Description: Health Interventions

<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>
</tr>
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<tr>
<td>PSY</td>
<td>8075</td>
<td>31050</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: 090513

STAFFING
Examiner: Paul Bramston
Moderator: Grace Pretty

RATIONALE
Individuals at risk of developing serious health problems and those already suffering from acute and chronic illness experience many psychological symptoms of distress, such as depression, anxiety, panic, etc. Many of these symptoms have deleterious affects on the physical symptoms of the illness as well as on the efficacy of some medical investigation and treatment regimes. In addition, some of these investigation and treatment regimes themselves can cause ongoing psychological distress. Hence a person's ability to cope with an illness can be enhanced with psychological assistance in managing psychological aspects of symptoms and medical treatments. This course builds on the general assessment competencies the student has from PSY8060, which addresses assessment skills for the health topics discussed here, and on the general intervention competencies the student has from PSY8050.

SYNOPSIS
This course teaches the student a range of cognitive/behavioural and other treatment methods for individuals at risk of developing health problems, and for those suffering from acute and chronic illnesses and diseases. Emphasis will be put on the management of pain, and the treatment of depression and anxiety related to specific illnesses and medical conditions. Students will use methods in practice sessions for which they will receive feedback from the instructor. This course will be offered by three compulsory workshops on-campus, each of two days duration and by readings, assignments and web based discussion groups.
OBJECTIVES

On 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:

- demonstrate an understanding of the most important biopsychosocial causal factors in the origins of most common health problems;
- competently use a variety of treatment techniques relevant to a number of health problems;
- identify and assess the relationship between health attitudes and health behaviours in the management of pain and the treatment of depression and anxiety;
- demonstrate an understanding of the links between depression, anxiety, stress, coping and support systems and pain behaviour;
- demonstrate an appreciation of gender and cross cultural aspects of health related behaviour and attitudes and treatment planning;
- work effectively within multidisciplinary medical teams.

TOPICS

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
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</thead>
<tbody>
<tr>
<td>1. Concepts and processes of health, basic physical systems and self care in response to prevention of health problems, acute and chronic illness, and distress of medical procedures. The biopsychosocial model. Epidemiology of Aust population groups.</td>
<td>5.00</td>
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<tr>
<td>2. Living with pain and associated psychological disorders. Acute pain management. Health beliefs and attitudes and psychology of health risk factors.</td>
<td>5.00</td>
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<td>3. CBT, biofeedback and relaxation therapy for chronic pain.</td>
<td>10.00</td>
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<td>4. Imagery and group therapy in pain management.</td>
<td>5.00</td>
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<tr>
<td>5. Pain management in special populations such as children and the aged.</td>
<td>5.00</td>
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<tr>
<td>6. Treatment of depression and anxiety and physical illness in relation to the lifecycle.</td>
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<td>7. Social and family level interventions. Rural factors.</td>
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<tr>
<td>8. Treatment of anxiety and stress in people with acute and chronic illnesses and diseases. Coping and social support.</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).


Canadian Psychological Association 'International organisations' (Available: //is.dal.ca/~hlthsyc/hlthhome.htm).

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


Gatchel, R & Oordt, MS 2003, Clinical health psychology and primary care, American Psychological Association, Washington, DC.

Gatchel, R & Weisberg, J (eds) 2000, Personality characteristics of patients with pain, American Psychological Association, Washington, DC.


**STUDENT WORKLOAD REQUIREMENTS:**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
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<tbody>
<tr>
<td>Lectures</td>
<td>42.00</td>
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<tr>
<td>Private Study</td>
<td>70.00</td>
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<tr>
<td>Project Work</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>
</tr>
</thead>
<tbody>
<tr>
<td>ONLINE CLASS DISCUSSION</td>
<td>10.00</td>
<td>0.00</td>
<td>02 Mar 2004</td>
</tr>
<tr>
<td>ATTEND AT 3 WORKSHOPS</td>
<td>1.00</td>
<td>0.00</td>
<td>02 Mar 2004</td>
</tr>
<tr>
<td>2HR CLOSED TEST</td>
<td>20.00</td>
<td>30.00</td>
<td>02 Mar 2004</td>
</tr>
<tr>
<td>HEALTH PROMOTION EXERCISE</td>
<td>30.00</td>
<td>30.00</td>
<td>04 Jun 2004</td>
</tr>
<tr>
<td>VIDEOTAPES</td>
<td>10.00</td>
<td>0.00</td>
<td>10 Jun 2004</td>
</tr>
<tr>
<td>THERAPY CASE STUDY</td>
<td>40.00</td>
<td>40.00</td>
<td>18 Jun 2004</td>
</tr>
</tbody>
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**NOTES:**
1. Ongoing due dates.
2. Workshops will be held as follows: 11 & 12 March; 6 & 7 May and 10 & 11 June 2004

**IMPORTANT ASSESSMENT INFORMATION**

1. Attendance requirements:
   Participation in On-campus Workshops. The therapy 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 therapy 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 maximise their chance of meeting the objectives of the course and to be informed of the course-related activities and administration.

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

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 receiving a passing grade a student must submit all of the summative assessment items, achieve at least 50% in the test and at least 50% of the available weighted marks for the summative assessment items.

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 obtained for each of the summative assessment items in the course.

6. Examination information:
   There is a class test held on the first day of the final workshop.

7. Examination period when Deferred/Supplementary examinations will be held:
Any Supplementary or Deferred examinations for this course will be held within six weeks of the beginning of the next semester.

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 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 therapy practice and/or a personal evaluation/reflection on the experience of doing the exercise, or critical analysis of a reading.

10 Health Promotion Exercise. Each student will arrange to be involved in a health promotion activity at a prac site or in the university clinic. Participants will critically evaluate various aspects of the project in a 2000 word assignment.

11 Therapy Case Study. Each student will implement the proposed therapy plan with the above 'volunteer client'. The case study will be approximately 2000 words.

12 Video. Each student will submit at least one video of a therapy session held with a volunteer client at work, on a prac or in the university clinic.

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

14 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.

15 The examiner may grant an extension of the due date of an assignment in extenuating circumstances. Any extensions will not exceed six weeks past the end of the semester.

16 2 HOUR CLOSED TEST. This will be an in-class two hour closed test to be held on the last day of the workshops. It will consist of two short essay questions requiring students to consider two case studies, suggest a therapy plan for each and discuss relevant theoretical and research information supporting the choice of therapy techniques. Students are allowed to bring only writing and drawing instruments into the test.