Description: Health Psychology

<table>
<thead>
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<th>Subject</th>
<th>Cat-Nbr</th>
<th>Class</th>
<th>Term</th>
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<th>Units</th>
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Academic Group: FOSCI
Academic Org: FOS005
HECS Band: 1
ASCED Code: 090701

STAFFING

Examiner: Grace Pretty
Moderator: Paul Bramston

PRE-REQUISITES

Co-requisite: PSY 8010

RATIONALE

Many preventable causes of acute and chronic illness and premature death are associated with lifestyle and environment, rather than biological and physiological inadequacy. Also, the well being of individuals already suffering from acute and chronic illness can be enhanced with psychological assistance in managing psychological aspects of symptoms and medical treatments. In order to address lifestyle-related health issues and psychological aspects of chronic and acute illness management, practitioners need to understand the biopsychosocial factors in health. This course is taken in conjunction with 69508 which addresses individual intervention skills for addressing the health topics discussed here.

SYNOPSIS

This course will examine biopsychosocial factors shown to be associated with mortality and morbidity in the Australian culture. It will consider research and theory relevant to health and lifestyle-related behaviour. A range of health attitudes and behaviour assessment methods for individual and group administration will be surveyed and students will use several of these in practice sessions. This course will be offered by flexible delivery mode. There will be three compulsory workshops on-campus, each of two days duration.
OBJECTIVES

On successful completion of this course students will be able to:

- demonstrate the following competencies identified by the APS Competencies for Psychologists (1996) and the competency document for the College of Health Psychologists:
- understand the most important biopsychosocial causal factors in the origins of most common health problems;
- appropriately select from and implement a range of assessment strategies relevant to these problems;
- identify and assess the relationship between health attitudes and health behaviours;
- understand the links between stress, coping and support systems;
- appreciate gender and cross cultural aspects of health related behaviour and attitudes;
- identify options for health promotion that encompass individual and group level strategies;
- understand the structures of health care systems in Australia and their impact on consumer behaviour.

TOPICS

Description Weighting (%)
1. Concepts of health, personal wellness and self care in response to acute and chronic illness. 5.00
2. Challenges in promoting preventive health care - Health beliefs and attitudes - Government health care policies and systems 5.00
3. Living with Pain 20.00
4. Cardiovascular complications 10.00
5. Respiratory complications 10.00
6. Cancer 10.00
7. Acquired Physical disability 5.00
8. Eating Problems and body image disturbances 10.00
9. Substance abuse 10.00
10. Muscular skeletal diseases 5.00
11. Stress Prevention - Exercise - Diet - Rest - Spirituality 10.00

TEXT and MATERIALS required to be PURCHASED or ACCESSED:

Books can be ordered by fax or telephone. For costs and further details use the 'Book Search' facility at http://bookshop.usq.edu.au by entering the author or title of the text.


**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.

Journal of Health Psychology

Journal of Health and Human Behaviour

Journal of Health and Social Behaviour


HEALTH PSYCHOLOGY WEB SITES

General web site: Health Psychology on the Net

International organisations: Canadian Psychological Association, Health Psychology Section

British Psychological Society Special Group in Health Psychology

American Psychological Association Health Psychology Section

European Health Psychology Society

Society of Behavioural Medicine


**STUDENT WORKLOAD REQUIREMENTS**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
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<tr>
<td>Lectures</td>
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<td>Private Study</td>
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<td>Project Work</td>
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**ASSESSMENT DETAILS**

<table>
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<tr>
<th>Description</th>
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<th>Wtg(%)</th>
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**NOTES:**

1. Further details about the due dates are detailed in the assessment section of the Course Specifications.
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4. Examination dates will be available during the Semester. Please refer to the examination timetable when published.
5. Further details about the due dates are detailed in the assessment section of the Course Specifications.

OTHER REQUIREMENTS

1. Participation in weekly on-line discussion groups. Students are expected to participate in weekly Online Discussion groups beginning in Week 3. The topic for discussion will coincide with the reading and practice exercises assigned. A contribution will consist of a description of the "client's" assessment findings, and a personal evaluation/reflection on the experience of doing the exercise, or critical analysis of a reading. It is recognised that some students may have difficulty completing all the practical exercises, hence there is the option of submitting either the practical exercise commentary or the critical review of one of the readings. The Discussion List submission will be approximately 300 words.

2. Participation in On-campus Workshops. The assessment skills components of this course will be taught in three, two day workshops held on campus. During these workshops students will engage in practice of assessment techniques for a variety of health related psychological problems. It is the students' responsibility to actively participate in all classes scheduled for them, and to study all material provided to them or required to be accessed by them to maximize their chance of meeting the objectives of the course and to be informed of the course-related activities and administration.

3. Client Assessment Report 1. Each student will interview a 'volunteer client' regarding their chronic pain related to, for example, arthritis, back pain, headache. The student will integrate data from the interview and from appropriate formal assessments to write a report on the psychological factors contributing to the person's health problem and possibly affecting the efficacy of a psychological intervention. The report will be approximately 1,500 words.

4. Client Assessment Report 2. Each student will interview a 'volunteer client' regarding a particular acute health issue, such as physical injury, surgery, etc, or a lifestyle issue such as lack of exercise, poor diet, smoking, etc. The student will integrate data from the interview and from appropriate formal assessments to write a report on the psychological factors contributing to the person's health problem and possibly affecting the efficacy of a psychological intervention. The report will be approximately 1,500 words.

5. Examination. This will be an in-class two hour closed exam to be held on the last day of the workshops. It will consist of 3 short essay questions requiring students to consider a case study, suggest possible assessment domains and procedures, and discuss relevant theoretical and research information concerning the psychological aspects of the health problem.

6. Closed Examination: Candidates are allowed to bring only writing and drawing instruments into the closed examination.

7. To obtain a passing grade in this course, students must achieve a grade of at least 60% in all aspects of assessment.

8. The due date for assessments is the date by which a student must despatch an assignment to the USQ. The onus is on the student to provide proof of the despatch
date, if requested by the Examiner. In accordance with the University's Policy on Assignments (Regulation 5.6.1), the Examiner of a course may grant an extension of the due date of an assignment in extenuating circumstances. This policy may be found in the USQ Handbook, the Distance Education Student Guide and the Faculty of Sciences' Orientation Handbook for new on-campus students. All students are advised to study and follow the guidelines associated with this policy. Any extensions will not exceed six weeks past the end of the semester.

9 Penalty for late submission is 10% of the marks per week late.

10 Students must retain a copy of any assignment submitted. This must be produced within 48 hours if required by the Examiner.

11 Final grades for students will be determined by the addition of the marks obtained in each assessment item, weighted as in the Assessment Details and by considering the students' level of achievement of the objectives of the course.

12 Students who obtain an overall passing mark, but who do not perform satisfactorily in an examination, may, at the discretion of the examiner, be granted a supplementary examination.

13 Students will be granted a deferred examination only if they perform satisfactorily in all other assessment items.

14 Any supplementary or deferred examinations for this course will be held within six weeks of the beginning of the next semester.