



The University of Southern Queensland

## Course specification

The current and official versions of the course specifications are available on the web at  
<<http://www.usq.edu.au/coursespecification/current>>.  
Please consult the web for updates that may occur during the year.

### Description: Clinical Health Psychology

Subject	Cat-nbr	Class	Term	Mode	Units	Campus
PSY	3110	91101	2, 2009	ONC	1.00	Springfield

<b>Academic group:</b>	FOSCI
<b>Academic org:</b>	FOS005
<b>Student contribution band:</b>	1
<b>ASCED code:</b>	090701

### STAFFING

Examiner: Des Coates  
Moderator: Andrea Lamont-Mills

### REQUISITES

Pre-requisite: PSY3030 or Students must be enrolled in the following Program: GDPS

### OTHER REQUISITES

Recommended Pre-requisite: PSY3030

### RATIONALE

This course explores the connection between how people think and behave and their physical and mental health. The connection between mind and body is bi-directional and multi-faceted. The ways in which people think or feel can benefit or harm their health in areas such as cardiovascular disease, chronic pain, coping with chronic disease, drug and alcohol use, fitness, or injury and disease prevention. People's physical health status can conversely affect their moods, attitudes to life, and both individual and social behaviour. This course will assist students to integrate their knowledge of psychology into the bio-psycho-social context of physical and psychological health, thus preparing them to acquire the practical and specialised knowledge and skills taught at postgraduate level.

### SYNOPSIS

This course will consider psychological factors involved in the area of health and disease from the theoretical perspectives of social psychology as they relate to behavioural change. It will discuss psychological research methods in their application to health. Students will examine health-related behaviours, such as coping with disease and pain, attitude to medical advice, smoking, diet, exercise, alcohol use, sexual practices, and injury prevention. Finally future challenges facing psychology in its relationship to health will be outlined. The course will be offered in the form of twelve modules on-campus and externally.

## OBJECTIVES

On completion of this course students will be able to:

1. key biological, psychological, and social determinants of health and illness (Exam);
2. clinical psychological sequelae of major illnesses and injury (Assessment 1, Exam);
3. epidemiology of Australian population groups (Exam);
4. psychology of health risk factors (Assessment 1, Exam);
5. health beliefs and attitudes (Exam);
6. stress, coping, and social support in health and illness (Assessment 1, Exam);
7. disease prevention (Assessment 1, Exam);
8. processes of acute and chronic illness, psychological factors influencing medical care (Exam);
9. communication in health settings (Assessment 1, Exam);
10. interdisciplinary public health (Exam);
11. interventions used in preventing and coping with disease and in promoting healthy behaviour (Assessment 1, Exam).

## TOPICS

	Description	Weighting (%)
1.	What is health? Changing perspectives. Individual, cultural, and lifespan perspectives on health. What is Health psychology? Poverty and health. Minority status and health. Work and health.	10.00
2.	What is health behaviour? Diet. Obesity. Alcohol consumption. Smoking. Unprotected sexual behaviour. Exercise. Health-screening behaviour. Immunisation.	10.00
3.	Predicting health behaviour. Influences on health behaviour. Models of health Behaviour. Continuum models of behaviour change. Stage models of behaviour change	10.00
4.	Reducing risk of disease. Health promotion. Screening programs. Strategies for changing risk behaviour. Modelling change. Behaviour practice. Cognitive strategies. Promoting population health. Using the mass media. Environmental influences.	10.00
5.	The body in health and illness. Behavioural anatomy of the brain. The autonomic Nervous system. The immune system. The digestive tract. The cardiovascular system. The respiratory system. Symptom perception, interpretation, and response.	10.00
6.	The consultation and beyond. Influencing factors. Moving beyond consultation.	5.00
7.	Stress, health, and illness. Concept of stress. Types of stress. Stress as a physiological response. The stress and illness link.	5.00
8.	Stress and illness moderators. Stress and coping. Stress, personality, and illness. Stress and cognitions. Stress and emotions. Social support and stress.	5.00
9.	Preventing stress. Working with individuals. Helping people to cope with trauma. Minimising stress in hospital settings.	5.00

10.	Impact of illness on quality of life. Measuring quality of life. Illness, emotions and adjustment. Illness and family. Caring.	5.00
11.	Pain. The experience of pain. Biological models of pain. A psychobiological theory of pain. Future understandings of pain - the neuromatrix. Helping people to cope with pain.	10.00
12.	Improving health and quality of life. Coping with chronic illness. Reducing distress. Managing illness. Preventing disease progression.	10.00
13.	Futures. Health psychology research and the future of healthcare in Australia.	5.00

### **TEXT and MATERIALS required to be PURCHASED or ACCESSED**

ALL textbooks and materials are available for purchase from USQ BOOKSHOP (unless otherwise stated). Orders may be placed via secure internet, free fax 1800642453, phone 07 46312742 (within Australia), or mail. Overseas students should fax +61 7 46311743, or phone +61 7 46312742. For costs, further details, and internet ordering, use the 'Textbook Search' facility at <http://bookshop.usq.edu.au> click 'Semester', then enter your 'Course Code' (no spaces).

Caltabiano, ML, Sarafino, EP & Byrne, D 2008, *Health psychology: biopsychosocial interactions*, 2nd edn, Wiley, Brisbane.

### **REFERENCE MATERIALS**

Reference materials are materials that, if accessed by students, may improve their knowledge and understanding of the material in the course and enrich their learning experience.

Adams, Bridget 1998, *Psychology for health care: key terms and concepts*, MacMillan, Basingstoke, Hampshire.

Allen, F 1998, *Health psychology: theory and practice*, Allen & Unwin, Sydney.

Bennett, P 2000, *Introduction to clinical health psychology*, Open University, Buckingham.

Caltabiano, ML & Sarafino, EP 2008, *Health psychology: biopsychosocial interactions, an Australian perspective*, Wiley, Brisbane.

Grbich, C 2004, *Health in Australia: sociological concepts and issues*, 3rd edn, Longman, Sydney.

Kozlowski, LT, Henningfield, JE & Brigham, J 2001, *Cigarettes, nicotine & health: a behavioural approach*, Sage, Thousand Oaks, Ca; London.

Lewis, MK 2002, *Multicultural health psychology: special topics acknowledging diversity*, Allyn & Bacon, Boston.

Morrison, V, Bennett, P, Butow, P, Mullan, B, & White, K 2008, *Introduction to health psychology in Australia*, Pearson, Frenchs Forest.

Ogden, J 2004, *Health psychology: a textbook*, 3rd edn, McGraw-Hill, New York.

Salmon, P 2000, *Psychology of medicine and surgery: a guide for psychologists, counsellors, nurses and doctors*, Wiley, Chichester.

Sarafino, EP 2006, *Health psychology: biopsychosocial interactions*, 5th edn, Wiley, Brisbane.

Sternberg, EM 2001, *The balance within: the science of connecting health and emotions*, WH Freeman & Co, New York.

## STUDENT WORKLOAD REQUIREMENTS

ACTIVITY	HOURS
Assessments	55.00
Examinations	2.00
Private Study	108.00

## ASSESSMENT DETAILS

Description	Marks out of	Wtg (%)	Due date
ASSIGNMENT 1	40.00	40.00	14 Sep 2009
2HR CLOSED (M/C) EXAMINATION	60.00	60.00	END S2

## IMPORTANT ASSESSMENT INFORMATION

- 1 Attendance requirements:  
It is the students' responsibility to attend and participate appropriately in all activities (such as lectures, tutorials, laboratories and practical work) scheduled for them, and to study all material provided to them or required to be accessed by them to maximise their chance of meeting the objectives of the course and to be informed of course-related activities and administration.
- 2 Requirements for students to complete each assessment item satisfactorily:  
To satisfactorily complete an assessment item a student must achieve at least 50% of the marks or a grade of at least C-. Students do not have to satisfactorily complete each assessment item to be awarded a passing grade in this course. Refer to Statement 4 below for the requirements to receive a passing grade in this course.
- 3 Penalties for late submission of required work:  
If students submit assignments after the due date without (prior) approval of the examiner then a penalty of 5% of the total marks gained by the student for the assignment may apply for each working day late up to ten working days at which time a mark of zero may be recorded. No assignments will be accepted after model answers have been posted.
- 4 Requirements for student to be awarded a passing grade in the course:  
To be assured of receiving a passing grade a student must achieve at least 50% of the total weighted marks available for the course.
- 5 Method used to combine assessment results to attain final grade:  
The final grades for students will be assigned on the basis of the aggregate of the weighted marks obtained for each of the summative assessment items in the course.
- 6 Examination information:  
Candidates are allowed to bring only writing and drawing instruments into the Closed examination.
- 7 Examination period when Deferred/Supplementary examinations will be held:  
Any Deferred examinations for this course will be held during the next examination period.

- 8 University Regulations:  
Students should read USQ Regulations 5.1 Definitions, 5.6. Assessment, and 5.10 Academic Misconduct for further information and to avoid actions which might contravene University Regulations. These regulations can be found at the URL <http://www.usq.edu.au/corporateservices/calendar/part5.htm> or in the current USQ Handbook.

## **ASSESSMENT NOTES**

- 9 The due date for an assignment is the date by which a student must despatch the assignment to the USQ. The onus is on the student to provide proof of the despatch date, if requested by the Examiner.
- 10 Students may be required to provide a copy of assignments submitted for assessment purposes. Such copies should be dispatched to the USQ within 24 hours of receipt of a request to do so.
- 11 Access to email, discussion groups and the internet is a departmental requirement. I expect you to open your university provided email account and check it regularly for personal communication. Information sent this way will be regarded as being receivable. [Note, other accounts often have more limited sized mail boxes, are not accessible when the USQ external connection is down and may not always remain open throughout your candidature.]
- 12 Students who, for medical, family/personal, or employment-related reasons, are unable to complete an assignment or to sit for an examination at the scheduled time may apply to defer an assessment in a course. Such a request must be accompanied by appropriate supporting documentation. One of the following temporary grades may be awarded IDS (Incomplete - Deferred Examination); IDM (Incomplete Deferred Make-up); IDB (Incomplete - Both Deferred Examination and Deferred Make-up).

## **OTHER REQUIREMENTS**

- 1 Students will require access to e-mail and have internet access to UConnect for this course.
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