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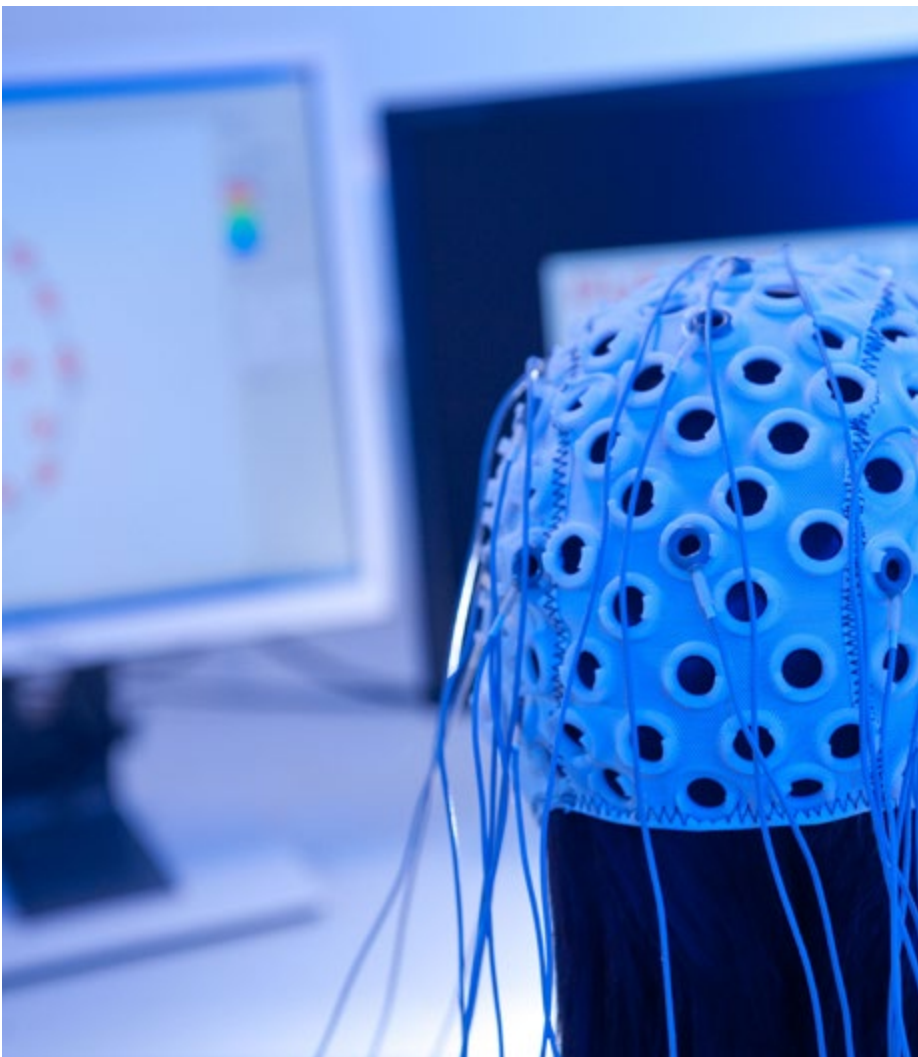
Module Guide

Health Psychology MSc

BPS Accredited

Health Psychology MSc Modules at a glance

The Health Psychology MSc includes 6 mandatory modules and an independent study Dissertation. This guide sets out the content and learning outcomes in each module of the programme.



Mandatory modules

- Bio-Behavioural Mechanisms Underlying Health (15 credits)
- Individual Perspectives in Health Psychology (15 credits)
- Methods and Issues in Research and Practice (30 credits)
- Social, Cultural and Family Perspectives in Health Psychology (15 credits)
- Context and Perspectives in Health Psychology (15 credits)
- Models and Applications in Health Psychology (30 credits)



Research Project

(60 credits)

Mandatory modules

Bio-behavioural Mechanisms Underlying Health (BBMH)

(15 Credits)

Illness and health outcomes are a tightly woven combination of physical, psychological and contextual attributes. This module will give you a solid foundation for the rest of the programme with a firm understanding of these inter-relationships.

You'll study the history of health psychology and its relationship to other relevant disciplines. You'll explore the biological systems and bio-behavioural mechanisms underlying aspects of health and illness.

Individual Perspectives in Health Psychology (IPHP)

(15 Credits)

Every individual is different. So are the causes and effects of health issues for any given person. This module addresses the theory and research on the effects of individual differences on health.

Topics include understanding and measuring the health experience; the psychology of health in childhood and adolescence; the impact of hospitalisation, death and dying; and the health psychology of screening and genetic testing.

What you'll learn

On completion of this module you'll be able to:

1. Critically evaluate approaches to measuring quality of life outcomes in Health Psychology research and interventions.
2. Apply and integrate different theoretical models to the conceptualisation and understanding of screening interventions, and health and illness across the lifespan.
3. Demonstrate a critical understanding of individual differences and how they impact on health behaviours and outcomes.

What you'll learn

On completion of this module you'll be able to:

1. Demonstrate analytic and critical reasoning skills in the application of the biopsychosocial model to health, illness and health care
2. Critically analyse the historical development of health psychology and its relationship to other relevant academic disciplines such as medicine
3. Demonstrate a critical understanding of the biological systems including how genes, psychoneuroimmunology and psychophysiology can influence health
4. Critically discuss how biological, psychological and social processes together influence health and illness.



Methods and Issues in Research and Practice (MIRP) (30 Credits)

Research is critical to any scientific discipline. Planning, designing, conducting, analysing and reporting of investigations in health psychology need to be rigorous in order to produce accurate, useful results.

In this module you'll learn a range of quantitative and qualitative research approaches, designs and methods. You'll also explore practical and professional research issues in health psychology. This will form a solid basis with which to carry out the independent research project at the end of the programme.

Social, Cultural and Family Perspectives in Health Psychology (SCFP) (15 Credits)

(students must have completed Individual Perspectives in Health Psychology (IPHP) before undertaking this module)

No illness or treatment exists outside of a wider context. Those contextual attributes can contribute significant causes and affect health outcomes in major ways.

This module adopts a lifespan approach to health with a focus on the family context, followed by examining the social context of health with an emphasis on the effects of family, gender and culture.

What you'll learn

On completion of this module you'll be able to:

- 1.** Critically evaluate approaches to the role of a Health Psychologist working within public health and prevention.
- 2.** Demonstrate a critical understanding of the role of social, cultural, family, and gender issues in the application of psychology to health.
- 3.** Apply and integrate different theoretical models to the conceptualisation and understanding of family, gender and social perspectives of health and illness across the lifespan.

What you'll learn

On completion of this module you'll be able to:

- 1.** Critically assess and synthesise the quality of research evidence within an applied area of health psychology.
- 2.** Apply relevant ethical and professional practice frameworks (e.g. BPS, HCPC) to research and practice in health psychology contexts.
- 3.** Critically employ a range of advanced qualitative and quantitative analyses and research methods in health psychology, and how these are reported in APA style.
- 4.** Critically evaluate the utility of a mixed methods approach in health-related research.



Context and Perspectives in Health Psychology (CPHP) (15 Credits)

(students must have completed Bio-Behavioural Mechanisms Underlying Health (BBMH) before undertaking this module)

Stress is a highly prevalent chronic health condition that requires prioritisation as a public health concern. This module further develops contextual issues and perspectives in health psychology, exploring the impact of stress on health.

Looking at individual differences, social factors and stress management techniques, you'll investigate healthcare priorities with reference to the impact of stress.

What you'll learn

On completion of this module you'll be able to:

1. Demonstrate a critical awareness of techniques and interventions to prevent and manage stress
2. Critically analyse psychosocial factors which moderate the effects of stress on health such as coping strategies, social support, and individual differences.
3. Demonstrate an understanding of the impact of physical activity and community-based health interventions on physical and mental health outcomes.
4. Critically discuss the contribution of health psychology in the management of chronic illnesses including coronary heart disease, diabetes, and pain.

Models and Applications in Health Psychology (MAHP) (30 Credits)

(students must have completed Methods and Issues in Research and Practice (MIRP) before undertaking this module)

This module will explore theories of health beliefs and the models that have been developed to predict and explain behaviour. It will also explore individuals' perceptions of illness and the role played by health beliefs in the communication between patients and health care professionals.

It will explore how behaviour can be modified to improve health, giving a general background to health education and promotion. Psychological theories presented in other modules will be applied to intervention strategies and techniques to prevent ill health and maintain well-being.

What you'll learn

On completion of this module you'll be able to:

1. Analytically examine the role of health beliefs in predicting and explaining health behaviours and cognition in structured models of behaviour change.
2. Explain and effectively communicate the significance of communication processes between patients and health care professionals and its impact on illness and treatment.
3. Demonstrate the ability to identify a health need, formulate and design an appropriate health promotion campaign, within a theoretical framework.
4. Critically evaluate a range of theoretical models and identify ways in which they have informed the conceptualisation and understanding of psychological intervention design and practice in health psychology.

Dissertation for Health Psychology

(60 credits)

This module is the single largest on the programme, with emphasis placed upon independent study. It will provide students with the chance to develop a substantial piece of work of their own. You'll demonstrate an understanding and the application of advanced research methods to a practical research issue of relevance to health psychology.

What you'll learn

On completion of this module you'll be able to:

1. Work independently under supervision to design, carry out, analyse and report research in health psychology.
2. Demonstrate critical and self-reflective awareness of the issues, ethics and methodological problems in research in health psychology.
3. Review and critically evaluate relevant literature to provide a rationale for the research question, methodology, and analytic techniques used.
4. Conduct and report research ethically and professionally and at a level commensurate with postgraduate study.



Any questions?

Get in touch: our Enrolment Advisors are there to help.

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