

Programme Specification for

MSc Health Psychology



1. Programme title	MSc Health Psychology
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Details of accreditation by professional/statutory/regulatory body	N/A
5. Final qualification	MSc
6. Year of validation Year of amendment	
7. Language of study	English
8. Mode of study	Full-time

9. Criteria for admission to the programme

Students should normally possess a good honours degree in Psychology. This should be a high 2:2 or better and particular consideration will be given to performance in undergraduate research methods modules and the dissertation. They must also have the Graduate Basis for Chartership with the BPS. In addition to this, international students need to have obtained a minimum IELTS score of 6.5. Accreditation of Prior and Experiential Learning (APEL): Applicants who have extensive learning from experience, learning achievement from a previously unaccredited course or prior certificated learning may apply for APEL. A claim for APEL may be made for up to 50% of the taught credits (i.e. 60 credits) on the MSc Health Psychology. The responsibility rests with the applicant for making a claim to have acquired knowledge and skill accredited and for supporting the claim with appropriate evidence. The learning derived from experience must be able to be identified in order to be assessed. Prior learning is identified through systematic reflection on experience, the writing of clear statements about what was actually learned and the collection and collation of evidence to support those statements. The claim will be assessed by the programme team and the admissions team. It will be assessed against individual module learning outcomes and the DHPTC curriculum covered on those modules.

10. Aims of the programme

The programme aims to:

- Equip students with the stage 1 knowledge and skills for training as a Health Psychologist, as outlined in the BPS-DHPTC core curriculum

- Equip students with an advanced and mature understanding of current concepts, theories and controversies within health psychology
- Facilitate students' ability to apply theory to practice in complex and unpredictable situations
- Familiarise students with applications of health psychology in a comprehensive range of settings
- Provide students with advanced skills relevant to research, consultancy and professional practice
- Equip students with advanced research skills covering research design, analysis and dissemination
- Facilitate students' development of a range of high level professional skills, such as practising clinical skills, designing and evaluating health-related interventions or services and decision- making
- Facilitate students' development of a range of transferable skills such as numeracy, communication and team-working in order to aid employability
- Equip students with an ethical and reflective approach to their practice.

11. Programme outcomes

A. Knowledge and understanding

On completion of this programme the successful student will have knowledge and understanding of :

1. Psychosocial foundations of health, illness and disease;
2. Psychological processes of acute and long-term conditions;
3. Psychological processes of health care delivery;
4. Applications of health psychology;
5. Clinical practice in health psychology;
6. Advanced research methods in psychology

Teaching/learning methods

Students gain knowledge and understanding through interactive lectures and workshops (all outcomes) involving significant learner activity, which allows students to engage with the material and encourages a deep approach to learning.

Assessment Method

Students' knowledge and understanding is assessed by a range of methods including formative assessments. Assessment includes essay (outcome 1), health behaviour change reflection (outcome 1), systematic review (outcome 2), case study report (outcome 3), designing and evaluating interventions or services (outcomes 4 & 5), research reports and in-class tests (outcome 6)

Assessment methods

B. Cognitive (thinking) skills

On completion of this programme the successful student will be able to:

1. Reason analytically;
2. Discuss in-depth issues in health psychology by drawing on relevant evidence;
3. Comprehensively and critically evaluate research and theories in health

Teaching/learning methods

Students learn cognitive skills through interactive lectures and workshops (all outcomes) involving significant learner activity, which encourages discussion and debate and encourages critical thinking and a deep approach to learning.

Assessment Method

Students' cognitive skills are assessed by a range of methods including formative

<p>psychology;</p> <ol style="list-style-type: none"> 4. Evaluate research methodology; 5. Make decisions about implementing research and interventions in complex and uncertain environments <p style="padding-left: 40px;">Reflect in depth on learning and development as a professional</p>	<p>assessments. Assessment includes essay, systematic review and case studies (outcomes 1-4), health behaviour reflection (outcomes 1, 2 & 3), designing and evaluating interventions (inc. two formative, outcomes 3 & 5), research reports (outcomes 1, 3, 4, & 5), reflective log (outcome 6), dissertation (all outcomes)</p>
<p>C. Practical skills</p> <p>On completion of the programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Plan, conduct and write-up research that addresses important and relevant applied health psychology issues; 2. Analyse quantitative and qualitative data; 3. Design health-related interventions; 4. Critically evaluate interventions or services; 5. Make decisions about patients' needs and welfare through evidence- based reasoning. 6. Identify and apply clinical skills <ul style="list-style-type: none"> Take an ethical and reflective approach to their practice as a health psychologist 	<p>Teaching/learning methods</p> <p>Students learn practical skills through interactive lectures (outcomes 1-5 & 7), research and statistics workshops (outcomes 1, 2 & 4), and professional practice workshops including role play (outcomes 4, 5, 6 & 7). All of these methods will provide opportunities for experiential learning</p> <p>Assessment Method</p> <p>Students' practical skills are assessed by a range of methods including formative assessments. Assessment includes, case study report (outcome 5), designing and evaluating interventions (outcomes 3, 4 & 7), research reports (outcomes 1 & 2), reflective log (outcome 7), practical portfolio (outcomes 5, 6 & 7), dissertation (outcomes 1, 2 & 7)</p>
<p>D. Graduate skills</p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Chart, plan and reflect on their personal and career development; 2. Learn effectively in order to be able to demonstrate mastery of Health Psychology; 3. Communicate effectively with peers, tutors and others; 4. Work effectively as part of a team; 5. Use information technology to produce reports, search literature and analyse data; 6. Demonstrate advanced quantitative reasoning skills that are required to research and practice in the field of health psychology 7. Disseminate work through reports, articles, posters and presentations 	<p>Teaching/learning methods</p> <p>Students acquire graduate skills through reflective logs (outcome 1 & 2), workshops on communication and other professional and clinical skills (outcomes 1 & 3), statistical workshops (outcomes 5 & 6), and team work (outcome 3, 4 & 7).</p> <p>Assessment Method</p> <p>Students' graduate skills are assessed by a range of methods including formative assessments. Assessment includes research reports (outcomes 5, 6 & 7), poster presentations and mock interviews (outcome 3 & 7), reflective log and CV and cover letter (outcomes 1 & 2), systematic review (outcomes 3 & 4) dissertation (outcomes 2, 3, 5, 6 & 7)</p>

12. Programme structure (levels, modules, credits and progression requirements)

12.1 Overall structure of the programme

The MSc is assessed at 180 credit points. The programme includes four 30 credit compulsory level 4 taught modules (Advanced research methods in psychology, Clinical practice and placement in health psychology, Psychological processes of illness and health care delivery, and Foundations and applications of health psychology) and a compulsory 60 credit level 7 dissertation. In general, 30-credit modules run from October to April. However, the Clinical practice and placement in health psychology module runs from October to the following September to enable students to work flexibly (e.g. if students opt to take the placement pathway, the placement may take place during the summer after the other taught modules have finished).

The MSc programme can be studied over 12 months full-time or 24 months part-time. Part-time students take 60 taught credits in year 1 and 60 taught credits in year 2 (if they take the placement pathway on the Clinical practice and placement in health psychology module, they attend the placement part-time during term time and the summer during their second year of study). In addition, they begin planning their 60-credit dissertation from the outset of their studies and thus this module runs over 24 months for part-time students and over 12 months for full-time students.

Each module covers between two and seven areas of the BPS-DHPTC core curriculum and all modules include a focus on helping students to develop professional, research and transferable skills. The dissertation module encourages students to work independently and develop expertise in a particular area of health psychology.

If students are obliged to terminate their studies early, they may apply for the award of Postgraduate Certificate in Applied Psychology, assessed at 60 credit points. If students are obliged to terminate their studies before completion of the dissertation, they may apply for the award of Postgraduate Diploma in Psychology and Health, assessed at no less than 120 credit points. There are no special module requirements for either of these two exit awards.

12.2 Levels and modules

Level 7

COMPULSORY

Psy4009 Foundations and applications of health psychology (30 credits)

Psy4110 Psychological processes of illness and health care delivery (30 credits)

Psy4011 Advanced research methods in psychology (30 credits)

Psy4037 Clinical practice and placement in health psychology (30 credits)

Psy4035 Research: Practice and Reporting (60 credits)

12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)

Module level

Psy4009	Foundations and applications of health psychology		
Psy4110	Psychological processes of illness and health care delivery		
Psy4011	Advanced research methods in psychology		
Psy4035	Research: Practice and Reporting		
Psy4037	Clinical practice and placement in health psychology		

13. Curriculum map

See attached.

14. Information about assessment regulations

Assessment regulations can be found in the University Regulations. All assessment components must be passed

15. Placement opportunities, requirements and support (if applicable)

As part of the Clinical practice and placement in health psychology module, students will have the option to take a pathway that culminates in an 8 week full-time equivalent health psychology placement. Placements will be available for all students (e.g. smoking cessation, obesity management, drugs service, chronic illness management, health promotion, stroke prevention) but students may find their own placement if they wish (this must be approved by the module leader). Placements will normally take place 4-5 days a week for 8 consecutive weeks after the taught part of the course ends

(i.e. during the summer). However, some placements may involve working 1-3 days a week both during the summer and during some of term-time. This will depend on both student availability and the nature of the placement.

Preparing for placement will involve a series of workshops and one-to-one meetings between module leader and students to discuss interests and availability. Students will then be allocated to placements and will meet key contacts in the placement organisation. Expectations, roles and responsibilities of students and organisations, and procedures for dealing with difficulties will be discussed with both parties. Health and safety and risk assessments will be conducted. The module leader will provide supervision and support throughout the process of preparing for, undertaking, evaluating and reflecting upon the placement through one-to-one tutorials and other correspondence. Support during the placement will also be provided by at least one key contact within the placement organisation. At the end of the placement the organisation will be asked to complete a brief report and students will produce a reflective log book and final report

16. Future careers (if applicable)

The programme supports career development in a variety of ways. The programme itself emphasises the development of transferable skills such as communication, numeracy and team working, as well as subject specific professional skills such as practising clinical skills, designing and evaluating interventions or services and writing research reports. These skills are all assessed and students are also required to reflect on their learning and development. Also, as part of Clinical practice and placement in health psychology, students will gain some insight into the world of work in health settings, they will attend workshops on clinical skills and practice, ethical and reflective practice and professional behaviour in employment settings and they will produce a CV and cover letter and have a mock job interview.

Visiting external speakers working in the NHS, academia, public health and industry

contribute to the programme in order to help students consider their future careers.

Career opportunities in health psychology are rapidly expanding. Areas of employment include health promotion in the workplace, the community or public health; smoking cessation; stress management; the management of chronic illness including pain, cardiovascular disease or HIV; research and teaching. Thus students may work in a variety of settings including the NHS, public health, industry and academia or pursue further postgraduate training and/or study. Furthermore, students may apply for Assistant/Trainee Health Psychologist posts and/or after a further two years of supervised practice (known as stage 2 training) students are eligible to become Health Psychologists (and Chartered, Registered and Practitioner Psychologists). This will enable them to apply for 'Health Psychologist' posts and to apply for more senior roles that require experience.

17. Particular support for learning (if applicable)

Significantly research active staff and visiting external speakers working in the NHS, academia, public health and industry contribute to the programme and support effective learning and skills development.

Specific tutorial hours are available with the Programme Leader and the various Module Leaders to support learning on each module and all members of staff can be reached by telephone and e-mail.

The Library service provides a variety of supports and the Learning Enhancement Team provides support for academic writing and language and maths, stats and numeracy. The Library also provides computer rooms and loans out laptops. The psychology department has three dedicated computer laboratories and a psychophysiology laboratory for psychology students.

Additional support required by disabled students, mature students, overseas students etc. is readily available to ensure that all students enjoy equality of opportunity at Middlesex (e.g. lecture notes can be made available in hard copy as well as on UniHub, assessment feedback can be provided by email or in hard copy and/or students can meet with module leaders for verbal feedback).

18. JACS code (or other relevant coding system)

PGL711

19. Relevant QAA subject benchmark group(s)

None at M-level but H-level QAA psychology subject benchmark statement

20. Reference points

- Quality Assurance Agency (QAA) Framework for Higher Education Qualifications
- QAA Code of Practice
- QAA Master's Degree Characteristics
- QAA H-level Psychology subject benchmark statement
- BPS National Occupational Standards for Psychology
- BPS Division of Health Psychology Training Committee core curriculum

- Health and Care Professions Council Standards of Proficiency: Practitioner Psychologists
- University Guide and Regulations
University Learning and Quality Enhancement Handbook

21. Other information

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

Module Title	Module Code	Programme outcomes																											
		A1	A2	A3	A4	A5	A6	B1	B2	B3	B4	B5	B6	C1	C2	C3	C4	C5	C6	C7	D1	D2	D3	D4	D5	D6	D7		
Foundations and applications of health psychology	PSY4009	X			X	X		X	X	X		X				X	X					X		X	X		X		
Psychological processes of illness and health care delivery	PSY4110		X	X	X	X	X	X	X	X	X	X				X	X	X	X		X			X	X	X			
Advanced research methods in psychology	PSY4011						X	X			X	X		X	X										X	X	X		
Clinical practice and placement in health psychology	PSY4037			X	X	X		X	X	X		X	X			X	X	X	X	X	X	X	X	X	X	X		X	
Research: Practice and Reporting	PSY4035				X		X	X	X	X	X		X	X						X		X	X		X	X	X		

