Health Psychology (IEHC0058)

**Description**

Health Psychology represents the educational, scientific and professional contributions of psychology to: 1) the promotion and maintenance of health; 2) the prevention and treatment of illness; 3) the aetiology of health and illness; 4) the healthcare system and health policy. In this module, you will be introduced to core theoretical perspectives and ‘best practice' models for these four core areas. In particular, you will understand that health and illness are the result of complex interactions between psychological, social and biological influences. This module aims to provide you with an overview of Health Psychology theories and constructs, and to show how they are applied to explain and predict commonly studied health-related behaviours and health outcomes. Moreover, an aim is to encourage an understanding of the psychological, social and biological influences on health and healthcare delivery.

After taking this module, you will be able to

1. Describe, critically evaluate and compare different models of health behaviour
2. Show an appreciation of the effect of individual differences, biology, genetics, ethnicity, gender, culture and class on the psychology of health and healthcare
3. Understand how Health Psychology has contributed to the prevention and management of common diseases, such as obesity and cardiovascular disease

This is an advanced module for Year 3 students on the BSc Population Health programme, running in Term 2. There is limited availability for UCL elective students from other departments. Places are allocated on a ‘first come, first served’ basis on Portico when the module selection opens. Spaces are limited to 25 with preference given to BSc Population Health students.

**Key information**

- **Year**: 2020/21
- **Credit value**: 15 (150 study hours)
- **Delivery**: UG L6, Campus-based
- **Reading List**: [View on UCL website](#)
- **Tutor**: Dr Clare Llewellyn
- **Term**: Term 2
- **Timetable**: [View on UCL website](#)

**Assessment**

- Oral Presentation: 40.0%
- Report: 60.0%

**Find out more**

For more information about the department, programmes, relevant open days and to browse other modules, visit [ucl.ac.uk](http://ucl.ac.uk).

**Disclaimer**: All information correct as of March 2020. Please note that aspects of the module may be subject to change. UCL will make best efforts to inform applicants of major changes.
The teaching for this module will include theoretical lectures, along with applications to understanding particular diseases (such as obesity and cardiovascular disease), healthcare delivery and well-being. There will also be interactive small group seminars, as well as independent research and reading.

The module will be assessed by a group presentation of 15 minutes plus 5-minutes for Q&A at the end (40%), and an individual 500-word case report (60%).

**Selected Reading List**


