



PSYC766

Advanced Issues in Health Psychology

S2 Day 2018

Department of Psychology

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General Information

Unit convenor and teaching staff

Unit Convenor

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Contact via email

C3A 427

Lecturer

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Credit points

4

Prerequisites

Admission to MRes

Corequisites

Co-badged status

PSY 466

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
<u>Class participation</u>	10%	No	week 12
<u>Essay/ Literature Review</u>	40%	No	Friday 7 Sept, 2018
<u>Class Test</u>	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.
- 6. Compare and contrast different approaches to managing health-related conditions in chronic disease, pain and stress.

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) (<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 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

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

- 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

- Class participation
- Class Test

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

- 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

- Class participation
- Essay/ Literature Review
- Class Test

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

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

- Class participation
- Essay/ Literature Review
- Class Test

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 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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- 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

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 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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Assessment tasks

- Class participation
- Essay/ Literature Review
- Class Test

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

- 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 task

- Class participation