



NUI Galway  
OÉ Gaillimh

# MSc in Health Psychology 2019-2020 Student Guide

Draft updated 12<sup>th</sup> August 2019



# ***Welcome to the School of Psychology, NUI Galway***

Dear MSc Student,

Congratulations on securing a place on the MSc in Health Psychology at NUI, Galway. We hope that your postgraduate studies with us will be enjoyable, stimulating and rewarding.

This student guide has been compiled for your benefit by the MSc in Health Psychology Team and we hope you will find it useful. Whilst every effort has been made to ensure that the contents of this guide are accurate, some details about your course may change during the year and you will be notified about these changes as they become relevant. The most up-to-date information throughout the year will be posted on NUI Galway's Blackboard Virtual Learning Environment. You will have access to this once you are registered as a student with NUI, Galway.

Wishing you every success,

Gerry Molloy (Director MSc in Health Psychology)  
Jenny Mc Sharry (Co-Director MSc in Health Psychology)



**The Core Team:**

**MSc Module co-ordinators 2019-2020**

Research Methods in Health Psychology	Health Promotion & Behaviour Change	Perspectives in Health Psychology	Psychological Processes in Illness & Health care	Biobehavioural Processes in Health & Illness	Dissertation	Research & Professional Skills
<b>Dr Jane Walsh</b>	<b>Prof Molly Byrne</b>	<b>Dr Gerry Molloy</b>	<b>Dr AnnMarie Groarke</b>	<b>Dr Sinead Conneely</b>	<b>Dr Gerry Molloy</b>	<b>Dr Jenny Mc Sharry</b>
PS579	PS584	PS585	PS587	PS588	PS6136	PS6137
						

Please note that other members of NUIG staff and external academics also contribute to the teaching and learning programme including our Head of School

**Dr John Bogue.**



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# The Academic Year at a Glance

	First Semester	Second Semester
Teaching begins	Monday 9th September 2019	Monday 13th January 2020
Teaching ends	Saturday 30th November 2019	Saturday 4th April 2020
Study Week	Monday 2nd - Saturday 7th December 2019	Tuesday 14th April - Monday 20th April 2020
Examinations begin	Monday 9th December 2019	Tuesday 21st April 2020
Examinations end	Friday 20th December 2019	Friday 8th May 2020
Holidays	Christmas: Saturday 21st December 2019  Bank Holidays: Monday 28th October 2019	Easter: Good Friday 10th to Monday 13th April 2020  Bank Holidays: Tuesday 17th March 2020 Monday 4th May 2020 Monday 1st June 2020 Monday 3rd August 2020

**The University Academic Calendar is available here:**

[http://www.nuigalway.ie/student\\_life/registration/documents/academic\\_calendar\\_20192020.pdf](http://www.nuigalway.ie/student_life/registration/documents/academic_calendar_20192020.pdf)

## Summer term

Your dissertation is due to be submitted on **Monday August 10th, 2020** (see dissertation guide for further details).

## Some dates for your diary

### Registering for your course

Online registration will open from the week before the semester starts. Students should register as soon as possible to gain access to University services such as Student ID Card, Library and Blackboard. All registration information is available at:

[http://www.nuigalway.ie/reg/reghelp\\_home.html/newstudentpostgrad/](http://www.nuigalway.ie/reg/reghelp_home.html/newstudentpostgrad/)

All fee queries must be directed to the Fees Office: [fees@nuigalway.ie](mailto:fees@nuigalway.ie)

<b>2019</b>	
11 <sup>th</sup> Sept 9:15	Orientation and Coffee (Room AMB 101, Arts Millennium Building Extension (AMBE))
11 <sup>th</sup> Sept 10:00	First lecture (Room AMB 101, Arts Millennium Building Extension (AMBE))
11 <sup>th</sup> Sept 13:00	Welcome lunch (School of Psychology Foyer)
<b>2020</b>	
18 <sup>th</sup> Feb 14:00-16:00 19 <sup>th</sup> Feb 11:00-13:00	MSc Project Presentations as part of the Dissertation module (PS6136)
22 <sup>nd</sup> May 2020	Annual Psychology, Health and Medicine Conference, University College Cork

# The School of Psychology

**Head of School:** Dr. John Bogue

**Administrative staff:** Ms Nuala Donohue  
Ms Sandra Hallinan (mornings only)  
Ms Miriam Lohan (morning only)  
Ms Roisin McCormack (afternoons only)

Ms Alma Greally  
(*attached to Clinical Psychology programme*)

**Postal Address:** School of Psychology  
National University of Ireland, Galway  
Galway

**Telephone Numbers:** (091) 493454/ (091) 493101 (direct)  
(091) 524411, Ext. 3101/Ext. 3454

**Fax No:** (091) 521355

**Website:** <http://www.nuigalway.ie/psychology/>

**Email:** [psychology@nuigalway.ie](mailto:psychology@nuigalway.ie)

**Relevant key social media accounts:**

Twitter: @nuigPsychology @HealthPsychNUIG @hbcrg @MHealthConf  
@CPainResearch and individual staff accounts

## **Background to the School of Psychology**

The Department of Psychology at NUI Galway was established in 1971, and became the School of Psychology in 2007. The School has grown rapidly in recent years both in the range of teaching programmes and in its research activity. While embracing a wide range of philosophies and approaches characteristic of modern psychology, the School of Psychology is strongly identified with two main research themes:

- Health & Wellbeing
- Brain & Behaviour

The School is located in a new building in the Arts Millennium Building Extension (AMBE) since August 2013. All activities of the School (Administrative, Technical, Academic and Laboratory) are located here, as will most of the MSc teaching and learning sessions.

### **Summary of Academic Programmes**

*Undergraduate.* At the undergraduate level, the School offers a denominated BA in Psychology, a "double honours" programme accredited by the Psychological Society of Ireland (PSI), which also meets the requirements for graduate accreditation specified by the British Psychological Society. The Denominated BA in Psychology attracts students of the highest academic merit nationally, as measured by results in the Leaving Certificate Examination and end-of-year examinations in the First Year Psychology programme. In addition to the Denominated BA, a three-year sequence of Psychological Studies is offered, permitting students to combine Psychology with one other Arts subject to degree level. Provision can be made allowing the course of studies to be extended from 3 to 4 years, with students taking a study year abroad as their third year in both the Denominated programme, BA in Psychology (International) and Psychological Studies, BA (International).

In addition, the Psychological Studies programme articulates with a one-year full-time postgraduate programme, the Higher Diploma in Psychology (Conversion). The combined qualification provides graduates with equivalent standing in psychology to that provided by the Denominated BA in Psychology. A second higher diploma, the two-year full-time Higher Diploma in Psychology (Full), is intended for graduates who possess an honours degree in any subject area other than psychology, and provides the equivalent course content to that of the denominated BA in Psychology.

The School of Psychology also provides input to programmes in Nursing, Occupational Therapy, and Speech and Language Therapy, located in the College of Medicine, Nursing and Health Sciences.

#### *Postgraduate.*

In 2007, a one-year full-time MSc programme in Health Psychology was introduced, replacing the former two-year Master of Psychological Science (Health Psychology) which was established in 1994 by Professor Ruth Curtis and her team. Professor Curtis is a fellow of the European Health Psychology Society and continues to maintain close contact with the course and our

programmes of research in health psychology. Our programme was re-accredited by the Psychological Society of Ireland in 2016 for 5 years.

In addition, the School offers supervision to suitably qualified graduates in psychology who wish to carry out research leading to MLitt and PhD degrees. The School is particularly committed to expanding the postgraduate research programme, and numbers have increased substantially. In 2009/2010, the School introduced a range of Structured PhD programmes. These include the [Structured PhD programmes in Psychology and Health](#), and the [PhD in Health Psychology Practice](#), the first professional postgraduate health psychology training qualification in Ireland.

Several additional postgraduate taught and research programmes are on offer including a one year MSc in Clinical Neuroscience, a Board-certified Postgraduate Diploma/Masters Programme in Applied Behaviour and a structured PhD programme in ABA. The School also offers a PSI-accredited three-year full-time postgraduate professional qualification in clinical psychology, the Doctor of Psychological Science (Clinical Psychology).

## **Facilities in the School of Psychology**

Besides the usual rooms for lectures and accommodation for staff and students, the School has a variety of laboratories for experimental work. Equipment is available for research on psychophysiological functioning, visual perception; acquisition of motor skills; learning in humans; memory; the study of child behaviour; and the study of group processes. The School also has its own video studio, which is used for interview and communication skills training.

*Laboratory Facilities.* The School maintains a host of laboratory spaces suitable for supporting research in health psychology. These include: a haemodynamic reactivity laboratory; an EEG laboratory; a dual-use EEG/haemodynamic laboratory; an impedance cardiography laboratory; a cortisol laboratory with associated wet lab facilities; an interview/observation room (with adjacent control room); a temporal factors/psychophysics laboratory. Some research cubicles and lab areas are also available.

*Psychological Test Library.* The School has an extensive library of psychological tests, including intelligence tests, personality inventories, scholastic attainment tests, and measures of adaptive behaviour.

*Resources at the James Hardiman Library.* Over 4,000 books in psychology and closely related subjects are stocked by the James Hardiman Library. In addition, over 600 journals are available that deal specifically with psychology. The library has recently introduced a new electronic search engine called e-Knowledge. It can help you identify, locate and manage the ever growing collection of e-resources and e-journals.

## Staff in the School of Psychology

Name	Email (...@nuigalway.ie)
<b>Academic Staff*</b>	
1. Dr John Bogue	<a href="mailto:john.bogue@nuigalway.ie">john.bogue</a>
2. Professor Molly Byrne	<a href="mailto:molly.byrne@nuigalway.ie">molly.byrne</a>
3. Dr Sinead Conneely	<a href="mailto:sinead.connelly@nuigalway.ie">sinead.connelly</a>
4. Professor Gary Donohoe	<a href="mailto:gary.donohoe@nuigalway.ie">gary.donohoe</a>
5. Dr Jonathan Egan	<a href="mailto:jonathan.egan@nuigalway.ie">jonathan.egan</a>
6. Dr Mark Elliott	<a href="mailto:mark.elliott@nuigalway.ie">mark.elliott</a>
7. Dr AnnMarie Groarke	<a href="mailto:annmarie.groarke@nuigalway.ie">annmarie.groarke</a>
8. Dr Caroline Heary	<a href="mailto:caroline.heary@nuigalway.ie">caroline.heary</a>
9. Dr Michael Hogan	<a href="mailto:michael.hogan@nuigalway.ie">michael.hogan</a>
10. Dr Jennifer Holloway	<a href="mailto:jennifer.holloway@nuigalway.ie">jennifer.holloway</a>
11. Dr Helena Lydon	<a href="mailto:helena.lydon@nuigalway.ie">helena.lydon</a>
12. Professor Brian Hughes	<a href="mailto:brian.hughes@nuigalway.ie">brian.hughes</a>
13. Ms Anne Marie Keane	<a href="mailto:annemarie.keane@nuigalway.ie">annemarie.keane</a>
14. Dr Geraldine Leader	<a href="mailto:geraldine.leader@nuigalway.ie">geraldine.leader</a>
15. Dr Pádraig Mac Neela	<a href="mailto:padraig.macneela@nuigalway.ie">padraig.macneela</a>
16. Professor Brian McGuire	<a href="mailto:brian.mcguire@nuigalway.ie">brian.mcguire</a>
17. Dr Jenny McSharry	<a href="mailto:jenny.mcsharry@nuigalway.ie">jenny.mcsharry</a>
18. Dr Gerry Molloy	<a href="mailto:gerry.molloy@nuigalway.ie">gerry.molloy</a>
19. Dr Chris Noone	<a href="mailto:chris.noone@nuigalway.ie">chris.noone</a>
20. Dr Anne O'Connor	<a href="mailto:aoconnor@nuigalway.ie">aoconnor</a>
21. Dr Denis O'Hora	<a href="mailto:denis.ohora@nuigalway.ie">denis.ohora</a>
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23. Dr Ian Stewart	<a href="mailto:ian.stewart@nuigalway.ie">ian.stewart</a>
24. Dr Jane Walsh	<a href="mailto:jane.walsh@nuigalway.ie">jane.walsh</a>

*\*Detailed biographical notes and publication lists for all academic staff are available on each staff member's website*

Other NUI, Galway colleagues also contribute to our teaching programme including key PhD students and post-doctoral staff who are involved in health psychology related research projects. These include but are not limited to:

### Research Staff

Dr Bláthín Casey	<a href="mailto:blathin.casey@nuigalway.ie">blathin.casey</a>
Dr Hannah Durand	<a href="mailto:hannah.durand@nuigalway.ie">hannah.durand</a>
Dr Lisa Hynes	<a href="mailto:lisa.hynes@nuigalway.ie">lisa.hynes</a>
Dr Oonagh Meade	<a href="mailto:oonagh.meade@nuigalway.ie">oonagh.meade</a>
Dr Eimear Morrissey	<a href="mailto:eimear.morrissey@nuigalway.ie">eimear.morrissey</a>
Dr Elaine Toomey	<a href="mailto:elaine.toomey@nuigalway.ie">elaine.toomey</a>

#### Technical Staff

Mr Declan Coogan	<u>declan.coogan</u>
Mr Joe Mee	<u>joseph.mee</u>
Dr Aoife Bernadette O'Brien	<u>aoifeb.obrien</u>

#### Administrative Staff

Ms Nuala Donohue	<u>nuala.donohue</u>
Ms Alma Grealley	<u>alma.grealley</u>
Ms Sandra Hallinan	<u>sandra.hallinan</u>
Ms Miriam Lohan	<u>miriam.lohan</u>
Ms Róisín McCormack	roisin.mccormack

**Note:** In the calendar year of 2019 Dr Caroline Heary will be on sabbatical, therefore she will not be able to supervise projects between September-December 2019.

## School of Psychology office hours, appointments and requests for references

The main office of the School of Psychology, is located on the first floor of the Psychology building. The office is usually staffed from 9.15 a.m. to 1.00 p.m. and 2.15 p.m. to 5.00 p.m.

### **IMPORTANT NOTES:**

#### **Re: Appointments**

Members of the academic staff are available to assist and advise students as much as possible. However, their availability is limited by their other responsibilities. Most academic staff will arrange particular hours of the week during which they are available for appointments. (Of course, staff will try to be flexible in the event of genuinely urgent or emergency circumstances.)

#### **Re: Requests for Academic References**

It is likely that you will consider applying for further study or occupational opportunities, and it is normal in these circumstances to request academic references from members of the School's staff. It is recommended that you allow at least two weeks' notice, if you require a reference. However, individual staff commitments may vary. Students who wish to request such a reference should submit:

- (i) a copy of their CV;
- (ii) a copy of relevant academic transcripts of results; and
- (iii) details of the intended recipient of the reference (i.e., details of the course or programme to which they are applying, including "Instructions for Referees" or equivalent documentation supplied by the course organisers; prospective employers details) to the staff member from whom they are requesting the reference.

# The MSc in Health Psychology

The MSc in Health Psychology is a one-year taught Master's programme of academic study in the discipline of health psychology. The MSc in Health Psychology is a fully accredited programme of the Psychological Society of Ireland.

The course is concerned with the application of psychological theory, methods and research to health, illness and health care. The course includes lectures, seminars and workshops on the biopsychosocial basis of health and illness; health promotion; models of health-related behaviour and illness cognition; applied health psychology; psychological processes in illness and healthcare and biobehavioural processes in health & illness. Students also take classes in research methods and professional skills in health psychology and carry out an empirical research project in a health-related area.

The overall aims of the course are:

- To equip graduates with a comprehensive knowledge base in health psychology, at postgraduate level
- To train students to conduct high quality research in the area of health psychology
- To prepare students to undertake future professional training in health psychology and other areas of psychology, such as clinical psychology.

The full-time programme is delivered across three academic terms (Semester 1, Semester 2, and the Summer Term). Semesters 1 and 2 contain a number of taught modules, which are assessed based on course-work, continuous assessment assignments and written exams. Throughout both Semesters 1 and 2 and the Summer Term, students carry out and report on a significant piece of supervised research, which comprises a Minor Dissertation. In addition, to the dissertation, other forms of assessment include exams, essays and other forms of continuous assessment. The distribution of modules across terms is presented overleaf.

## Programme Overview One Year (90 ECTS)

Semester 1	Semester 2	Summer term
PS584 Health Promotion & Behaviour Change (10 ECTS)	PS587 Psychological Processes in Illness & Health care (10 ECTS)	
PS585 Perspectives in Health Psychology (10 ECTS)	PS588 Biobehavioural Processes in Health & Illness (10 ECTS)	
PS579 Research Methods in Health Psychology (10 ECTS)		
PS6137 Research & Professional Skills (10 ECTS)		
PS6136 Dissertation (30 ECTS)		

## Part-time Masters in Health Psychology Two Years (50 and 40 ECTS Per Year)

Year one - Semester 1 (30 ECTS)	Year One - Semester 2 (20 ECTS)	Year One – Summer term
PS585 Perspectives in Health Psychology (10 ECTS)	PS587 Psychological Processes in Illness & Health care (10 ECTS)	<b>No course work in Semester 3 (year 1)</b>
PS579 Research Methods in Health Psychology (10 ECTS)	PS588 Biobehavioural Processes in Health & Illness (10 ECTS)	
PS6137 Research & Professional Skills (10 ECTS)		
Year Two - Semester 1 (10 ECTS plus dissertation)	Year Two - Semester 2 (Dissertation only)	
PS584 Health Promotion & Behaviour Change (10 ECTS)	No taught modules	
PS6136 Dissertation (30 ECTS) (S1 & S2 & S3)		

# Semester 1

Semester 1	Monday	Tuesday	Wednesday	Thursday	Friday
9 – 10	Self-study time	Self-study time	<b>AMB 101 PS6137 Research and Professional Skills</b> (Dr Jenny McSharry)	Self-study time	Self-study time
10 – 11	Self-study time	Self-study time	<b>AMB 101 PS6137 Research and Professional Skills</b> (Dr Jenny McSharry)	<b>AMB G043 PS584 Health Promotion and Behaviour Change</b> (Prof Molly Byrne)	Self-study time
11 – 12	Self-study time	Self-study time	<b>AMB G043 PS579 Research Methods</b> (Dr. Jane Walsh)	<b>AMB G043 PS584 Health Promotion and Behaviour Change</b> (Prof Molly Byrne)	Self-study time
12 – 1	Self-study time	Self-study time	<b>AMB G043 PS579 Research Methods</b> (Dr. Jane Walsh)	Self-study time	Self-study time
1 – 2			Fortnightly lunchtime seminars		
2 – 3	Self-study time	Self-study time	<b>AMB G043 PS585-Perspectives in Health Psychology</b> (Dr Gerry Molloy)	<b>AMB G035 SPSS Training – PS579</b>	Self-study time
3 – 4	Self-study time	Self-study time	<b>AMB G043 PS585-Perspectives in Health Psychology</b> (Dr Gerry Molloy)	<b>AMB G035 SPSS Training – PS579</b>	Self-study time
4 – 5	Self-study time	Self-study time	Self-study time	Self-study time	Self-study time

## Semester 2

Semester 2	Monday	Tuesday	Wednesday	Thursday	Friday
9 – 10	Self-study time	Self-study time	Self-study time	Self-study time	Self-study time
10 – 11	Self-study time	<b>AMB G043 PS587 Psychological Processes in Illness and Health Care</b> (Dr AnnMarie Groarke)	Self-study time	Self-study time	Self-study time
11 – 12	Self-study time	<b>AMB G043 PS587 Psychological Processes in Illness and Health Care</b> (Dr AnnMarie Groarke)	Self-study time	Self-study time	Self-study time
12 – 1	Self-study time	Self-study time	Self-study time	Self-study time	Self-study time
1 – 2			Fortnightly lunchtime seminars		
2 – 3	Self-study time	Self-study time	<b>AMB G043 PS588 Biobehavioural Processes in Health and Illness</b> (Dr Sinead Conneely)	Self-study time	Self-study time
3 – 4	Self-study time	Self-study time	<b>AMB G043 PS588 Biobehavioural Processes in Health and Illness</b> (Dr Sinead Conneely)	Self-study time	Self-study time
4 – 5	Self-study time	Self-study time	Self-study time	Self-study time	Self-study time

## Semester 1

PS584

### Health Promotion and Behaviour Change

ECTS Weighting: 10

Module Coordinator: Prof Molly Byrne

Contributors: Dr Jenny Mc Sharry and Guest  
Lecturers

\*Part-time students will complete this module in Year Two of the programme.

**Description:** The aim of this module is to introduce students to the study of health promotion and the science of behaviour change. Students will explore the latest research and methods in the area of health behaviour intervention development and evaluation.

**Learning outcomes:** On completion of this module students will be able to:

1. Evaluate, and reflect on, the key health psychology theories in relation to their contribution to health promotion and changing health related behaviour.
2. Reflect on the process of behaviour change and health psychology theories of behaviour change in relation to their own behaviour.
3. Debate the merits of individual versus population based approaches to health promotion.
4. Critique evidence based practice in the area of health behaviour change interventions, including the use of psychology theory in intervention development, specification of behaviour change techniques and intervention components, and the evaluation of interventions through randomised controlled trials.

**Basic Reading:**

Morrison, V. & Bennett, P (2016). Introduction to Health Psychology. 4th Ed. London: Pearson/Prentice Hall. (Main Library 616.0019 MOR)

Michie, S., Atkins, L, & West, R. (2014). The Behaviour Change Wheel. A guide to designing interventions. Silverback Publishing: England.

Additional course content related reading lists will be provided.

**Assessment:** 100% continuous assessment.

**PS579**

## **Research Methods in Health Psychology**

**ECTS Weighting: 10**

**Module Coordinator: Dr Jane Walsh**

**Contributors: Dr Jane Walsh Dr. Denis O**

**Hora**

### **Description**

This course focuses on methodological issues that arise when conducting research in the area of health psychology such as threats to validity and ethical considerations. The application of a number of advanced statistical methods to research designs in health research is also covered (e.g., factorial analysis of variance, MANOVA, multiple regression, etc.). The course will also provide advanced training in SPSS.

### **Learning Outcomes**

- Students will develop an understanding of advanced statistical methods used in health psychology research.
- Students will be able to evaluate the link between research methods used in psychological research and the appropriate statistical methods used to analyse data.
- Students will develop skills needed to set up a database and analyse the data using SPSS.
- Students will report the results of research using APA (American Psychological Association) style.

### **Basic Reading**

Howitt, D., & Cramer, D. (2011). An introduction to statistics in psychology (5th ed.). London: Prentice Hall.

Howitt, D., & Cramer, D. (2008). Introduction to SPSS in Psychology: For version 16 and earlier (4th ed.). London: Prentice Hall.

Tabachnick, B.G., & Fidell, L.S. (2007). Using multivariate statistics (5<sup>th</sup> ed.). Boston: Pearson.

### **Assessment**

End of year exam (50%), continuous assessment (25%), plus an in-class exam on SPSS (25%).

**PS585**  
**Perspectives in**  
**Health Psychology**

**ECTS Weighting: 10**  
**Module Coordinator: Dr Gerry Molloy**  
**Contributors: Dr Gerry Molloy and Guest**  
**Lecturers**

**Description**

The overall objective of this course is to examine how health and illness result from interacting biological, psychological, and social processes. Emphasising the role of psychosocial factors, evidence is considered showing that psychosocial factors explain more of the variance in population health and illness than biology. Specifically this module will give an overview of the various theoretical approaches and perspectives relevant to health, illness and healthcare.

**Learning Outcomes**

On completing the course the student will be able to:

1. Describe and discuss key historical and conceptual influences leading to the emergence of health psychology.
2. Critically evaluate the key ideas in the practice of health psychology and the biopsychosocial foundations of population health and illness.
3. Critically evaluate the various theoretical perspectives used in health psychology
4. Evaluate the contribution of related disciplines to health psychology by critically appraising medical and health services research that examine behaviour and other psychological factors

**Basic Reading**

Morrison, V. & Bennett, P (2016). Introduction to Health Psychology. 4th Ed. London: Pearson/Prentice Hall. (Main Library 616.0019 MOR)

**Assessment**

Assessment will be by continuous assessment (100%). This will consist of a critique of a journal article distributed during semester, critical evaluation of disciplines related to health psychology, a reflective journal and hosting a social media microblog for a week.

## Semester 2

PS587

### Psychological Processes in Illness and Health Care

ECTS Weighting: 10

Module Coordinator: Dr AnnMarie Groarke

Contributors: Dr Jane Walsh, Dr Pádraig MacNeela, Dr Caroline Heary

#### Description

This course covers the role and application of psychological processes in illness and health care delivery. In this module, students will examine: (i) patient-provider communication, using health services / issues raised by hospitalization and medical care, treatment adherence and preventive health behaviour; (ii) the impact of chronic illness upon psychological functioning and factors influencing coping and adjustment, pain and its management; (iii) the role of rehabilitation and interventions in the context of chronic illness.

#### Learning Outcomes

- ✚ The student will understand the role of biological, psychological and social factors in illness and health care delivery contexts
- ✚ The student will understand the application of psychological process in the rehabilitation and management of chronic illness and health care delivery
- ✚ The student will be able to evaluate the efficacy of interventions in the context of chronic illness and health care delivery

#### Basic Reading

Morrison, V. & Bennett, P (2016). Introduction to Health Psychology. 4th Ed. London: Pearson/Prentice Hall. (Main Library 616.0019 MOR)

Taylor, S.E. (2015). Health psychology (9th ed.). New York: McGraw Hill

#### Assessment

Two-hour written examination (70%), continuous assessment assignments (30%)

### **Description**

In this module, students will gain an understanding of the bio-behavioural influences on health and on the development of illness. Attention is focused on the nature of stress and its psychobiological consequences, on those variables that moderate the stress experience and on strategies for the management of stress. Students will also engage in a stress-management workshop and develop an applied stress-management intervention for a chosen target group.

### **Learning Outcomes**

- (1) The student will understand the main physical systems affected by stress (nervous, cardiovascular, immune and endocrine);
- (2) The student will understand the psycho-social factors that influence stress (e.g. personality factors and social support);
- (3) The student will understand psychological models of stress and approaches to reducing stress.

### **Basic Reading**

Morrison, V. & Bennett, P (2016). Introduction to Health Psychology. 4th Ed. London: Pearson/Prentice Hall. (Main Library 616.0019 MOR)  
Taylor, S.E. (2015). Health psychology (9th ed.). New York: McGraw Hill.

### **Assessment**

This is comprised of (1) Continuous assessment (40%); (2) Two-hour written examination (60%)

## Semesters 1 & 2

### PS6137 Research and Professional Skills

**ECTS Weighting: 10**  
**Module Coordinator: Dr Jenny Mc Sharry**  
**Contributors: Dr Jenny McSharry, Dr Elaine Toomey plus Guest Lecturers**

#### **Description**

This module introduces a variety of key research-related and professional skills, including qualitative and mixed methods research, which will enable students to develop their understanding of qualitative and mixed methods approaches and associated methodological issues. Additional skills will include how to critically review research literature; planning and conducting a systematic review; and critiquing meta-analytical approaches. Students will also be supported to prepare an ethics application.

#### **Learning outcomes:**

On completion of this module, students will be able to:

- Comprehend the purpose, execution, and relevance of systematic reviews and meta analyses
- Outline the steps required to complete a systematic review and produce an associated protocol
- Perform literature searches for research purposes, using key library and online resources and complete a systematic review
- Demonstrate understanding of different qualitative approaches to data collection and analysis
- Use citation software for research writing and organization
- Complete an application to the School of Psychology's internal research ethics committee

#### **Basic Reading**

Readings will be recommended by individual course contributors and/or posted on Blackboard.

#### **Assessment**

Assessment will be continuous (100%), based on a systematic review protocol (10%), systematic review (60%) and a qualitative assignment (30%).

## Semesters 1 & 2, and Summer Term

\*Part-time students will conduct their dissertations in Year Two of the programme.

**PS6136**  
**Minor Dissertation**

**ECTS Weighting: 30**  
**Module Coordinator: Dr Gerry Molloy**

### Description

In this module students conduct and report an original empirical research project in a health-related area. The project may be carried out in a psychological laboratory or in a community or health-care setting.

### Learning Outcomes

- ✚ Under supervision, students will learn to conduct a critical review of the literature, develop testable aims and hypotheses or alternatively a research question appropriate for qualitative analysis, devise a suitable method for testing specified aims / hypotheses, conduct the planned study, collect data, analyse data, and report results in accordance with peer review journal criteria.

### Basic Reading

American Psychological Association (2009). Publication manual of the American Psychological Association. Washington, DC: American Psychological Association (6<sup>th</sup> Edition).

Wood, C., Giles, D. & Percy, C. (2012). Your Psychology Project Handbook. Essex, England: Pearson Education Limited (2<sup>nd</sup> Ed).

### Assessment

Manuscript based on empirical work (100%).

### Note:

In the calendar year of 2019 Dr Caroline Heary will be on sabbatical, therefore she will not be able to supervise projects between September 2019 and December 2019.

# Submitting your Work

As well as written examinations, students will be assessed on the basis of submitted work with respect to certain modules. Submitted work will include assignments set by lecturers. Please take note of the following regulations.

**1. Submission arrangements.** With regard to continuously assessed work (e.g., essays), all materials for examination should be submitted electronically, via the Blackboard Turnitin facility, unless alternative arrangements are in place. Students will be notified of such alternatives where relevant. **Please anonymise your submitted work by using your student ID and NOT your name.**

**2. Copies.** You are requested to keep a copy of all submitted work. In the unlikely event that a submitted piece of work is misplaced or that a dispute emerges as to whether or not a piece of work was originally submitted, the *student* will be responsible for supplying the School with a copy of the submission on request.

**3. Late Submission of Course Work/Assignments.** All work submitted late will attract a reduced mark, except in particularly extenuating circumstances. The School has decided upon a uniform deduction of **10%** of marks **per day** overdue. This system is intended to ensure that students who meet deadlines are not disadvantaged by fellow students being allowed to submit work late. Accordingly, the system is *not* intended to disadvantage students who encounter genuinely problematic circumstances that interfere with their ability to meet deadlines. Should students experience such circumstances, they are requested to notify the School at the earliest possible opportunity (e.g., *in advance* if possible) so that a fair allowance can be made. If a student is unable to meet a deadline as the result of an illness, an allowance can normally be made so long as medical certification can be produced. All requests for extensions to continuous assessment deadlines due to illness should be submitted by email to the programme director(s) and the relevant module co-ordinator including a copy of the medical certification.

**4. Plagiarism.** *Plagiarism* refers to the presentation of someone else's work as your own. It can refer to the copying of someone else's work, the adaptation of it for a different purpose, or to the close paraphrasing of it.

Plagiarism goes against the spirit of university education, and to a great extent defeats its purpose. Plagiarising other people's work does not entail true learning, as the information you read and transcribe is processed by you at a cognitively superficial level. Therefore, in a case of plagiarism, the offender is depriving themselves of valuable opportunities to exploit the challenges of a learning environment. Given that most learning is transferable, the offender may also find that their ability to perform well in other assignments is not helped – or indeed is somewhat undermined – by their plagiarism. On the other hand, when an assignment is conducted honestly, it generates useful associations and thought processes that impinge positively on the student's ability to perform well across a range of areas of study, as well as in the area in which the assignment is based.

**Self-plagiarism is also prohibited.** This can occur when identical material is

submitted for assessment for different parts of the course or across different courses. While it is likely and indeed encouraged that students link assessment tasks on various parts of the course to areas of interest e.g. the dissertation topic, students are not permitted to submit identical material for separate assessments. Where students are not sure if they are self-plagiarising they should consult the module coordinator or their supervisor for guidance.

In order that conscientious students receive fair marks for work conducted honestly, plagiarism is treated as an extremely serious academic offence (equivalent to cheating in an examination hall). Everything you submit in written form should be your own work, written in your own choice of words. If you wish to refer to the work of another author, you must credit him or her in your text. Otherwise, text copied from other sources – even in small amounts – is completely prohibited. This applies to all written work that you present for your course. It includes the copying of published texts, text downloaded from the Internet, course notes, and the work of other students (or other people generally). **Please note that the ‘Turnitin’ facility on Blackboard assesses all submissions for degree of plagiarism and unacceptable levels of plagiarism will result in the severest penalties, which depending on the circumstances may include a formal warning, a mark of zero being awarded to your work or your case may be referred to a committee for further investigation. Further information is available at <http://www.nuigalway.ie/plagiarism/>**

## 5. Feedback

It is course policy that feedback on continuous assessment, excluding the final dissertation, submitted during the semester will be returned to students within 3 weeks by course staff.

# Assessment

## Assessment

As well as continuously assessed work, you will be required to take written examinations at the end of each Semester as part of the overall assessment of your performance.

- 1. Grade bands.** For the MSc in Health Psychology, grades will be based on the following bands:

Percentage	Honours band
70–100	First class honours (equivalent to a Distinction in the UK)
60–69	Second class honours, Grade one (equivalent to a Merit or Commendation in the UK)
50–59	Second class honours, Grade two
40–49	Third class honours
0–39	Fail

- 2. Checks and Appeals.** At the end of the year, after official University transcripts of results have been issued, students are entitled to seek ‘checks’ or ‘appeals’ of their results. Checks and appeals involve payment of an administrative fee, and are subject to formal University procedures operated through the Examinations Office. Further details are available at <http://www.nuigalway.ie/exams/appeals.html>.
- 3. Resits/Deferrals.** Should the need arise for a student to sit a repeat paper or a deferred written examination, this must be scheduled to occur after the full examination cycle for the programme has elapsed. As the MSc in Health Psychology runs through the Summer Term, the full examination cycle is not said to have elapsed until after the examination of Dissertations in August/September 2020.
- 4. Psychological Society of Ireland accreditation.** In order to complete the MSc all modules must be passed to comply with PSI accreditation guidelines

**NOTE:** The information presented above is for guidance only. Students are referred to the University’s *General Calendar* for information on regulations regarding University courses.

## Other Important Information

### **Attendance**

As all lectures, seminars and learning activities for all modules involve developing knowledge and skills in the research and practice of health psychology attendance is a course requirement. Students not attending lectures and seminars for a given module will not have the opportunity or be able to achieve key learning outcomes and this may affect the grade awarded for that module.

Attendance sheets will be distributed at all classes and collated by module co-ordinators at the end of each term to monitor attendance. If you cannot attend for some reason, we would ask you to notify the relevant module leader ideally before the lecture, and if this is not possible then immediately afterwards. Failing to do this is demonstrating a lack of professionalism and courtesy to the module co-ordinators.

### **Overall Time commitment**

Although we appreciate that many students work part-time in addition to their studies we would highlight that those taking the full-time course are expected to devote full-time hours to their studies. A notional number of hours per 10 ECT module is approximately 15 hours per module per week. This would break down into 2 hours face-to-face contact and about 13 hours of self-study. In weeks where there is assessment or group work these figures may be higher. Therefore, in full-time study it would be expected that students devote approximately 45 hours per week and in part-time study approximately 23 hours to their studies.

### **Student Liaison with External Bodies**

The co-operation of schools, hospitals and other centres in the research work of the School is greatly appreciated. It is the policy of the School to seek the assistance of such outside agencies only for research work at postgraduate level. Any such contact must be with the permission of an assigned lecturer/supervisor or the Head of School.

### **Computer Facilities**

All students may register without charge with the University's Computer Services. In this way they are given access to a number of PC LAN rooms and the University's mainframe computers. The school will also provide access to experimental software in the school PC room throughout the year. Students will have access to these PCs for project and assignment work.

### **Professional Organisations**

The Psychological Society of Ireland (PSI) is the professional body and scholarly society for psychology in Ireland. Students are entitled to apply for Student Subscribership of PSI. For a small annual fee, Student Subscribers receive PSI's monthly bulletin *The Irish Psychologist*, *The Irish Journal of Psychology* and the many notices issued by the PSI about its programme of activities. They also can avail of reduced registration fees at events organised by the Society. Students are strongly encouraged to become Student Subscribers of PSI. Application forms are available from the School Office, online at [www.psihq.ie](http://www.psihq.ie), or from: The Psychological Society of Ireland, Floor 2, Grantham House, Grantham Street, Dublin 2.

Students may, if they wish, apply for student membership in other psychology organisations such as the American Psychological Association, Association for Psychological Science, and the British Psychological Society (BPS).

Students are also encouraged to join the PSI Division of Health Psychology. The Division's primary aims are to promote awareness of health psychology in Ireland as a distinct specialism, to develop a clearly-defined career pathway for Health Psychologists in Ireland, and to promote and encourage research in Health Psychology and the application of this research to improve health services and the health status of the people of Ireland. The Division of Health Psychology organises training events throughout the year and an annual scientific conference. The Division may provide a useful forum for students to keep up-to-date with developments in the area of Health Psychology in Ireland. Affiliate membership of the Division is available to those studying in a postgraduate training course in Health Psychology for a small fee. Further information is available on the Division website at:  
<https://www.psychologicalsociety.ie/groups/Division-of-Health-Psychology>

### **The NUI Galway Student Psychological Society**

The NUI Galway Student Psychological Society was established to promote the learning and enjoyment of psychology in the university. In order to become a member of the Society and to receive the regular updates sent out by the Society, students are requested to register at the NUI Galway Societies' Office, submitting their name, e-mail address, identification number and phone number to that office.  
<http://www.socs.nuigalway.ie/>

### **Student services, policies for students and student code of conduct**

Students are encouraged to familiarize themselves with the full range of University student services, relevant university policies for students and in particular, the student code of conduct, which should guide your general approach to time as a student at NUI Galway. These can be found here:  
<http://www.nuigalway.ie/student-services/policies/>

### **If you have a problem**

If you have a query or concern regarding an element of the course, we would ask you to speak with the relevant module co-ordinator in the first instance. Thereafter, the Programme Director(s) (Dr Gerry Molloy and Dr Jenny Mc Sharry) are available if you have any queries or concerns. The Head of School, Dr John Bogue, is also available to you if you have concerns which cannot be dealt with by the Programme Director(s).

## Indicative continuous assessment deadlines Semester 1 (Subject to change)

PS584	Health Promotion and Behaviour Change	10 ECTs
PS579	Research Methods in Health Psychology	10 ECTs
PS585	Perspectives in Health Psychology	10 ECTs
PS6137	Research and Professional Skills	10 ECTs
PS6136	Minor Dissertation (Full-time students only)	30 ECTs

**Please add the exact dates as you get them in the first week as there will be assignment congestion that you will need to manage.**

Week beginning	Continuous assessment 1	Continuous assessment 2	Continuous assessment 3
1. 9 <sup>th</sup> September			
2. 16 <sup>th</sup> September			
3. 23 <sup>rd</sup> September	PS585 Reflective Journal (350 words)		
4. 30 <sup>th</sup> September	PS585 Reflective Journal (350 words)		
5. 07 <sup>th</sup> October	PS585 Reflective Journal (350 words)	PS6136 Brief Research Proposal (1-2 pages)	
6. 14 <sup>th</sup> October	PS585 Article Critique (2,500 words)		
7. 21 <sup>st</sup> October	PS584 Debate (In Class)	PS579 (Exercise 1)	
8. 28 <sup>th</sup> October			
9. 04 <sup>th</sup> November	PS579 (Exercise 2)	PS6137 (group presentation)	
10. 11 <sup>th</sup> November	PS585 Discipline Analysis (2,500 words)	PS6137 Systematic Review Protocol (1000 words)	
11. 18 <sup>th</sup> November	PS585 Reflective Journal (350 words)	PS6137 (1000 words Reflexive Practice)	PS584 Self-reflection on behaviour change (1500 words)
12. 25 <sup>th</sup> November	PS579 (SPSS exam)		
13. 2 <sup>nd</sup> December <b>Study week</b>	PS584 Critical Review of Intervention (2500 words)		
14. 9 <sup>th</sup> December <b>Exam period</b>	Date to be confirmed PS579 Exam		
15. 16 <sup>th</sup> December <b>Exam period</b>		PS6136 Ethics proposal	
16. <b>Semester 2</b> Mid Mar 2020	PS6137: Systematic Review (3000 words)		