PSYH4466

Advanced Issues in Health Psychology

Session 1, In person-scheduled-weekday, North Ryde 2023

School of Psychological Sciences

Contents

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General Information

Unit convenor and teaching staff
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Credit points
10

Prerequisites

Corequisites
PSYH4418 or PSYH490 or PSHY4490 or PSYH495 or PSYH4495 or PSYH4492

Co-badged status

Unit description
This unit provides an in-depth exploration of health psychology and behavioural medicine and the way that psychology influences our health and wellbeing. The how and why of applying psychological models of health behaviour will be addressed particularly in the context of coping and adjustment to health threats such as COVID-19 and in ensuring people stay healthy. A strong focus of this unit is applying these psychological principles to understanding and predicting behaviours and responses of real life case studies. A range of health psychology intervention approaches will be examined across different domains including the challenge of behaviour change, and coping with chronic illness and pain.

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 a range of health psychology theories and models to real-world problems and contexts.

ULO2: Demonstrate awareness of psychological, social and cultural determinants of health status.

ULO3: Demonstrate awareness of a range of intervention approaches to promote good

health and adjustment to illness.

ULO4: Conduct research on specific problems related to health psychology and evidence-based intervention approaches.

ULO5: Develop assessment and intervention plans to address a health or illness related problem.

ULO6: Communicate assessment and intervention plans succinctly and clearly in written (case report) formats.

General Assessment Information

General assessment Information

Grade descriptors and other information concerning grading are contained in the Macquarie University Assessment Policy.

All final grades are determined by a grading committee, in accordance with the Macquarie University Assessment Policy, and are not the sole responsibility of the Unit Convenor.

Students will be awarded a final grade and a mark which must correspond to the grade descriptors specified in the Assessment Procedure (clause 128).

To pass this unit, you must demonstrate sufficient evidence of achievement of the learning outcomes, meet any ungraded requirements, and achieve a final mark of 50 or better.

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

Late Submissions

Unless a Special Consideration request has been submitted and approved, a 5% penalty (OF THE TOTAL POSSIBLE MARK) will be applied each day a written assessment is not submitted, up until the 7th day (including weekends). After the 7th day, a grade of '0' will be awarded even if the assessment is submitted. Submission time for all written assessments is set at 11.55pm. A 1-hour grace period is provided to students who experience a technical concern.

 For example:

Number of days (hours) late	Total Possible Marks	Deduction	Raw mark	Final mark
1 day (1-24 hours)	100	5	75	70
2 days (24-48 hours)	100	10	75	65
3 days (48-72 hours)	100	15	75	60
7 days (144-168 hours)	100	35	75	40
>7 days (>168 hours)	100	-	75	0

Late submission of time sensitive tasks, such as timetabled tests/exams, scheduled performance assessments/presentations, scheduled practical assessments/labs, will be addressed by the unit convenor in a Special consideration application.

Special Consideration

If you are unable to complete an assessment task on or by the specified date due circumstances that are unexpected, unavoidable, significantly disruptive and beyond your control, you may apply for special consideration in accordance with the special consideration policy. Applications for special consideration must be supported by appropriate evidence and submitted via ask.mq.edu.au.

Assessment Tasks

Name	Weighting	Hurdle	Due
Intervention critique	15%	No	Friday 10 March, 2023 11:55pm
Case Report	40%	No	Wednesday 12 April, 11:55pm
Final examination	45%	No	Week 13, Lecture time

Intervention critique

Assessment Type [1]: Case study/analysis
Indicative Time on Task [2]: 20 hours
Due: **Friday 10 March, 2023 11:55pm**
Weighting: **15%**

Students will undertake a brief written critique of an Australian public health campaign to promote good health and/or adjustment to illness.

On successful completion you will be able to:

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- Demonstrate awareness of psychological, social and cultural determinants of health status.
- Conduct research on specific problems related to health psychology and evidence-based intervention approaches.
- Communicate assessment and intervention plans succinctly and clearly in written (case report) formats.

Case Report

Assessment Type [1]: Case study/analysis
Indicative Time on Task [2]: 50 hours
Due: **Wednesday 12 April, 11:55pm**
Weighting: **40%**

Students will prepare a case report in 1500 words, on a specific topic related to issues concerning health and illness that is introduced in class. The task requires students to analyse the case with reference to relevant theories of health psychology and empirical research

On successful completion you will be able to:

- Apply a range of health psychology theories and models to real-world problems and contexts.
- Demonstrate awareness of psychological, social and cultural determinants of health status.
- Demonstrate awareness of a range of intervention approaches to promote good health and adjustment to illness.
- Conduct research on specific problems related to health psychology and evidence-based intervention approaches.
- Develop assessment and intervention plans to address a health or illness related problem.
- Communicate assessment and intervention plans succinctly and clearly in written (case report) formats.

Final examination

Assessment Type [1]: Examination
Indicative Time on Task [2]: 40 hours
Due: **Week 13, Lecture time**
Weighting: **45%**

Final examination held in scheduled class time, in accordance with relevant requirements.

On successful completion you will be able to:

- Apply a range of health psychology theories and models to real-world problems and contexts.
- Demonstrate awareness of psychological, social and cultural determinants of health status.
- Demonstrate awareness of a range of intervention approaches to promote good health and adjustment to illness.
- Develop assessment and intervention plans to address a health or illness related problem.

[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

As a student enrolled in this unit, you will engage in a range of face-to-face and some online learning activities, including lectures, readings, videos and class discussions. Details can be found on the iLearn site for this unit.

Recommended Readings

All recommended readings are provided in Leganto. Please see the 'Leganto' link in the iLearn page.

Technology Used

Active participation in the learning activities throughout the unit will require students to have access to a tablet, laptop or similar device. Students who do not own their own laptop computer may borrow one from the university library.

Unit Schedule

PSYH4466/PSYM7766 Unit class schedule at a glance

Lectures: Wed 4-6pm, 14 Sir Christopher Ondaatje Ave, T2 Theatre

Note: for Week 1 the class will run via Zoom

Week	Lecture Topic
1. 22 Feb	Introduction to unit and health psychology (Zoom class: meeting ID 868 8362 9774)

2. 1 Mar	Promoting health through public health
3. 8 Mar	Putting theory into practice - Part 1
4. 15 Mar	Putting theory into practice - Part 2
5. 22 Mar	The role of non-conscious processes
6. 29 Mar	Health disparities - Contributing factors
7. 5 Apr	Health disparities - Indigenous Health
- 12 Apr -	Mid-semester recess (10 Apr to 21 Apr)
8. 26 Apr	The challenges of COVID-19 and Ethics of health psychology intervention - class activity
9. 3 May	Managing serious illness - decision making and adjustment
10. 10 May	Managing serious illness - interpersonal impacts
11. 17 May	Managing serious illness - appearance matters
12. 24 May	Revision week
13. 31 May	Final examination (Week 13)

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
- Assessment Procedure
- Complaints Resolution 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

Academic Integrity

At Macquarie, we believe academic integrity – honesty, respect, trust, responsibility, fairness and courage – is at the core of learning, teaching and research. We recognise that meeting the expectations required to complete your assessments can be challenging. So, we offer you a range of resources and services to help you reach your potential, including free online writing and maths support, academic skills development and wellbeing consultations.

Student Support

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

The Writing Centre

The Writing Centre provides resources to develop your English language proficiency, academic writing, and communication skills.

- Workshops
- Chat with a WriteWISE peer writing leader
- Access StudyWISE
- Upload an assignment to Studiosity
- Complete the 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

Macquarie University offers a range of Student Support Services including:

- IT Support
- Accessibility and disability support with study
- Mental health support
- Safety support to respond to bullying, harassment, sexual harassment and sexual assault

- Social support including information about finances, tenancy and legal issues
- Student Advocacy provides independent advice on MQ policies, procedures, and processes

Student Enquiries

Got a question? Ask us via AskMQ, or contact Service Connect.

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.

Inclusion and Diversity

Social inclusion at Macquarie University is about giving everyone who has the potential to benefit from higher education the opportunity to study at university, participate in campus life and flourish in their chosen field. The University has made significant moves to promote an equitable, diverse and exciting campus community for the benefit of staff and students. It is your responsibility to contribute towards the development of an inclusive culture and practice in the areas of learning and teaching, research, and service orientation and delivery. As a member of the Macquarie University community, you must not discriminate against or harass others based on their sex, gender, race, marital status, carers' responsibilities, disability, sexual orientation, age, political conviction or religious belief. All staff and students are expected to display appropriate behaviour that is conducive to a healthy learning environment for everyone.

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 attend all small group interactive sessions including clinical, practical, laboratory, work-integrated learning (e.g., PACE placements), and team-based learning activities. Some learning activities are recorded (e.g., face-to-face lectures), however you are encouraged to avoid relying upon such material as they do not recreate the whole learning experience and technical issues can and do occur. As an adult learner, we respect your decision to choose how you engage with your learning, but we would remind you that the learning opportunities we create for you have been done so to enable your success, and that by not engaging you may impact your ability to successfully complete this unit. We equally expect that you show respect for the academic staff who have worked hard to develop meaningful activities and prioritise your learning by communicating with them in advance if you are unable to attend a small group interactive session.

Another dimension of professionalism is having respect for your peers. It is the right of every student to learn in an environment that is free of disruption and distraction. Please arrive to all

learning activities on time, and if you are unavoidably detained, please join activity as quietly as possible to minimise disruption. Phones and other electronic devices that produce noise and other distractions must be turned off prior to entering class. Where your own device (e.g., laptop) is being used for class-related activities, you are asked to close down all other applications to avoid distraction to you and others. Please treat your fellow students with the utmost respect. If you are uncomfortable participating in any specific activity, please let the relevant academic know.

Changes since First Published

Date	Description
12/02/2023	Sorry, I just realised that my day of week and date were not matching. I've changed these now.

Unit information based on version 2023.02 of the Handbook