PSY 466

Advanced Issues in Health Psychology

S2 Day 2018

Department of Psychology

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General Information

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Credit points
3

Prerequisites

Corequisites
PSY490 or PSY495

Co-badged status
PSYC766

Unit description
This unit provides an advanced overview of health psychology. Health psychology is devoted to understanding psychological influences on how people stay healthy, why they become ill, and how they respond when they do get ill. Empirical and clinical evidence suggests the optimal approaches, especially in the prevention of poor lifestyle habits, to promote healthy behaviour. Topics covered within this unit include the nature of chronic illness and pain, stress and its management, health inequalities, design and planning of behaviour change interventions, and coping with serious illness such as cancer, both individually and from a dyadic perspective.

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:

1. Demonstrate the ability to critique empirically based research articles
2. Critique the major theoretical models in health psychology.
3. Summarise and compare different public health approaches to minimising population-based ill-health.
4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
5. Review the psychosocial impact of various medical conditions on an individual's well-being.
6. Compare and contrast different approaches to managing health-related conditions in chronic disease, pain and stress.

Assessment Tasks

Name	Weighting	Hurdle	Due
Class participation	10%	No	week 12
Essay/ Literature Review	40%	No	Friday 7 Sept, 2018
Class Test	50%	No	week 13

Class participation

Due: **week 12**
Weighting: **10%**

Students complete background readings for each week and actively participate in class activities and discussions.

On successful completion you will be able to:

- 1. Demonstrate the ability to critique empirically based research articles
- 2. Critique the major theoretical models in health psychology.
- 3. Summarise and compare different public health approaches to minimising population-based ill-health.
- 4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
- 5. Review the psychosocial impact of various medical conditions on an individual's well-

being.

- 6. Compare and contrast different approaches to managing health-related conditions in chronic disease, pain and stress.

Essay/ Literature Review

Due: **Friday 7 Sept, 2018**
Weighting: **40%**

A critical review of the literature (both theory and research) in an assigned area of health psychology, focused around a specific essay question.

On successful completion you will be able to:

- 1. Demonstrate the ability to critique empirically based research articles
- 2. Critique the major theoretical models in health psychology.
- 4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
- 6. Compare and contrast different approaches to managing health-related conditions in chronic disease, pain and stress.

Class Test

Due: **week 13**
Weighting: **50%**

A short-answer test given in class.

On successful completion you will be able to:

- 2. Critique the major theoretical models in health psychology.
- 3. Summarise and compare different public health approaches to minimising population-based ill-health.
- 4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
- 5. Review the psychosocial impact of various medical conditions on an individual's well-being.
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Delivery and Resources

Lecture and Tutorial times

Lectures/workshops are not recorded. Attendance is compulsory. Classes are two hours a week

throughout the semester.

Additional unit information is on the unit's iLearn site.

Technologies used and required:

iLearn site access for unit outline and other information

Word or similar for your major assignment

Changes since the last offering of this unit

The overall unit structure is unchanged. Presentations are no longer required, instead there will be a mark for participation. The prior major assignment has been replaced with a literature review/essay.

Unit Schedule

Classes consist of a 2 hour lecture/workshop format

· ***It is an assessment requirement of this unit that students attend all classes***.

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.)*

Undergraduate 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 (http

s://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 shown in *iLearn*, 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.

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 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

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.

Graduate Capabilities

Creative and Innovative

Our graduates will also be capable of creative thinking and of creating knowledge. They will be

imaginative and open to experience and capable of innovation at work and in the community. We want them to be engaged in applying their critical, creative thinking.

This graduate capability is supported by:

Learning outcomes

- 2. Critique the major theoretical models in health psychology.
- 3. Summarise and compare different public health approaches to minimising population-based ill-health.
- 4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
- 5. Review the psychosocial impact of various medical conditions on an individual's well-being.
- 6. Compare and contrast different approaches to managing health-related conditions in chronic disease, pain and stress.

Assessment tasks

- Class participation
- Essay/ Literature Review
- Class Test

Capable of Professional and Personal Judgement and Initiative

We want our graduates to have emotional intelligence and sound interpersonal skills and to demonstrate discernment and common sense in their professional and personal judgement. They will exercise initiative as needed. They will be capable of risk assessment, and be able to handle ambiguity and complexity, enabling them to be adaptable in diverse and changing environments.

This graduate capability is supported by:

Learning outcomes

- 2. Critique the major theoretical models in health psychology.
- 4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
- 5. Review the psychosocial impact of various medical conditions on an individual's well-being.
- 6. Compare and contrast different approaches to managing health-related conditions in chronic disease, pain and stress.

Assessment tasks

- Class participation

- Class Test

Commitment to Continuous Learning

Our graduates will have enquiring minds and a literate curiosity which will lead them to pursue knowledge for its own sake. They will continue to pursue learning in their careers and as they participate in the world. They will be capable of reflecting on their experiences and relationships with others and the environment, learning from them, and growing - personally, professionally and socially.

This graduate capability is supported by:

Learning outcomes

- 1. Demonstrate the ability to critique empirically based research articles
- 2. Critique the major theoretical models in health psychology.
- 4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
- 5. Review the psychosocial impact of various medical conditions on an individual's well-being.
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Assessment tasks

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- Class Test

Discipline Specific Knowledge and Skills

Our graduates will take with them the intellectual development, depth and breadth of knowledge, scholarly understanding, and specific subject content in their chosen fields to make them competent and confident in their subject or profession. They will be able to demonstrate, where relevant, professional technical competence and meet professional standards. They will be able to articulate the structure of knowledge of their discipline, be able to adapt discipline-specific knowledge to novel situations, and be able to contribute from their discipline to inter-disciplinary solutions to problems.

This graduate capability is supported by:

Learning outcomes

- 2. Critique the major theoretical models in health psychology.
- 3. Summarise and compare different public health approaches to minimising population-based ill-health.
- 4. Understand basic ideas behind health interventions to prevent disease and/or promote

wellbeing

- 5. Review the psychosocial impact of various medical conditions on an individual's well-being.
- 6. Compare and contrast different approaches to managing health-related conditions in chronic disease, pain and stress.

Assessment tasks

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- Class Test

Critical, Analytical and Integrative Thinking

We want our graduates to be capable of reasoning, questioning and analysing, and to integrate and synthesise learning and knowledge from a range of sources and environments; to be able to critique constraints, assumptions and limitations; to be able to think independently and systemically in relation to scholarly activity, in the workplace, and in the world. We want them to have a level of scientific and information technology literacy.

This graduate capability is supported by:

Learning outcomes

- 1. Demonstrate the ability to critique empirically based research articles
- 2. Critique the major theoretical models in health psychology.
- 3. Summarise and compare different public health approaches to minimising population-based ill-health.
- 4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
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Problem Solving and Research Capability

Our graduates should be capable of researching; of analysing, and interpreting and assessing data and information in various forms; of drawing connections across fields of knowledge; and

they should be able to relate their knowledge to complex situations at work or in the world, in order to diagnose and solve problems. We want them to have the confidence to take the initiative in doing so, within an awareness of their own limitations.

This graduate capability is supported by:

Learning outcomes

- 2. Critique the major theoretical models in health psychology.
- 3. Summarise and compare different public health approaches to minimising population-based ill-health.
- 4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
- 5. Review the psychosocial impact of various medical conditions on an individual's well-being.
- 6. Compare and contrast different approaches to managing health-related conditions in chronic disease, pain and stress.

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- Essay/ Literature Review
- Class Test

Effective Communication

We want to develop in our students the ability to communicate and convey their views in forms effective with different audiences. We want our graduates to take with them the capability to read, listen, question, gather and evaluate information resources in a variety of formats, assess, write clearly, speak effectively, and to use visual communication and communication technologies as appropriate.

This graduate capability is supported by:

Learning outcomes

- 1. Demonstrate the ability to critique empirically based research articles
- 2. Critique the major theoretical models in health psychology.
- 3. Summarise and compare different public health approaches to minimising population-based ill-health.
- 4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
- 5. Review the psychosocial impact of various medical conditions on an individual's well-being.
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chronic disease, pain and stress.

Assessment tasks

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- Essay/ Literature Review
- Class Test

Engaged and Ethical Local and Global citizens

As local citizens our graduates will be aware of indigenous perspectives and of the nation's historical context. They will be engaged with the challenges of contemporary society and with knowledge and ideas. We want our graduates to have respect for diversity, to be open-minded, sensitive to others and inclusive, and to be open to other cultures and perspectives: they should have a level of cultural literacy. Our graduates should be aware of disadvantage and social justice, and be willing to participate to help create a wiser and better society.

This graduate capability is supported by:

Learning outcomes

- 2. Critique the major theoretical models in health psychology.
- 3. Summarise and compare different public health approaches to minimising population-based ill-health.
- 4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
- 5. Review the psychosocial impact of various medical conditions on an individual's well-being.
- 6. Compare and contrast different approaches to managing health-related conditions in chronic disease, pain and stress.

Assessment tasks

- Class participation
- Class Test

Socially and Environmentally Active and Responsible

We want our graduates to be aware of and have respect for self and others; to be able to work with others as a leader and a team player; to have a sense of connectedness with others and country; and to have a sense of mutual obligation. Our graduates should be informed and active participants in moving society towards sustainability.

This graduate capability is supported by:

Learning outcomes

- 3. Summarise and compare different public health approaches to minimising population-

based ill-health.

- 4. Understand basic ideas behind health interventions to prevent disease and/or promote wellbeing
- 6. Compare and contrast different approaches to managing health-related conditions in chronic disease, pain and stress.

Assessment tasks

- Class participation
- Class Test