

BEHV 1015 PSYCHOLOGY AND HEALTH (WSTC)

Credit Points 10

Legacy Code 700060

Coordinator Dane Couter (<https://directory.westernsydney.edu.au/search/name/Dane+Couter/>)

Description This subject 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 Behavioural Science

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 1014 Psychology and Health
BEHV 1006 Introduction to the Psychology of Health

Restrictions

Students must be enrolled at Western Sydney University, The College. Students must pass 40 credit points from the preparatory subjects listed in the program structure prior to enrolling in this University level subject. Students enrolled in the combined Diploma/Bachelor programs must pass all College Preparatory subjects listed in the program structure before progressing to the Year 2 subjects.

Learning Outcomes

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

1. Demonstrate an understanding of the basic principles, theories and methods of psychology related to health behaviours.
2. Examine psychological studies relevant to the experience of health behaviour and the management of health behaviours.
3. Develop an understanding of how to apply basic health psychology principles to a range of health issues and enhance health and well-being.
4. Effectively present thoughtful, considered views, arguments and information in written and oral formats.
5. Apply team work and group management skills, along with the ability to monitor one's own work and others work and performance.
6. Define the basic principles, theories and methods of psychology as related to health behaviours.
7. Apply basic health psychology principles to issue of health and wellness.
8. Apply appropriate psychological research to the experience and management of health behaviours.

9. Identify the basic principles of a biopsychosocial approach to mental health an

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
Communication skills
Dr-patient communication
Support groups
Stress and health
Models of stress and disease
Moderators of the stress-health relationship
Coping with and reducing stress
Psychology of the patient
Symptom perception and interpretation
Help seeking behaviour
Developmental framework for health
Models of development
Learning and change
Developmental periods and health
Death and dying
Psychological aspects of injury and illness
Psychological antecedents and reactions to injury and illness
Psychological aspects of rehabilitation
Chronic illness 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.

| Type | Length | Percent | Threshold | Individual/ Group Task |
|-----------------------|---|---------|-----------|---------------------------|
| Log/ Workbook | Three submissions with a combined total of 1000 words | 30 | N | Individual |
| Intra-session Exam | 90 mins 60 questions consisting of MCQ and short answer responses. | 30 | N | Individual |
| Report | 1,200 words | 40 | N | Individual |

Prescribed Texts

- Ogden, J. (2012). Health Psychology (5th ed.). McGraw-Hill

Teaching Periods

Term 1 (2022)

Nirimba Education Precinct

Day

Subject Contact Despina Kamper ([https://directory.westernsydney.edu.au/search/name/Despina Kamper/](https://directory.westernsydney.edu.au/search/name/Despina%20Kamper/))

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV1015_22-T1_BL_D#subjects)

Term 2 (2022)

Nirimba Education Precinct

Day

Subject Contact Despina Kamper ([https://directory.westernsydney.edu.au/search/name/Despina Kamper/](https://directory.westernsydney.edu.au/search/name/Despina%20Kamper/))

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV1015_22-T2_BL_D#subjects)

Term 1 (2023)

Nirimba Education Precinct

On-site

Subject Contact Despina Kamper ([https://directory.westernsydney.edu.au/search/name/Despina Kamper/](https://directory.westernsydney.edu.au/search/name/Despina%20Kamper/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV1015_23-T1_BL_1#subjects)

Term 2 (2023)

Nirimba Education Precinct

On-site

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Term 3 (2023)

Nirimba Education Precinct

On-site

Subject Contact Despina Kamper ([https://directory.westernsydney.edu.au/search/name/Despina Kamper/](https://directory.westernsydney.edu.au/search/name/Despina%20Kamper/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV1015_23-T3_BL_1#subjects)