

**Macao Polytechnic Institute**  
**School of Health Sciences and Sports**  
**Bachelor of Science in Nursing**

**Module Outline**

**Academic Year 2021 / 2022 Semester 1**

<b>Learning Module</b>	Applied Psychology			<b>Class Code</b>	NPSY2101
<b>Pre-requisite(s)</b>	Nil				
<b>Language of Instruction</b>	Chinese and English			<b>Credit</b>	3
<b>Lecture Hours</b>	45 hrs	<b>Lab/Practice Hours</b>	0 hrs	<b>Total Hours</b>	45 hrs
<b>Instructor</b>	Mr. Kwong Ho-keung		<b>E-mail</b>	hkkwong@ipm.edu.mo	
<b>Office</b>	Rm M705, Meng Tak Building, Main Campus		<b>Telephone</b>	8599 3428	

**Description**

This is a 45 hours learning module. Through this subject, students study psychological theories and human behaviors, especially those related to health and illness. Those factors influencing behavior would be explored including physical, psychological, social, cultural, political and economic ones. Such understanding would be applied to nursing practice.

**Learning Outcomes**

After completing the learning module, students will be able to:

1. Discuss common psychological theories in explaining illness responses.
2. Describe psychological responses towards illness.
3. Discuss the interactions of bio-psycho-socio-cultural elements in health and understand the outcome of such interactions.
4. Understand the uniqueness of individual responses to illness and treat every client according to individual needs.

## **Content**

1. Introduction to psychology (1)
  - 1.1 Understand what is psychology
  - 1.2 Discuss the history of psychology
  
2. Introduction to psychology (2)
  - 2.1 Discuss the branches of psychology
  - 2.2 Understand the area of psychology
  
3. Introduction to psychology (3)
  - 3.1 Understand the theories of psychology
  - 3.2 Discuss the famous psychologists and their studies
  
4. Introduction to psychology (4)
  - 4.1 Discuss the studies and research methods in psychology
  
5. Introduction to health psychology
  - 5.1 Understand the background of health psychology
  - 5.2 Understand the aims of health psychology
  - 5.3 Discuss the future the health psychology
  
6. Health belief
  - 6.1 Understand the meaning of illness
  - 6.2 Understand the meaning of healthy
  - 6.3 Understand lay theories about health
  - 6.4 Comprehend the biomedical Model
  - 6.5 Comprehend the Bio-psycho-social model
  
7. Meaning of health status
  - 7.1 Comprehend the mortality rates
  - 7.2 Comprehend the morbidity rates
  - 7.3 Measure of functioning
  - 7.4 Measure and predicting quality of life
  
8. Illness cognition
  - 8.1 Comprehend symptom perception
  - 8.2 Understand social cognition models
  - 8.3 Handling the measure of illness cognition
  - 8.4 Problems with social cognition models

9. Health behaviors
  - 9.1 Comprehend the health behaviors
  - 9.2 Understand the developing of theory-based interventions
  - 9.3 The intervention-behavior gap
  - 9.4 Understanding maintenance of behavior change
  
10. Doctor-patient communication
  - 10.1 Understand compliance and its improvement
  - 10.2 Handling the skills of health professional-patient communication
  - 10.3 Practice patient centeredness
  
11. Role of health professional
  - 11.1 Understanding the problem of doctor variability
  - 11.2 Agreement between health professional and patient
  
12. Hospitalization
  - 12.1 Understand sectors of health care and contemporary practice
  - 12.2 Discuss modes of treatment
  - 12.3 Discuss the problematic of treatment and hospitalization
  
13. Organizational health
  - 13.1 Discuss the interaction of health professionals
  - 13.2 Understand the working lives of health professionals
  
14. Stress and immune function
  - 14.1 Comprehend stress
  - 14.2 Discuss the stress theories
  - 14.3 Understand the stress and changes in physiology
  - 14.4 Measuring stress
  
15. Life transition and crises
  - 15.1 Understand stress and changes
  - 15.2 Understand coping and social support
  
16. Pain
  - 16.1 Understand early pain theories
  - 16.2 Understand the role of psychosocial factors in pain perception
  - 16.3 Measuring pain

17. Psychological process of illness
  - 17.1 Understand the role and consequence of psychology in alleviation, progression and attitude to illness
  - 17.2 Discuss psychology and promoting longevity
  
18. Exercise, obesity and eating
  - 18.1 Understand a healthy diet
  - 18.2 Understand the influence to health
  - 18.3 Apply the cognitive models of eating behavior
  - 18.4 Understand the concern of body dissatisfaction and diet
  
19. Ecology, environment and culture
  - 19.1 Understand future challenge of health psychology
  - 19.2 Discuss the factors of ecology, environment and culture in health psychology
  
20. Assumption of health psychology
  - 20.1 Discuss the problem of progression
  - 20.2 Discuss the problem of methodology
  - 20.3 Discuss the problem of measurement
  
21. Revision
22. Revision
23. Examination

### **Teaching Method**

Lectures, discussions, case studies, role plays and videos.

### **Attendance**

Attendance requirements are governed by the “Academic Regulations Governing Bachelor’s Degree Programmes of Macao Polytechnic Institute”. Students are not eligible to attend the final examination and re-sit examination if the absence rate exceeds 30%. Moreover, an “F” will be given as the final grade to students who have less than the stated attendance for this enrolled learning module.

## **Assessment**

Individual assignment	40%
Examination	60%

Any students scoring less than 35% of the total mark in the final examination will be given an “F” grade for the learning module even if the overall grade is 50% or higher.

## **Teaching Material(s)**

### **Textbook(s)**

Ogden, J. (2019) *Health Psychology 6<sup>th</sup> edition*, Berkshire: McGraw-Hill Education

## **Reference**

### **Reference book(s)**

Boyer, B. A (2008) *Comprehensive handbook of clinical health Psychology*, New Jersey: John Wiley

Brannon, L. & Feist, J. (2010) *Health psychology an introduction to behavior and health (7<sup>th</sup> ed)*, Belmont: Wadsworth / Cengage Learning

Howard S. Friedman & Roxane Cohen Silver (2007) *Foundations of health Psychology*, Oxford: Oxford University Press

Kaptein, A. A. (2004) *Health psychology*, Mass: BPS Blackwell

Lyons, Antonia C. (2006) *Health psychology: a critical introduction* Cambridge: Cambridge University Press

Linda Brannon (2007) *Health Psychology: an introduction to behavior and health*, Belmont: Thomson/Wadsworth.

Ogden, J. (2012) *Health Psychology 5<sup>th</sup> edition*, New York: Open University Press.

Regan A. R. & Gurung (2010) *Health Psychology: a cultural approach*, Belmont: Wadsworth / Cengage Learning

Sarafino, E. P. (2006) *Health psychology – biopsychosocial interactions (5<sup>th</sup> ed.)* Toronto: John Wiley.

Taylor, S.E. (2015) *Health Psychology (9<sup>th</sup>ed)*, NY: McGraw-Hill Education

**Applied Psychology (NPSY2101-211) Timetable Class 2A**

課次 Session	日期 Date	時間 Time	課題 Topic
1	24-08-2021	14:30-16:30	Introduction to Psychology (1)
2	25-08-2021	14:30-16:30	Introduction to Psychology (2)
3	31-08-2021	14:30-16:30	Introduction to Psychology (3)
4	01-09-2021	14:30-16:30	Introduction to Psychology (4)
5	07-09-2021	14:30-16:30	Introduction to health psychology
6	08-09-2021	14:30-16:30	Health belief
7	14-09-2021	14:30-16:30	Meaning of health status
8	21-09-2021	14:30-16:30	Illness cognition
9	28-09-2021	14:30-16:30	Health behavior
10	29-09-2021	14:30-16:30	Doctor-patient communication
11	05-10-2021	14:30-16:30	Role of health professional
12	06-10-2021	14:30-16:30	Hospitalization
13	12-10-2021	14:30-16:30	Organizational health
14	15-10-2021	09:00-11:00	Stress and immune functioning
15	18-10-2021	11:00-13:00	Life transition and crises
16	19-10-2021	14:30-16:30	Pain
17	21-10-2021	14:30-16:30	Psychological process of illness
18	22-10-2021	14:30-16:30	Exercise, Obesity and eating
19	25-10-2021	11:00-13:00	Ecology, environment and culture
20	26-10-2021	11:00-13:00	Assumption of health psychology
21	29-10-2021	*14:30-16:30	Revision (2 hours)
22	29-10-2021	*16:30-17:30	Revision (1 hour)
23	10-12-2021	11:00-13:00	Examination

**Applied Psychology (NPSY2101-212) Timetable Class 2B**

課次 Session	日期 Date	時間 Time	課題 Topic
1	20-08-2021	14:30-16:30	Introduction to Psychology (1)
2	26-08-2021	14:30-16:30	Introduction to Psychology (2)
3	27-08-2021	14:30-16:30	Introduction to Psychology (3)
4	02-09-2021	14:30-16:30	Introduction to Psychology (4)
5	03-09-2021	14:30-16:30	Introduction to health psychology
6	09-09-2021	14:30-16:30	Health belief
7	10-09-2021	14:30-16:30	Meaning of health status
8	17-09-2021	14:30-16:30	Illness cognition
9	01-11-2021	14:30-16:30	Health behavior
10	04-11-2021	14:30-16:30	Doctor-patient communication
11	05-11-2021	14:30-16:30	Role of health professional
12	08-11-2021	14:30-16:30	Hospitalization
13	09-11-2021	14:30-16:30	Organizational health
14	11-11-2021	14:30-16:30	Stress and immune functioning
15	15-11-2021	14:30-16:30	Life transition and crises
16	16-11-2021	11:00-13:00	Pain
17	18-11-2021	14:30-16:30	Psychological process of illness
18	19-11-2021	14:30-16:30	Exercise, Obesity and eating
19	22-11-2021	14:30-16:30	Ecology, environment and culture
20	23-11-2021	14:30-16:30	Assumption of health psychology
21	25-11-2021	*14:30-16:30	Revision (2 hours)
22	25-11-2021	*16:30-17:30	Revision (1 hour)
23	10-12-2021	11:00-13:00	Examination