BEHV 1014 PSYCHOLOGY AND HEALTH

Credit Points 10

Legacy Code 101614

Coordinator Steve Cumming (https://directory.westernsydney.edu.au/search/name/Steve Cumming/)

Description This unit provides an introduction to the psychology of health, mental health, and health-related behaviour, as relevant to health science professions. Students will be introduced to the principles and applications of psychology and health behaviour, using a biopsychosocial framework. This will be followed by an examination of the psychological aspects of injury and illness and an introduction to psychological interventions related to health concerns. Emphasis is upon understanding health status and mental illness in light of relevant theory and research.

School Psychology

Discipline Psychology

Student Contribution Band HECS Band 4 10cp

Check your HECS Band contribution amount via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 1 subject

Equivalent Subjects BEHV 1006 - Introduction to the Psychology of Health BEHV 1015 - Psychology and Health (WSTC)

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Define the basic principles, theories and methods of psychology as related to health behaviours.
2. Apply basic health psychology principles to issues of health and wellness.
3. Apply appropriate psychological research to the experience and management of health behaviours.
4. Identify the basic principles of a biopsychosocial approach to mental health and mental illness, including broad types of mental disorders.
5. Demonstrate introductory knowledge of clinical mental health by identifying the aetiology, maintaining factors, and treatment of selected mental disorders.
6. Articulate the roles of psychology and the broader health profession to health and wellbeing.

Subject Content

Psychology of health - Applying psychology to health
Models of health and illness
Health Behaviour - Factors that influence health behaviours - Models of health behaviour
Psychological interventions for health concerns - Models of intervention - Behaviour change methods - Cognitive and behavioural treatments
Psychology of the patient - Symptom perception and interpretation - Help seeking behaviour
Psychological aspects of injury and illness - Psychological antecedents and reactions to injury and illness - Psychological aspects of rehabilitation - Chronic illnesses and pain
Role of psychology in common health issues such as obesity and stress
Introduction to topics of mental health and mental illness - Clinical psychology - Main types of mental disorders

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/ Group Task
Log/ Workbook	Two submissions with a combined total of 1,000 words	30	N	Individual
Quiz	15% each x 2 quizzes = 30% (30 questions per quiz)	30	N	Individual
Report	1,200 words	40	N	Individual

Prescribed Texts

- Morrison, V., Bennett, P., Butow, P., Mullan, B., & Sharpe, L. (2019). Introduction to Health Psychology in Australia (3rd Ed) Melbourne, AU: Pearson Australia

Teaching Periods

Summer A
Online
Online
Subject Contact Steve Cumming (https://directory.westernsydney.edu.au/search/name/Steve Cumming/)

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV1014_22-SUA_ON_O#subjects)

Sydney City Campus - Term 1
Sydney City
Day
Subject Contact Andrey Zheluk (https://directory.westernsydney.edu.au/search/name/Andrey Zheluk/)

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV1014_22-SC1_SC_D#subjects)

Spring
Campbelltown
Day
Subject Contact David Arness (https://directory.westernsydney.edu.au/search/name/David Arness/)

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV1014_22-SPR_CA_D#subjects)

Penrith (Kingswood)
Day
Subject Contact David Arness (https://directory.westernsydney.edu.au/
search/name/David Arness/)

View timetable (https://classregistration.westernsydney.edu.au/even/
timetable/?subject_code=BEHV1014_22-SPR_KW_D#subjects)

Online
Online
Subject Contact David Arness (https://directory.westernsydney.edu.au/
search/name/David Arness/)

View timetable (https://classregistration.westernsydney.edu.au/even/
timetable/?subject_code=BEHV1014_22-SPR_ON_O#subjects)

Sydney City Campus - Term 3
Sydney City
Day
Subject Contact John Mcguire (https://
directory.westernsydney.edu.au/search/name/John Mcguire/)

View timetable (https://classregistration.westernsydney.edu.au/even/
timetable/?subject_code=BEHV1014_22-SC3_SC_D#subjects)