

**DEREE COLLEGE SYLLABUS FOR:  
PS 4719 HEALTH AND LIFELONG ADAPTATION**

**3/0/3**

(Updated Spring 2023)

**LEVEL 6  
UK CREDITS: 15**

**PREREQUISITES:**

PS 1000 Psychology as a Natural Science – L4  
PS 1001 Psychology as a Social Science – L4  
PS 2236 Human Learning & Memory – L4  
PS 2260 Introduction to Statistical Thinking – L4  
PS 2347 Analysis of Quantitative Data – L4  
PS 3630 Biological Psychology – L5  
BI 1000 Introduction to Biology I – L4

**CATALOG  
DESCRIPTION:**

Application of psychological theory, diverse methodologies and research findings in the understanding of health, illness and healthcare management. An exploration of the role of clinical parameters and psychosocial factors implicated in the development and treatment of various illnesses. The importance of human diversity in health promotion and illness prevention.

**RATIONALE:**

This module exposes students to the meaningful interactions of physical and psychosocial dimensions of wellness in understanding health promotion and management of ailment. The module is intended for students who plan to pursue graduate studies in the areas of health/counselling psychology.

**LEARNING OUTCOMES:**

Upon completion of this module, the student should be able to:

1. Demonstrate in-depth understanding of the major theories that guide the field of health psychology.
2. Critically evaluate the role of mind processes, belief systems, social conditions and culture in health-related behaviours and lifelong adaptation
3. Evaluate how the principles of the biopsychosocial model can challenge the traditional (biomedical) understanding of health and illness.
4. Synthesize and summarize evidence from contemporary quantitative as well as qualitative research in the field of health psychology.

**METHOD OF TEACHING AND  
LEARNING:**

In congruence with the teaching and learning strategy of the college, the following tools are used:

- Class lectures and discussions
- In-class experiential exercises
- Office hours
- Use of Blackboard Site

<b>ASSESSMENT:</b>	<p><b>Summative:</b></p> <table border="1" data-bbox="565 142 1352 426"> <tr> <td><b>1<sup>st</sup> assessment:</b> Position paper</td><td><b>40%</b></td></tr> <tr> <td><b>Final assessment:</b> <b>Final exam</b></td><td><b>60%</b></td></tr> </table> <p><b>Formative:</b></p> <table border="1" data-bbox="565 495 1352 569"> <tr> <td>Class participation in weekly in-class exercises</td><td><b>0%</b></td></tr> </table> <p>The formative test aims to prepare students for the final examination.  The 1<sup>st</sup> assessment tests Learning outcomes 1 and 2.  The final assessment tests Learning Outcomes 3 and 4.</p> <p>Students are required to resit failed assessments in this module.</p>	<b>1<sup>st</sup> assessment:</b> Position paper	<b>40%</b>	<b>Final assessment:</b> <b>Final exam</b>	<b>60%</b>	Class participation in weekly in-class exercises	<b>0%</b>
<b>1<sup>st</sup> assessment:</b> Position paper	<b>40%</b>						
<b>Final assessment:</b> <b>Final exam</b>	<b>60%</b>						
Class participation in weekly in-class exercises	<b>0%</b>						
<b>INDICATIVE READING:</b>	<p><b>REQUIRED READING:</b>  Marks, D. F., Murray, M. and Estacio, E. V. (2020). <i>Health Psychology: Theory, Research and Practice</i>. Sage  ISBN: 9781529737943</p> <p><b>RECOMMENDED READING:</b></p> <p>DiMatteo, M.R., &amp; Martin, L.R. (2001) <i>Health Psychology</i>. Allyn and Bacon (Pearson Education Company)</p> <p>Lyons, A. C. and Chamberlain K. (2011). <i>Health psychology: a critical introduction</i>. Cambridge University Press ISBN-13: 9780521005265.</p> <p>Marks, D. F. and L. Yardley (Eds) (2004). <i>Research Methods for Clinical and Health Psychology</i>. Sage  ISBN: 0 7619 7191 2</p> <p>Murray, M. and Chamberlain K. (Eds.) (2010). <i>Qualitative Health Psychology: Theories and Methods</i>. Sage ISBN: 0 7619 5661 1.</p> <p>Rohleder, P. and Lyons, A. (2014). <i>Qualitative Research in Clinical and Health Psychology</i>. Palgrave Macmillan ISBN: 9781137291042</p> <p>Baum A., Revensen, T. A. and Singer, J. (Eds) (2011). <i>Handbook of health psychology</i> 2/e, 2nd Ed. Psychology Press.</p> <p>Chamberlain, K. Murray M. (1999). <i>Qualitative health psychology: theories and methods</i>. Sage Publications Ltd.</p>						

	<p>Christensen, A.I., Martin, R., Smyht, I.N. (Eds) (2004). <i>Encyclopaedia of Health Psychology</i>. New York: Kluwer.</p> <p>Johnson, J. E. (1986). <i>Life events as stressors in childhood and adolescence</i>. Sage.</p> <p>Kubler-Ross. E. (1969). <i>On death and dying</i>. McMillan.</p> <p>Smith J. A., Flowers P. Larkin, M. (2009). <i>Interpretive phenomenological analysis: theory, method, research</i>. London, Sage Publications.</p>
<p><b>INDICATIVE MATERIAL:</b> (e.g. audiovisual, digital material, etc.)</p>	<p><b>RECOMMENDED MATERIAL:</b></p> <p>British Journal of Health Psychology Health Psychology Journal of Health Psychology International Journal of Qualitative Methods Qualitative Health Research Qualitative Research in Psychology Social Science and Medicine Qualitative Inquiry The Qualitative Report Education for Health Health Psychology Update</p>
<p><b>COMMUNICATION REQUIREMENTS:</b></p>	<p>Individual project submitted in Word Academic use of English, both oral and written.</p>
<p><b>SOFTWARE REQUIREMENTS:</b></p>	<p>Blackboard, MS Office, search engines</p>
<p><b>WWW RESOURCES:</b></p>	<p>American Psychological Association (APA) <a href="http://www.apa.org">www.apa.org</a></p> <p>The British Psychological Society (BPS) <a href="http://www.bps.org.ac.uk">www.bps.org.ac.uk</a></p> <p>Internet Mental Health <a href="http://www.mentalhealth.com">www.mentalhealth.com</a></p> <p>SAGE <a href="http://www.sagepub.com/journals">www.sagepub.com/journals</a></p> <p>American Psychological Association Division 38: Health Psychology <a href="http://www.health-psych.org">www.health-psych.org</a></p> <p>American Psychological Association: Health Psychology <a href="http://www.apa.org/pubs/journals/hea/">www.apa.org/pubs/journals/hea/</a></p>

<p><b>INDICATIVE CONTENT:</b></p>	<ol style="list-style-type: none"> <li>1. Introducing Health Psychology: the field, the methods, the perspectives, biopsychosocial interactions, illness and health in the making. Epigenetics and adaptation.</li> <li>2. Health behaviours change and health promotion: Theories, models and interventions. Wellness and mindful decision making.</li> <li>3. Illness experiences: the health care system, interacting with health professionals and managing symptoms and medical procedures.</li> <li>4. The patient's perspective and the lived experience through qualitative research findings.</li> <li>5. Criticism and future directions in the field. The hospice movement.</li> </ol>
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