Description: Clinical 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>
</tr>
</thead>
<tbody>
<tr>
<td>PSY</td>
<td>3110</td>
<td>67025</td>
<td>2, 2007</td>
<td>ONC</td>
<td>1.00</td>
<td>Toowoomba</td>
</tr>
</tbody>
</table>

Academic group: FOSCI
Academic org: FOS005
Student contribution band: 1
ASCED code: 090701

STAFFING
Moderator: Tony Machin

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

RATIONALE
This course explores the connection between how people think and behave and their physical 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. On the other hand people's physical health status can 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, 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
In addition to the attributes of analytical and critical thinking, independent learning, and problem-solving skills, on successful completion of this course students should be able to demonstrate knowledge of:
1. Key biological, psychological, and social determinants of health and illness (Exam);
2. Clinical psychological sequelae of major illnesses and injury (Assessment 2, Exam);
3. Epidemiology of Australian population groups (Exam);
4. Psychology of health risk factors (Assessment 2, Exam);
5. Health beliefs and attitudes (Exam);
6. Stress, coping, and social support in health and illness (Assessment 1, Exam);
7. Disease prevention (Assessment 2, Exam);
8. Processes of acute and chronic illness, psychological factors influencing medical care (Exam);
9. Communication in health settings (Assessment 2, Exam);
10. Interdisciplinary public health (Exam);
11. Interventions used in preventing and coping with disease and in promoting healthy behaviour (Assessment 2, Exam).

TOPICS

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Psychology and health: Changing models of health; Interdisciplinary physical &amp; mental health care</td>
<td>10.00</td>
</tr>
<tr>
<td>2. Primary physical systems and their interrelation: The nervous system; the endocrine system; the digestive system; the respiratory system; the cardiovascular system; the immune system; the reproductive system</td>
<td>10.00</td>
</tr>
<tr>
<td>3. Stress and coping: Stress and disease, how coping works</td>
<td>10.00</td>
</tr>
<tr>
<td>4. Enhancing health and preventing illness: Exercise, fitness, weight loss, cardiovascular health, cancer prevention, osteoporosis, exercise-related risks, injury prevention</td>
<td>10.00</td>
</tr>
<tr>
<td>5. Diet and its health implications: Reducing substance use and abuse; Obesity, eating disorders, healthy eating; Injury prevention</td>
<td>10.00</td>
</tr>
<tr>
<td>6. Seeking health care and adhering to medical advice</td>
<td>5.00</td>
</tr>
<tr>
<td>7. The nature, symptoms, and meaning of pain; Pain management</td>
<td>10.00</td>
</tr>
<tr>
<td>8. Living with life-threatening chronic illness: Depression and anxiety related to: Heart disease, stroke, cancer, HIV-AIDS, dementia</td>
<td>10.00</td>
</tr>
<tr>
<td>9. Models of health behaviour: Health beliefs model; Theory of reasoned action; Theory of planned behaviour; Other perspectives</td>
<td>10.00</td>
</tr>
<tr>
<td>10. Conducting health research: Research methods in epidemiology</td>
<td>5.00</td>
</tr>
<tr>
<td>11. Healthcare in Australia</td>
<td>5.00</td>
</tr>
<tr>
<td>12. Future challenges facing clinical health psychology</td>
<td>5.00</td>
</tr>
</tbody>
</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.


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


**STUDENT WORKLOAD REQUIREMENTS**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment</td>
<td>55.00</td>
</tr>
<tr>
<td>Examinations</td>
<td>2.00</td>
</tr>
<tr>
<td>Private Study</td>
<td>108.00</td>
</tr>
</tbody>
</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>ASSIGNMENT 1</td>
<td>20.00</td>
<td>20.00</td>
<td>20 Aug 2007</td>
</tr>
<tr>
<td>ASSIGNMENT 2</td>
<td>20.00</td>
<td>20.00</td>
<td>17 Sep 2007</td>
</tr>
<tr>
<td>2HR CLOSED (M/C) EXAMINATION</td>
<td>120.00</td>
<td>60.00</td>
<td>END S2</td>
</tr>
</tbody>
</table>

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 then a penalty of 10% of the total marks gained by the student 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 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 examination period at the end of the semester of the next offering of 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 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 USQConnect for this course.