Description: Health Interventions

Subject  Cat-nbr  Class  Term  Mode  Units  Campus
PSY  8075  40951  1, 2005  ONC  1.00  Toowoomba

Academic group:  FOSCI
Academic org:  FOS005
Student contribution band:  I
ASCED code:  090513

STAFFING
Examiner: Paul Bramston
Moderator: Grace Pretty

RATIONALE
Individuals and groups 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. The course encompasses both individual health interventions and health promotion strategies in groups or communities. 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 health promotion 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 as well as community intervention program design. 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:
1. demonstrate an understanding of the most important biopsychosocial causal factors in the origins of most common health problems at both an individual and community level;
2. competently use a variety of treatment techniques relevant to a number of health problems;
3. competently complete a health needs assessment in a community and design a health intervention program;
4. identify and assess the relationship between health attitudes and health behaviours in the promotion and maintenance of health;
5. demonstrate an understanding of the links between depression, anxiety, stress, coping and support systems and pain behaviour;
6. demonstrate an appreciation of gender and cross cultural aspects of health related behaviour and attitudes and community change;
7. work effectively within multidisciplinary 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. Health beliefs and attitudes and psychology of health risk factors at a community level.</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. Health needs assessment, community capacity building, health promotion strategies.</td>
<td>10.00</td>
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<td>6. Treatment of depression and anxiety and physical illness in relation to the lifecycle.</td>
<td>25.00</td>
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<td>7. Social, family and community level interventions. Rural factors.</td>
<td>10.00</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>
<td>30.00</td>
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**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).

'British psychological society special group in health psychology' (Available: //www.man.ac.uk/bps/).


'European health psychology society' (Available: //www.ehps.net/).


'International society of behavioural medicine' (Available: //www.psy.miami.edu/isbm/).


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


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>
</tr>
<tr>
<td>Private Study</td>
<td>70.00</td>
</tr>
<tr>
<td>Project Work</td>
<td>62.00</td>
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</table>

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>HEALTH PROMOTION EXERCISE</td>
<td>30.00</td>
<td>30.00</td>
<td>13 May 2005</td>
</tr>
<tr>
<td>THERAPY CASE STUDY</td>
<td>40.00</td>
<td>40.00</td>
<td>03 Jun 2005</td>
</tr>
<tr>
<td>ONLINE CLASS DISCUSSION</td>
<td>10.00</td>
<td>0.00</td>
<td>10 Jun 2005</td>
</tr>
<tr>
<td>ATTEND AT 3 WORKSHOPS</td>
<td>1.00</td>
<td>0.00</td>
<td>10 Jun 2005</td>
</tr>
<tr>
<td>2HR CLOSED TEST</td>
<td>30.00</td>
<td>30.00</td>
<td>10 Jun 2005</td>
</tr>
</tbody>
</table>

IMPORTANT ASSESSMENT INFORMATION

1 Attendance requirements:
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 health related psychological problems both individual and group/community. The health promotion/community intervention skills will also be taught in three, one-day compulsory workshops held on campus, thus requiring students to attend three, two-days workshops in total. 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 final 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. Each student will arrange to be involved in a health promotion activity at the Department of Health, Health Promotions Unit. Students will design and plan aspects of a community level intervention while paired with a health promotions officer.

11 Students will document their learning curve during the health promotion exercise including attitude change, new knowledge, problem solving skills and critical thinking in a 2000 word assignment.

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

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 critical commentary on (a) a clinical health case study and (b) a health promotion initiative.