

## Applied Psychology A: Psychology, Health & Wellbeing

School of Psychology

College of Life and Environmental Sciences

### Details

**Code** 24169

**Level of study** First Year

**Credit value** 10

**Semester** 1

### Module description

The purpose of this module is to provide an overview of the main concepts, theories and research methods in Health Psychology. Topics to be covered include health beliefs, symptom perception, stress, coping, health-related behaviours (smoking, alcohol use, eating/obesity), risk perception, resilience, survivorship, benefit finding and quality of life. Current evidence related to each area will be examined through one recommended journal article associated with each lecture.

### Teaching and learning methods

lectures