PSYU2224

Psychology, Health and Wellbeing

Session 1, Special circumstances 2021

Archive (Pre-2022) - Department of Psychology

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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.

Notice

As part of Phase 3 of our return to campus plan, most units will now run tutorials, seminars and other small group activities on campus, and most will keep an online version available to those students unable to return or those who choose to continue their studies online.

To check the availability of face-to-face 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

Co-convener
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By appointment

Co-convenor
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Credit points
10

Prerequisites
(PSYC104 or PSYU1104 or PSYX104 or PSYX1104 or PSYU1101 or PSYX1101) or (PSYC105 or PSYU1105 or PSYX105 or PSYX1105 or PSYU1102 or PSYX1102) or (BIOL108 or BIOL1210) or (BIOL122 or BIOL1320) or (ANTH151 or ANTH1051)

Corequisites

Co-badged status

Unit description
This unit provides an introduction to the complex role that psychology plays in our overall health and wellbeing. We will explore the way in which physiological, psychological and social factors interact to determine our health. Drawing on examples from common illness types including "lifestyle diseases" such as cardiovascular disease, cancer and diabetes, we will examine the role of psychology in terms of illness and disease prevention, stress and coping, and health communications. The overall approach is to examine these factors within the context of broad populations: healthy individuals, at-risk individuals, patients, and survivors. In addition, we will explore health-related issues specific to indigenous Australians and individuals from a non-English speaking background. Through tutorial exercises and discussions, the unit ensures that students gain an appreciation of the applications of psychological principles in physical health and illness.

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: Identify and critically evaluate the major theories and types of empirical research that attempt to explain health related behaviour.

ULO2: Understand and critique public health approaches to health behaviour change through different health communications.

ULO3: Explain the role of cognitive, affective, cultural and demographic factors as determinants of health status.

ULO4: Describe the role of stress and coping in the context of physical illness.

ULO5: Identify common approaches to modifying health beliefs and behaviours, and enhancing coping in the illness context through intervention.

General Assessment Information

This unit does not publish previous end-of-semester exam papers due to the assessment format which involves multiple choice questions drawn from a bank of questions which have undergone a process of development and validation to assess a wide range of concepts in this unit. Assessment quality can only be ensured by maintaining the integrity of the question bank rather than creating entirely new questions every year.

However you will be able to practice answering the kinds of questions in the final exam during your assessable and non-assessable quizzes in iLearn throughout the semester.

You may also refer to the peerwise website https://peerwise.cs.auckland.ac.nz/at/?mq_au at which students can write their own MC questions and practice on the questions written by others to facilitate preparation for tests.

Academic Honesty (MQ Policy)

Academic honesty is an integral part of the core values and principles contained in the Macquarie University Ethics Statement. The Policy covering Academic Honesty is available on the web at: http://www.mq.edu.au/policy/docs/academic_honesty/policy.html

Plagiarism is an example of dishonest academic behaviour and is defined by the Policy on Academic honesty as: “Using the work or ideas of another person and presenting this as your own without clear acknowledgement of the source of the work or ideas”.

Plagiarism is a serious breach of the University's rules and carries significant penalties. The Academic honesty Procedure is available at http://www.mq.edu.au/policy/docs/academic_honesty/procedure.html

This procedure notes the following responsibilities for students:

- Act in accordance with the principles of the Academic Honesty Policy.
- Become familiar with what academic dishonesty is, what are appropriate referencing techniques and the consequences of poor practice.
- Seek assistance from the unit convenor (or their nominee) to remedy any deficits or if you are unsure of discipline specific practice.
- Submit only work of which you are the author or that properly acknowledges others.
- Do not lend your original work to any other person for any reason.
- Keep drafts of your own authored work and notes showing the authorship or source of ideas that are not your own.

The penalties which can be applied for academic dishonesty are outlined in the Academic Dishonesty – Schedule of Penalties which can be found at: http://www.mq.edu.au/policy/docs/academic_honesty/schedule_penalties.html

The penalties range from applying a fail grade for the assessment task or requiring the student to re-submit the assessment task for a mark no greater than 50 to applying a fail grade to the unit of study and referral to the University Discipline committee.

You must read the University's Policy and Procedure on Academic Honesty.

University Policy on Grading

Academic Senate has a set of guidelines for the achievement of grades across the range from fail to high distinction. Your final result will include one of these grades plus a standardised numerical grade (SNG).

On occasion your raw mark for a unit (i.e., the total of your marks for each assessment item) may not be the same as the SNG which you receive.

For more information please refer to the Macquarie University Handbook.

Appeals Against Grades

Individual Assessments

1. Read over your marker's feedback
2. Wait at least 24-48 hours and reread your marker's feedback
3. If you are still not happy with your grade, contact your marker and organise a time to discuss your assignment in-person (generally, this does not result in a change in grade but an increase in clarity as to why you received the grade you did).
4. If you are not happy with the outcome of this, you will need to lodge a formal request

for a remark. Remarking is done by the unit convenor and their grade will be final (i.e., if they mark you lower than your original marker, you will receive the lower grade).

Overall Grade

Detailed university policy information can be found at: https://stude nts.mq.edu.au/study/my-study-program/appeals

Extensions on Assessment Due Dates

- Requests for extensions for assignments in PSYU2224 are granted by the Student Centre (via ask.mq.edu.au). A decision will be made by the staff in the Student Centre. PSYU2224 staff will not be notified that you have applied for an extension, nor will we be told if an extension is approved or denied. PSYU2224 staff do not have the ability to grant extensions.
- Normally, all extensions should be made prior to the due date for the assignment (and must be within 5 working days of the due date). If you have not received a decision regarding your extension before the assignment deadline, and your request is denied, the official deadline will remain and the official late penalty will be applied. Further, if you submit by the official deadline for an assessment that does not allow multiple attempts, and then receive approval for an extension, you will not be able to re-upload your assignment (i.e., you will be opting not to use your extension). As such, not submitting by the deadline while waiting for a decision is a calculated risk you must consider. It is strongly recommended to apply for extensions as early as possible to prevent this.
- If an extension is required for medical or other extenuating circumstances, students may request this in writing (via ask.mq.edu.au) with supporting documentary evidence (such as medical certificate, counsellor notes, or similar).
- Generally, extensions are not granted for written work (e.g., essays) since ample time for its preparation will have been given (for PSYU2224, all materials for the essay are required are made available as soon as iLearn is open).
- If an extension is granted, the approval must be uploaded to Turnitin along with your assignment to avoid any late penalties.

Special Considerations for Exams

- You are expected to present yourself for examination at the time and place designated in the University Examination Timetable (available at timetables.mq.edu.au/exam). The timetable will be available in draft form approximately eight weeks before the

commencement of the exam period and in final form approximately four weeks before the commencement of the exam period.

- The only exception to not sitting an exam at the designated time is because of documented illness or unavoidable disruption. In these circumstances, you may wish to consider applying for special considerations. Information about unavoidable disruption and the special consideration process is available in the Disruption to Studies policy (mq.edu.au/policy/docs/disruption_studies/policy.html)
- To be eligible for special considerations, a student must notify the university of a serious and unavoidable disruption no later than five (5) working days of the assessment task date or due date. Notifications of Disruption of Studies after 5 days will still be assessed, however they are more likely to have a remedy of Withdrawal Without Academic Penalty applied if they are deemed serious and unavoidable.
- If a Supplementary Examination is granted as a result of the special consideration process, the exam will be scheduled after the conclusion of the official examination period. The format of a supplementary exam is at each unit convener's discretion and is subject to change from the original final examination.
- Supplementary exams are only offered to students who have satisfactorily completed all other assessments for the unit and were unable to sit the final exam because of documented illness or unavoidable disruptions
- Instructions on applying for sitting a supplementary exam are available at https://students.mq.edu.au/study/my-study-program/special-consideration
- If you are approved to sit a supplementary final exam, you will receive an email with information from the Faculty office. Students who are granted to sit for a supplementary exam must make themselves available to sit for the supplementary exam on the specified date. There will only be one time. It is the student's responsibility to email Student Centre to confirm attendance at the supplementary exam.
- You are advised that it is Macquarie University policy not to set early exams for individuals or groups of students. All students are expected to ensure that they are available until the end of the teaching session, which is the final day of the official examination period.

Assessment Tasks

Name	Weighting	Hurdle	Due
Online quizzes	20%	No	Week 2, Week 4, Week 6 and Week 8
Essay	40%	No	Week 7
Final Examination	40%	No	University examination period

Online quizzes

Assessment Type [1]: Quiz/Test
Indicative Time on Task [2]: 18 hours
Due: **Week 2, Week 4, Week 6 and Week 8**
Weighting: **20%**

Four online multiple-choice quizzes testing unit content.

On successful completion you will be able to:

- Identify and critically evaluate the major theories and types of empirical research that attempt to explain health related behaviour.
- Understand and critique public health approaches to health behaviour change through different health communications.
- Explain the role of cognitive, affective, cultural and demographic factors as determinants of health status.
- Describe the role of stress and coping in the context of physical illness.
- Identify common approaches to modifying health beliefs and behaviours, and enhancing coping in the illness context through intervention.

Essay

Assessment Type [1]: Essay
Indicative Time on Task [2]: 44 hours
Due: **Week 7**
Weighting: **40%**

Critical analysis, 1500 words in length, of relevant health psychology related literature in the context of a specific health challenge.

On successful completion you will be able to:

- Identify and critically evaluate the major theories and types of empirical research that attempt to explain health related behaviour.
- Understand and critique public health approaches to health behaviour change through different health communications.
- Explain the role of cognitive, affective, cultural and demographic factors as determinants of health status.
- Identify common approaches to modifying health beliefs and behaviours, and enhancing coping in the illness context through intervention.

Final Examination

Assessment Type [1]: Examination
Indicative Time on Task [2]: 40 hours
Due: **University examination period**
Weighting: **40%**

Final examination held within the University's formal exam period, in accordance with relevant requirements.

On successful completion you will be able to:

- Identify and critically evaluate the major theories and types of empirical research that attempt to explain health related behaviour.
- Understand and critique public health approaches to health behaviour change through different health communications.
- Explain the role of cognitive, affective, cultural and demographic factors as determinants of health status.
- Describe the role of stress and coping in the context of physical illness.
- Identify common approaches to modifying health beliefs and behaviours, and enhancing coping in the illness context through intervention.

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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

Learning and Teaching Strategy

- This unit is taught through a combination of online lectures and smaller, class-based tutorials. In 2021, we have made an adjustment due to coronavirus where tutorials will be a combination of self-guided and guided learning. There will be online, self-guided workbooks available on i-Learn every week, and then once a fortnight in addition there will be a 'live' class facilitated by a tutor. These live tutorials will be held on Weeks 2, 4, 6, 8, 10, and 12, and will be either on Zoom or in-person, based on the class you register into.
- It is expected that students complete the lectures in a timely fashion so that you have the necessary information for each tutorial. Note that some lecture material includes activities that are required to be complete prior to tutorials. Attendance at tutorials is a requirement of this unit. Important information regarding assessment tasks will be provided in these classes as well as feedback on your progress with these tasks.
- For each lecture there is a set reading, usually from the textbook, as well as supplementary readings for more detailed information about specific aspects of this unit. See each section of the iLearn lectures for a listing of the set readings and recommended additional readings for each lecture.
- In tutorials it is expected that all students contribute to discussions in a constructive manner. The more that you participate in classes, the more you will derive benefits.
- For each tutorial topic there may be separate readings, and in other tutorials these will be the same as the lecture readings. It is expected that all students read at least one of the set readings for each tutorial topic.
- It is helpful if you keep up to date with current affairs in Australia during the semester, particularly as it relates to health issues.

Optional Test-Your-Knowledge Quizzes

- Description: For most weeks there will be an optional test-your-knowledge quiz at the end of the lecture content. These quizzes do not contribute towards your grade, but do help to test your own knowledge

- Format: Online quiz with mixed question styles
- Attempts: Unlimited attempts
- Weighting: 0% of final grade
- Due Date: Available as soon as the associated lecture is available. Quizzes will then remain open until the end of the session.

Technology

Lecture, tutorial content and quizzes are all provided online. Students are expected to submit the essay as a word-processed document also submitted online. Consequently, all students will need access to a computer and internet to complete these tasks.

Textbook

The required textbook for this unit is Dorrian et al. (2017) *Health Psychology in Australia.* Cambridge University Press, ISBN 9781316623954. Each week there will be a set reading from this textbook.

Unit Schedule

Lectures

Lectures are provided online. They are given each week during semester and are accessed through iLearn.

Length of online lectures: Approximately 2 hours per week Venue: iLearn

Tutorials

There will be a combination of online workbook-based tutorials, and 'live' tutorials led by a tutor. Each week there will be an online self-guided tutorial workbook available on iLearn, which you should work through in your own time. In addition to this, there will be fortnightly one-hour live tutorials, where a facilitator will discuss the previous two weeks of content. This tutorial will either be held on campus, or via zoom, depending on the class you register into. These live tutorials will be held on even weeks: Weeks 2, 4, 6, 8, 10 and 12.

Week	Date starting	Lecture	Tutorial	Assessment
One	22 Feb	Introduction & History of Health Psychology	None	None
Two	1 March	Models of Health Behaviour	Introduction to the unit, assessments and housekeeping *(plus Live tutorial)*	Assessed Quiz 1
Three	8 March	Representations of Health in the Media	Health related advertisements and communications	None

Four	15 March	Keeping the Healthy, Healthy - Prevention and Health Promotion	Health Promotion *(plus Live tutorial)*	Assessed Quiz 2
Five	22 March	Research methods and evaluation in Health Psychology	Essay writing for health psychology	None
Six	29 March	Culture, language and health in Aboriginal Australians.	Indigenous health *(plus Live tutorial)*	Quiz 3
Recess 5 April - 18 April				
Seven	19 April	Psycho-oncology	Psycho-oncology *(plus Live tutorial)*	Essay due
Eight	26 April	Stress & Coping	Stress and coping *(plus Live tutorial)*	Assessed Quiz 4
Nine	3 May	Chronic Illness	Chronic illness	None
Ten	10 May	Pain	Chronic pain *(plus Live tutorial)*	None
Eleven	17 May	Positive Psychology	Careers in Health Psychology	None
Twelve	24 May	Putting it into context: Case study	Case study *(plus Live tutorial)*	None
Thirteen	31 May	Future perspectives in Health Psychology & Review	None	None

Policies and Procedures

Macquarie University policies and procedures are accessible from Policy Central (https://policies.mq.edu.au). 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

Students seeking more policy resources can visit Student Policies (https://students.mq.edu.au/support/study/policies). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

To find other policies relating to Teaching and Learning, visit Policy Central (https://policies.mq.edu.au) and use the search tool.

Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: https://students.mq.edu.au/admin/other-resources/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 since First Published

Date	Description
24/03/2021	Contact details added for Dr Nicola Black
08/02/2021	Textbook added
04/02/2021	Now changed to reflect decision on weekly tutorial workbooks for all students, in addition to live tutorials. Please approve asap as current unit guide is displaying incorrect information. Thank you!