

# BEHV 1015 PSYCHOLOGY AND HEALTH (WSTC)

**Credit Points** 10

**Legacy Code** 700060

**Coordinator** Charlise Bennett ([https://directory.westernsydney.edu.au/search/name/Charlise Bennett/](https://directory.westernsydney.edu.au/search/name/Charlise%20Bennett/))

**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 fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/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 (2024)**

### **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/even/timetable/?subject\\_code=BEHV1015\\_24-T1\\_BL\\_1#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV1015_24-T1_BL_1#subjects))

## **Term 2 (2024)**

### **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/even/timetable/?subject\\_code=BEHV1015\\_24-T2\\_BL\\_1#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV1015_24-T2_BL_1#subjects))

## **Term 3 (2024)**

### **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/even/timetable/?subject\\_code=BEHV1015\\_24-T3\\_BL\\_1#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV1015_24-T3_BL_1#subjects))