

<b>Module code:</b> MOD002505	<b>Version:</b> 14 <b>Date Amended:</b> 27/May/2025
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<b>1. Module Title</b>
Clinical and Health Psychology

<b>2a. Module Leader</b>
Emma Kaminskiy

<b>2b. School</b>
School of Psychology, Sport and Sensory Sciences

<b>2c. Faculty</b>
Faculty of Science and Engineering

<b>3a. Level</b>
4

<b>3b. Module Type</b>
Standard (fine graded)

<b>4a. Credits</b>
15

<b>4b. Study Hours</b>
150

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
<b>Courses to which this module is restricted:</b>	None		

## LEARNING, TEACHING AND ASSESSMENT INFORMATION

### 6a. Module Description

Here you will be introduced to clinical and health psychology. You will examine the way in which these disciplines apply psychological knowledge to an understanding of health and illness, and the interventions which can be used to improve health or relieve the symptoms of illness. You will also examine how concepts of health have changed over time, how we define and classify mental ill-health, and the different models that psychologists have used to understand the causes of mental ill-health. You will also examine specific health problems, both physical and mental, including eating disorders, stress, trauma, and sexual disorders. You will also review the different methods that can be used by clinical and health psychologists to enhance people's physical and mental health, both individual, family and population based. This module will be of real interest to those who would like to pursue a career in clinical or health psychology, or related areas, such as forensic psychology.

### 6b. Outline Content

The module content will vary to some extent, depending upon the expertise of those delivering the module and which issues are topical. The following list therefore indicates the kind of topics which might be included. Normally 6-8 topics will be covered during the module.

What is abnormal psychology?

What is health psychology?

Research methods in abnormal and health psychology

What is health?

Historical and current concepts of mental and physical health and disorder

Models of normality and the causes of abnormality

Abnormal and health perspectives on eating behaviour and eating disorders

The body and somatoform disorders

Sexual health and sexual disorders

Stress

Changing behaviour: individual approaches

Changing behaviour: family and population approaches

### 6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

### 6d. Specialist Learning Resources

Students should make use of the university's specialist library resources (e.g. journal articles) in order to expand their knowledge and understanding of the subject area. This also introduces students to the nature of independent learning.

7. Learning Outcomes (threshold standards)		
No.	Type	On successful completion of this module the student will be expected to be able to:
1	Knowledge and Understanding	Demonstrate an understanding of historical and current concepts of mental and physical health and illness
2	Knowledge and Understanding	Demonstrate an understanding of healthy and risky behaviour, and its relationship with physical and mental health
3	Knowledge and Understanding	Demonstrate an understanding of the nature and aetiology of specific disorders and their treatment
4	Intellectual, practical, affective and transferrable skills	Communicate effectively in a format appropriate to the discipline using accurate terminology.

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2025/6	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	23	1-4	22 x 1 hour lectures plus 1 hour lecture in TW 12
Other teacher managed learning	6	1-4	6 x 1 hour seminars
Student managed learning	121	1-4	5 hours reading per lecture week (11 weeks); 7 hours preparation for each seminars (3 seminars); 46 hours preparation for assessment
TOTAL:	150		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	3-4	50 (%)	Fine Grade	30 (%)
Essay (1000 words)					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Coursework	1-2	50 (%)	Fine Grade	30 (%)
Coursework (1500 word equivalent)					

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7\*).

In addition, students are required to:

- (a) achieve the qualifying mark for each element of fine graded assessment as specified above
- (b) pass any pass/fail elements

[\* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]