**Description: Health Psychology**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Cat-nbr</th>
<th>Class</th>
<th>Term</th>
<th>Mode</th>
<th>Units</th>
<th>Campus</th>
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<tr>
<td>PSY</td>
<td>8060</td>
<td>30463</td>
<td>1, 2004</td>
<td>ONC</td>
<td>1.00</td>
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**Academic group:** FOSCI  
**Academic org:** FOS005  
**Student contribution band:** 1  
**ASCED code:** 090701

**STAFFING**

Examiner: Grace Pretty  
Moderator: Paul Bramston

**REQUISITES**

Co-requisite: PSY8010

**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 prepares the student for PSY8075, Health Intervention Skills for addressing the topics here.

**SYNOPSIS**

This course will examine biopsychosocial factors 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 will be surveyed and students will use several of these in practice sessions. This course will be offered through three two-day 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. Specifically they will be able to:
- demonstrate an understanding of 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;
- demonstrate an understanding of the links between stress, coping and support systems;
- appreciate gender and cross cultural aspects of health related behaviour and attitudes.

**TOPICS**

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
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<tbody>
<tr>
<td>1. Concepts of health, personal wellness and self care in response to acute and chronic illness.</td>
<td>5.00</td>
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<tr>
<td>2. Lifestyle promoting health.</td>
<td>5.00</td>
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<tr>
<td>3. Psychological models of pain.</td>
<td>20.00</td>
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<tr>
<td>4. Cardiovascular complications.</td>
<td>10.00</td>
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<tr>
<td>5. Respiratory complications.</td>
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<tr>
<td>6. Cancer.</td>
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<tr>
<td>7. Physical trauma and surgery.</td>
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<tr>
<td>8. Gastrointestinal.</td>
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<tr>
<td>9. Stress and the immune system.</td>
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</tr>
<tr>
<td>10. Musculoskeletal diseases.</td>
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</table>

**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).


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 on the Net' (Available: www.pitt.edu/~tawst14/healthpsy.htm).
(General web site)


'Canadian Psychological Association, Health Psychology Section' (Available: //is.dal.ca/~hlthsyc/hlthhome.htm).


Frank, RG & Elliott, TR 2000, Handbook of Rehabilitation Psychology, American Psychological Association, Washington, DC.


### STUDENT WORKLOAD REQUIREMENTS:

<table>
<thead>
<tr>
<th>ACTIVITY</th>
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<tr>
<td>Assignments</td>
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<tr>
<td>Examinations</td>
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<tr>
<td>Private Study</td>
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<tr>
<td>Workshops</td>
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### ASSESSMENT DETAILS

<table>
<thead>
<tr>
<th>Description</th>
<th>Marks out of</th>
<th>Wtg(%)</th>
<th>Due date</th>
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<tbody>
<tr>
<td>CONTRIB FOR ONLINE CLASS DIS 1.00</td>
<td>1.00</td>
<td>0.00</td>
<td>02 Mar 2004</td>
</tr>
<tr>
<td>(see note 1)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ATTEND AT 3 WKSHOP SESS ONCAM</td>
<td>1.00</td>
<td>0.00</td>
<td>02 Mar 2004</td>
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<tr>
<td>(see note 2)</td>
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<tr>
<td>ASSESSMENT REPORT 1</td>
<td>25.00</td>
<td>25.00</td>
<td>12 Apr 2004</td>
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<tr>
<td>ASSESSMENT REPORT 2</td>
<td>25.00</td>
<td>25.00</td>
<td>24 May 2004</td>
</tr>
<tr>
<td>3 HOUR CLOSED EXAMINATION 50.00</td>
<td>50.00</td>
<td>50.00</td>
<td>END S1</td>
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</table>
NOTES:

1. Participation in WEEKLY on-line discussion groups.
2. On-campus Workshops will be held on the following dates: 8-9 March, 3-4 May & 7-8 June 2004.

IMPORTANT ASSESSMENT INFORMATION

1 Attendance requirements:
   Participation in weekly on-line discussion groups. Students are 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. Participation in On-campus Workshops. The skills components of this
   course will be taught in three, two-day compulsory workshops held on campus.
   During these workshops, students will engage in practice of techniques for a variety
   of assessments. These are essential prior to completion of the assessment reports.
   If circumstances prevent a student from attending a workshop, the student must
   contact the examiner to arrange an alternative activity. Attendance at the three
   workshops and/or completion of one or more alternative activities at a standard
   judged to be appropriate by the examiner is required before the 1 mark for the
   workshops can be awarded.

2 Requirements for students to complete each assessment item satisfactorily:
   To complete each of the assignments satisfactorily, students must obtain at least
   50% of the marks available for each assignment. To complete the examination
   satisfactorily, students must obtain at least 50% of the marks available for the
   examination.

3 Penalties for late submission of required work:
   If students submit assignments after the due date without prior approval then a
   penalty of 10% of the total marks available for the assignment will apply for each
   working day late.

4 Requirements for student to be awarded a passing grade in the course:
   To be assured of a passing grade, students must demonstrate, via the summative
   assessment items, that they have achieved the required minimum standards in
   relation to the objectives of 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 weighted aggregate
   of the marks (or grades) obtained for each of the summative assessment items in
   the course.

6 Examination information:
   In a Closed Examination, candidates are allowed to bring only writing and drawing
   instruments into the examination.

7 Examination period when Deferred/Supplementary examinations will be held:
   There will be no Deferred or Supplementary examinations in this course.

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 Students must retain a copy of each item submitted for assessment. This must be produced within 24 hours if required by the Examiner.

10 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.

11 The examiner may grant an extension of the due date of an assignment in extenuating circumstances.

12 Students will require access to e-mail and internet access to USQConnect for this course.

13 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.

14 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.