



DEPARTMENT OF PSYCHOLOGY

PX1162 Health psychology, 30 credits

Hälsopsykologi, 30 högskolepoäng

First Cycle

Confirmation

This course syllabus was confirmed by Department of Psychology on 2017-02-14 and was last revised on 2020-09-09 to be valid from 2021-01-18, spring semester of 2021.

Field of education: Social Sciences 100%

Department: Department of Psychology

Position in the educational system

General entry requirements

Main field of studies

Psychology

Specialization

G1N, First cycle, has only upper-secondary level entry requirements

Entry requirements

General entrance requirements

Learning outcomes

On successful completion of the course the student will be able to:

Knowledge and understanding

- define health psychology as a scientific field
- explain central theories in health psychology
- demonstrate an understanding of different theories in health psychology as well as their use
- describe current application areas of health psychology

Competence and skills

- be able to read and review literature on health psychology
- explain and discuss theories in health psychology in writing
- explain and discuss in speech and writing knowledge on health psychology in relation to its application in various application areas in society
- formulate questions of societal relevance on health psychology and answer them in writing based on theories and current research in health psychology

Judgement and approach

- problematise theories in health psychology and explain their possible applications
- independently review knowledge of health psychology and its applications
- reflect on how issues in health psychology depend on contextual factors

Course content

The course aims to give a basic understanding of health psychology with a focus on its central theoretical framework, application and societal relevance.

Sub-courses

- 1. Health psychology as a field of knowledge** (*Hälsopsykologi som kunskapsfält*), 7.5 credits
Grading scale: Pass (G) and Fail (U)
Module 1 gives an introduction to the field of health psychology. It presents health psychology as a scientific field with its history, central concepts and perspectives. The focus is on the bio-psycho-social perspective where health can be understood as a result of physical, psychological and social factors. Health is also discussed from a macrosocial perspective with a focus on health inequalities. Furthermore, Module 1 highlights current issues and research methods in health psychology.
- 2. Health psychological theories and areas of application** (*Hälsopsykologiska teorier och tillämpningsområden*), 15 credits
Grading scale: Pass with Distinction (VG), Pass (G) and Fail (U)
Module 2 provides basic knowledge of central theoretical frameworks in health psychology as well as its application areas. It presents both simple as well as complex theories and theoretical models. Health is discussed according to various application areas with social relevance such as work, quality of life, personality, lifestyle and chronic illness. Furthermore, Module 2 highlights how health psychologists work with health promotion as well as prevention of health issues.
- 3. Project work** (*Fördjupningsarbete*), 7.5 credits
Grading scale: Pass with Distinction (VG), Pass (G) and Fail (U)

Module 3 enables students to deepen their knowledge of chosen theories in health psychology in relation to a specific application area. Students carry out a project on an issue within health psychology and present it as an in-depth assignment both in speech and writing.

Form of teaching

Teaching methods include lectures, exercises, seminars, group assignments and supervision.

Language of instruction: Swedish

The reading list might include books and articles in Swedish as well as English.

Assessment

All classes, reading list and course materials can constitute basis for examination. Assessment in each module is done through oral and/or written examination. All compulsory exercises, seminars, group assignments and oral presentations require active participation. Compensation for absence is made according to the course coordinator's instructions.

If a student, who has failed the same examined component twice, wants to change examiner before the next examination, they should submit a written request to the Department. The request shall be granted unless there are special reasons to the contrary (Chapter 6, Section 22 of Higher Education Ordinance).

Students with a recommendation for special educational support from the University of Gothenburg may receive an adapted examination or alternative examination form provided that the examiner decides it is compatible with the course objectives and unreasonable resources are not required.

In the event where a course has been discontinued or has undergone major changes, the student shall normally be guaranteed at least three examinations (including the ordinary examination) during a period of at least one year up to two years after the course has been discontinued/changed. The same applies for internships and on-the-job trainings, but with a restriction to only one additional examination session.

Grades

The grading scale comprises: Pass with Distinction (VG), Pass (G) and Fail (U).

To qualify for Pass (G) grade, students must:

- receive a Pass (G) on all components in all three modules

- actively participate in exercises, seminars, group assignments and oral presentations
- To qualify for Pass with Distinction (VG) grade, students must:
- receive a Pass (G) on the module on Health Psychology as field of science and a Pass with Distinction (VG) on at least two of the three following components: theories and application of health psychology level 1; theories and application of health psychology level 2; or advanced project; and receive a Pass (G) on the third component
 - actively participate in exercises, seminars, group assignments and oral presentations

Course evaluation

The course coordinator is responsible for ensuring that students are given the opportunity to provide an anonymous, written course feedback at the end of the course. On completion of the course, the course coordinator writes a course report, which includes a summary of students' feedback. The course report is discussed in a relevant course evaluation group and is communicated both to the students, who completed the course evaluation as well as to the students who are starting the course. These reports are available to students.

Additional information

If the course requires access to a computer, internet or other digital tools, it is the students' responsibility to make sure they have access to such resources.