PHTY2000

Health Psychology and Behaviour Change

Session 2, Special circumstance 2020

Medicine, Health and Human Sciences Faculty level units

Contents

Notice

As part of Phase 3 of our return to campus plan, most units will now run tutorials, seminars and other small group learning activities on campus for the second half-year, while keeping an online version available for those students unable to return or those who choose to continue their studies online.

To check the availability of face-to-face and online activities for your unit, please go to timetable viewer. To check detailed information on unit assessments visit your unit's iLearn space or consult your unit convenor.

General Information

Unit convenor and teaching staff
Unit Convenor, Lecturer and Tutor
Morwenna Kirwan
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Email for an appointment

Tutor
Jodie Wills
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Email for an appointment

Tutor
Aydin Anic
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Email for an appointment

Credit points
10

Prerequisites
((PSYC104 or PSYU1104) and (PSYC105 or PSYU1105)) or Admission to BClinSc

Corequisites

Co-badged status

Unit description
This unit introduces you to the key psychological theories underlying contemporary
approaches to health behaviour change, in individuals and at the population level. In this unit
you will develop skills in the design and evaluation of evidence-based health behaviour
change interventions. Additionally, this unit will teach the foundational principles of
motivational interviewing, an empirically-supported communication style that assists health
professionals in conversing with individuals about lifestyle behaviour change. Learning
activities will include interactive lectures, simulations, and observations. Through this unit you
will gain essential research and communication skills to support your career in promoting
health and behaviour change.

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:

ULO1: Apply various theoretical models of health behaviour change to specific health issues

ULO2: Critically evaluate strategies to support health behaviour change initiatives

ULO3: Outline the common barriers and facilitators of lifestyle change and disease prevention

ULO4: Describe and demonstrate the key tasks, principles, skills and spirit of motivational interviewing

General Assessment Information

Information concerning Macquarie University's assessment policy is available at https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policies/assessment. Grade descriptors and other information concerning grading requirements are contained in Schedule 1 of the Macquarie University Assessment Policy.

Further details for each assessment task will be available on iLearn.

All final grades are determined by a grading committee and are not the sole responsibility of the Unit Convenor.

Students will be awarded a final grade plus a Standardised Numerical Grade (SNG). The SNG is not necessarily a summation of the individual assessment components. The final grade and SNG that are awarded reflect the corresponding grade descriptor in the Grading Policy.

To pass this unit, students must demonstrate sufficient evidence of achievement of the learning outcomes, attempt all assessment tasks, meet any ungraded requirements including professionalism and achieve an SNG of 50 or better.

Student Professionalism

In the Faculty of Medicine, Health and Human Sciences, professionalism is a key capability embedded in all our courses. As part of developing professionalism, students are expected to engage in all online modules and tutorials.

Similarly, as part of developing professionalism, students are expected to submit all work by the due date. Applications for assessment task extensions must be supported by appropriate evidence and submitted via www.ask.mq.edu.au. For further details please refer to the Special Consideration Policy available at https://students.mq.edu.au/study/my-study-program/special-consideration.

Late Submission

All assignments which are officially received after the due date, and where no extension has been granted by the Unit Convenor, may incur a deduction of 5% of the overall assessment weighting for the first day, and 5% for each subsequent day, including the actual day on which

the work is received. Assessments received 5 days or more beyond the due date, without an approved extension, will be awarded a maximum of 50% of the overall assessment marks. Weekends and public holidays are included. For example:

Due Date	Received	Days Late	Deduction	Raw Mark	Final Mark
Friday, 14th	Monday, 17th	3	15%	75%	60%

Querying Grades

Before contacting the Unit Convenor, if you are not satisfied with your mark for a piece of assessment you should carefully read the assessment criteria and the feedback provided on the completed assessment. If you believe an error has been made, you should:

1. Make careful notes that explain the specific perceived errors.
2. Outline the result you believe you should have received for each criterion, with a strong rationale – i.e. provide evidence of how you did meet the criteria outlined in the rubric. Be detailed in your explanation.
3. Email your rationale and supporting evidence to the Unit Convenor. The Unit Convenor will then investigate the issue.

Assessment Tasks

Name	Weighting	Hurdle	Due
Personal Health Initiative	20%	No	Friday 12pm. Part A 14/08/20 Part B 30/10/20
Health Consultation Simulation	40%	No	Friday 12pm. 09/10/20
Open book exam	40%	No	Exam Period

Personal Health Initiative

Assessment Type [1]: Plan
Indicative Time on Task [2]: 20 hours
Due: **Friday 12pm. Part A 14/08/20 Part B 30/10/20**
Weighting: **20%**

Part A - Design and plan a personal health initiative Part B - Critically reflect on the personal health initiative

On successful completion you will be able to:

- Apply various theoretical models of health behaviour change to specific health issues

- Critically evaluate strategies to support health behaviour change initiatives

- Outline the common barriers and facilitators of lifestyle change and disease prevention

Health Consultation Simulation

Assessment Type [1]: Simulation/role play
Indicative Time on Task [2]: 30 hours
Due: **Friday 12pm. 09/10/20**
Weighting: **40%**

You will produce a video recorded consultation with a client about changing their behaviour.

On successful completion you will be able to:

- Outline the common barriers and facilitators of lifestyle change and disease prevention

- Describe and demonstrate the key tasks, principles, skills and spirit of motivational interviewing

Open book exam

Assessment Type [1]: Examination
Indicative Time on Task [2]: 40 hours
Due: **Exam Period**
Weighting: **40%**

End of session open book exam

On successful completion you will be able to:

- Apply various theoretical models of health behaviour change to specific health issues

- Critically evaluate strategies to support health behaviour change initiatives

- Outline the common barriers and facilitators of lifestyle change and disease prevention

- Describe and demonstrate the key tasks, principles, skills and spirit of motivational interviewing

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[1] If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment

- the Writing Centre for academic skills support.

2 Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation

Delivery and Resources

Unit Organisation

This unit is run over a 13 week session. Each week there is an online module and every second week there is a 2 hour tutorial. Further information is available via the PHTY2000 iLearn site htt p://ilearn.mq.edu.au.

Teaching and Learning Strategy

The online modules will provide foundation knowledge and also provide discussion of concepts and ideas to further understanding of the content. Tutorials will allow for the application of the concepts from the online modules and the development of practical skills relevant to Motivational Interviewing.

Attendance

In the Faculty of Medicine, Health and Human Sciences professionalism is a key capability embedded in all our programs. As part of developing professionalism, students are expected to independently complete all online modules and fully participate in all tutorial sessions.

Online modules will be delivered asynchronously and need to be completed prior to the tutorial. Tutorials are scheduled in your individual timetable. The timetable for classes can be found on the University web site at: http://www.timetables.mq.edu.au/. You may make a request to your tutor to attend a different tutorial on a one-off basis for extenuating circumstances. Please note these may change throughout the semester and changes will be communicated through iLearn.

Failure to complete the online modules and participate in all tutorials, may impact your final results. It is the responsibility of the student to contact their tutor or the unit convenor by email to inform tutors if they are going to be absent.

Textbooks & Readings

Essential

This unit does not have any textbooks that are essential for you to purchase.

Recommended

The following texts will be useful resources and available in the library. Recommendations about specific readings from these and other resources (such as research papers, books, websites and videos) will be listed on iLearn.

- *Miller, W. R., & Rollnick, S. (2012). Motivational interviewing: Helping people change. 3rd Edition. Guilford Press: New York, USA*

- *Rosengren, D. B. (2017). Building motivational interviewing skills: A practitioner workbook. Guilford Publications: New York, USA.*

Unit Schedule

An online module will be made available every week. Tutorials take place fortnightly.

This schedule is subject to change. Any changes will be communicated via iLearn.

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). 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.)*

Students seeking more policy resources can visit the 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).

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 or if you are a Global MBA student contact 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) provides academic writing resources and study strategies to help you improve your marks and take control of your study.

- Getting help with your assignment
- Workshops
- StudyWise
- Academic Integrity Module

The Library provides online and face to face support to help you find and use relevant information resources.

- Subject and Research Guides
- Ask a Librarian

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

If you are a Global MBA student contact 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/.

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.

Changes from Previous Offering

This is the first offering for this unit.