need to address why that sample was targeted, how you propose accessing the target group (if applicable), specific methods used for the intervention (e.g. the types of issues to be addressed, type of medium to convey intervention), and why each component was included. Ensure that all aspects of intervention design are covered.

*Evaluation Plan:* A specific plan for how you would evaluate the intervention you are proposing. As this is not a course on evaluation you don't have to develop anything fancy here but what you propose should be in keeping with the literature you review. It is unlikely that a randomised controlled trial is appropriate. Remember this is not a research proposal or grant application. Be sure that you measure progress towards the aims you set.

*References:* Use APA 6th formatting style.

On successful completion you will be able to:

- Critically appraise potential behavioural and psychological mechanisms that contribute to ill health
- Use psychological skills and techniques to develop interventions for addressing health common health conditions.
- Critically appraise the role of a clinical psychologist in a variety of health settings including inpatient medical and outpatient chronic disease care
- Effectively communicate about health problems in a culturally and linguistically diverse community

## Delivery and Resources

This unit is taught primarily through recorded seminars and discussion of material particularly regarding application of skills. Engagement with the material is essential.

## Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central>). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Grade Appeal Policy](#)
- [Complaint Management Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#) (**Note:** *The Special Consideration Policy is effective from 4 December 2017 and replaces the Disruption to Studies Policy.*)

Undergraduate students seeking more policy resources can visit the [Student Policy Gateway](https://students.mq.edu.au/support/study/student-policy-gateway) (<https://students.mq.edu.au/support/study/student-policy-gateway>). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

If you would like to see all the policies relevant to Learning and Teaching visit [Policy Central](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central>).

## Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/study/getting-started/student-conduct>

## Results

Results published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit [ask.mq.edu.au](https://ask.mq.edu.au) or if you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

## Learning Skills

Learning Skills ([mq.edu.au/learningskills](http://mq.edu.au/learningskills)) provides academic writing resources and study strategies to improve your marks and take control of your study.

- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module for Students](#)
- [Ask a Learning Adviser](#)

## Student Services and Support

Students with a disability are encouraged to contact the [Disability Service](#) who can provide appropriate help with any issues that arise during their studies.

## Student Enquiries

For all student enquiries, visit Student Connect at [ask.mq.edu.au](http://ask.mq.edu.au)

If you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## IT Help

For help with University computer systems and technology, visit [http://www.mq.edu.au/about\\_us/offices\\_and\\_units/information\\_technology/help/](http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/).

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources Policy](#). The policy applies to all who connect to the MQ network including students.

## Graduate Capabilities

### PG - Capable of Professional and Personal Judgment and Initiative

Our postgraduates will demonstrate a high standard of discernment and common sense in their professional and personal judgment. They will have the ability to make informed choices and decisions that reflect both the nature of their professional work and their personal perspectives.

This graduate capability is supported by:

### Learning outcomes

- Critically appraise potential behavioural and psychological mechanisms that contribute to ill health
- Use psychological skills and techniques to develop interventions for addressing health common health conditions.
- Critically appraise the role of a clinical psychologist in a variety of health settings including inpatient medical and outpatient chronic disease care
- Effectively communicate about health problems in a culturally and linguistically diverse



community

## Assessment tasks

- EB Treatment Plan - Full
- EB treatment - Presentation
- Funding Proposal

## PG - Discipline Knowledge and Skills

Our postgraduates will be able to demonstrate a significantly enhanced depth and breadth of knowledge, scholarly understanding, and specific subject content knowledge in their chosen fields.

This graduate capability is supported by:

## Learning outcomes

- Critically appraise potential behavioural and psychological mechanisms that contribute to ill health
- Use psychological skills and techniques to develop interventions for addressing health common health conditions.
- Assess the psychological impact of ill health.
- Effectively communicate about health problems in a culturally and linguistically diverse community
- Extend skills in searching and critical appraisal of information sources for clinical decision making to new and unfamiliar health problems

## Assessment tasks

- EB Treatment plan - Background
- EB Treatment Plan - Full
- EB treatment - Presentation
- Funding Proposal

## PG - Critical, Analytical and Integrative Thinking

Our postgraduates will be capable of utilising and reflecting on prior knowledge and experience, of applying higher level critical thinking skills, and of integrating and synthesising learning and knowledge from a range of sources and environments. A characteristic of this form of thinking is the generation of new, professionally oriented knowledge through personal or group-based critique of practice and theory.

This graduate capability is supported by:

## Learning outcomes

- Critically appraise potential behavioural and psychological mechanisms that contribute to ill health
- Critically appraise the role of a clinical psychologist in a variety of health settings including inpatient medical and outpatient chronic disease care
- Extend skills in searching and critical appraisal of information sources for clinical decision making to new and unfamiliar health problems

## Assessment tasks

- EB Treatment plan - Background
- EB Treatment Plan - Full
- EB treatment - Presentation
- Funding Proposal

## PG - Research and Problem Solving Capability

Our postgraduates will be capable of systematic enquiry; able to use research skills to create new knowledge that can be applied to real world issues, or contribute to a field of study or practice to enhance society. They will be capable of creative questioning, problem finding and problem solving.

This graduate capability is supported by:

### Learning outcome

- Assess the psychological impact of ill health.

### Assessment tasks

- EB Treatment plan - Background
- EB Treatment Plan - Full
- EB treatment - Presentation

## PG - Effective Communication

Our postgraduates will be able to communicate effectively and convey their views to different social, cultural, and professional audiences. They will be able to use a variety of technologically supported media to communicate with empathy using a range of written, spoken or visual formats.

This graduate capability is supported by:

### Learning outcome

- Effectively communicate about health problems in a culturally and linguistically diverse community

## Assessment tasks

- EB treatment - Presentation
- Funding Proposal

## PG - Engaged and Responsible, Active and Ethical Citizens

Our postgraduates will be ethically aware and capable of confident transformative action in relation to their professional responsibilities and the wider community. They will have a sense of connectedness with others and country and have a sense of mutual obligation. They will be able to appreciate the impact of their professional roles for social justice and inclusion related to national and global issues

This graduate capability is supported by:

## Learning outcomes

- Critically appraise the role of a clinical psychologist in a variety of health settings including inpatient medical and outpatient chronic disease care
- Effectively communicate about health problems in a culturally and linguistically diverse community

## Assessment tasks

- EB treatment - Presentation
- Funding Proposal