CARDIFF SCHOOL OF HEALTH SCIENCES
DEPARTMENT OF APPLIED PSYCHOLOGY

MSc Health Psychology
Joining Instructions
2015/16
Welcome from the Dean  
Professor Adrian Peters

The Cardiff School of Health Sciences  
*improving health through education and research*

A very warm welcome to the Cardiff School of Health Sciences.

You will be joining a vibrant community of over 2000 students with 160 staff committed to delivering a first class education on our broad portfolio of health courses. Most of our degrees are professionally recognised allowing direct entry into your chosen profession and forming an excellent springboard for your career.

You are entering the University at an exciting time with the opening of the new School of Art and Design in 2014 the latest in a multimillion pound investment in the Llandaff Campus that has included a £5 million development of the School’s facilities, a new School of Management, Learning Centre extension and Student Centre with gym facilities and excellent student support services.

The information in this pack will give you a feel for the School and the course you are joining. Please do not hesitate to contact your Programme Director if there are any questions that we have not answered.

Your time at University is important and will give you the opportunity to develop lifelong friendships and a range of skills and experiences that endure. We provide an environment in which your academic, professional and social developments thrive and Cardiff, as the capital city of Wales with a large student population, is well placed to meet all your social needs.

Finally, I look forward to welcoming you in person during Freshers’ week. I encourage you to play a full role in the School and take every opportunity afforded you. I am certain you will find your time at this University highly rewarding and the start of a lifelong relationship with us.
The Cardiff School of Health Sciences

improving health through education and research

The School is located on the Llandaff Campus and has four Departments offering courses at BSc and MSc level, many of which offer both an academic and professional qualification. We also offer a foundation degree, two foundation year courses and a small number of Higher Certificates and Diplomas validated by BTEC/EDEXCEL. In addition to professional body accreditation our programmes are approved by the appropriate regulatory bodies including the Health and Care Professions Council, Care Council for Wales and General Dental Council where this is required.

The departments and examples of the courses they offer are detailed below:

Department of Applied Community Sciences
- Environmental Health (BSc, HND)
- Social Work (BSc)
- Health and Social Care (BSc)
- Housing (BSc, HND, HNC)
- Applied Public Health (MSc)
- Food Safety Management Hong Kong (MSc)
- Occupational Health, Safety and Wellbeing (MSc)

Department of Biomedical Sciences
- Biomedical Science (BSc, HND, MSc)
- Sports Biomedicine and Nutrition (BSc)
- Foundation Health Sciences (Foundation Certificate)
- Healthcare Science (Life Sciences) (BSc)

Department of Applied Psychology
- Psychology (BSc)
- Foundation Social Sciences (Foundation Certificate)
- Forensic Psychology (MSc)
- Health Psychology (MSc)
- Practitioner in Forensic Psychology (PGD)
- Doctorate in Forensic Psychology (DForen. Psych.)

Department of Healthcare
- Complementary Therapies (BSc)
- Dental Technology (FD, BSc, MSc)
- Speech & Language Therapy (BSc)
- Podiatry (BSc)
- Musculoskeletal Studies [Lower Limb] (MSc)
- Food Science and Technology (BSc, HND, MSc)
- Food Production Management (BSc)
- Food Technology for Industry (MSc)
- Public Health Nutrition (BSc)
- Human Nutrition and Dietetics (BSc, Post Graduate Diploma, MSc)
- Advanced Dietetic Practice (MSc)
Each Department has a Head who sits on the School Management and Planning Team with the Deputy Dean (Learning and Teaching), Associate Dean (Research) and Associate Dean (Enterprise) and School Business Support Manager. This team, chaired by the Dean, is responsible for the strategic and operational management of the School.

Each programme has a Programme Director and all have student representatives who make an active and important contribution to Programme Committee meetings. There are also opportunities for students to have a voice in the management of the School; at the Staff Student Liaison panel; the Learning and Teaching Committees; Whole School meetings; and at a number of events across the University.

Cardiff Metropolitan Sport in conjunction with the Athletics Union provide a range of intramural sports opportunities and students can access the excellent sporting facilities at the Cyncoed Campus, which houses the National Indoor Athletics Centre, tennis centre, gym and swimming pool and the gym in the Student Centre at Llandaff Campus.

The award winning Cardiff Met Rider bus runs a regular service between the Student Accommodation campus and into the city centre.

Included in this pack is specific information for your chosen programme. For more information on our School or programme, please visit our website www.cardiffmet.ac.uk/cshs or contact your Programme Director.

Research in the Cardiff School of Health Sciences

The Cardiff School of Health Sciences has a strong research culture; informing your curriculum and teaching and extending knowledge and professional practice development.

In the most recent UK wide assessment (Research Assessment Exercise, 2008) much of our research was recognised as having international standing with a significant proportion internationally excellent or world leading.

We have invested heavily in our research infrastructure with new research laboratories for biomedical science and food science and technology, a psychology research centre and a postgraduate centre for our PhD students, who now number over 60 with strong research groups in Biomedical Science, Environmental Health, Food Science & Technology and Psychology with a growing number of practitioner PhDs in Dietetics, Podiatry and Speech and Language Therapy.

Our great strength is our multidisciplinary, collaborative approach and we produce world-class applied research that informs practice in Wales and beyond. For example, our work on exercise, diabetes, and healthy ageing includes collaborations between biomedical science, psychology and physiologists to better understand the complex relationships between lifestyle the ageing process and illness associated with ageing; extending our knowledge in this critically important area and influencing healthy ageing initiatives. Recent research grants awarded in this area include National Institute for Social Care and Health Research (NISCHR) funded work on growing a healthy older population in Wales looking at the influence of gardening and allotment keeping.
on healthy aging and a large European study, Frailomics, examining biomarkers of frailty, an important indicator of health in the older population.

We also host Lung Research Wales: Ymchwil yr Ysgyfaint Cymru, a NISCHR funded Recognised Research Group that brings together the research and clinical expertise of Cardiff Metropolitan University, Swansea University, Cardiff University and Bangor University with clinicians and scientists from University Health Boards to improve our understanding of all aspects of respiratory disease.

Research across the School is extensive and varied. For more information on our research please visit [www.cardiffmet.ac.uk/cshs](http://www.cardiffmet.ac.uk/cshs) and follow the link to research.

**Working with Partners**

We are proud of our work with local communities, employers and industry in Wales and beyond. From developing homework clubs on science with black and minority ethnic communities in Cardiff to working with the pharmaceutical industry on drug discovery methods, we make a significant contribution to the social, cultural and economic well-being of Wales and the UK. In 2011 we entered partnership with the Cardiff and Vale University Hospital Board to deliver key collaborative projects including running NHS Podiatry Clinics in our own Wales Centre for Podiatric Studies, improving patient care and clinical education for our students.

The internationally recognized Food Industry Centre based in the School has been awarded £3.9 million from the Welsh Government to engage with Welsh food manufacturers to ensure they are competitive players in the food sector. To date this has led to the development of over 100 jobs in the industry and benefitted our students with opportunities for work placements, industry projects and innovative employment in the food industry.

We work closely with industry on waste, pollution and occupational health and safety, and host one of the specialist chemical centres of Public Health England's Centre for Radiation, Chemical and Environmental Hazards and the World Health Organisation Collaborating Centre for Public Health Management of Chemical Incidents. Staff from the School contribute to the work of a new Cardiff Met International Training Centre announced by the World Health Organisation in May 2011 in Thailand and officially launched here in April 2012.

Our role in providing lifelong learning opportunities through Continuing Personal and Professional Development is important and we have excellent relationships with employers providing a host of CPD opportunities across the School’s disciplines.

We have strong links with local authorities and the third sector, providing post qualification training for Social Workers, Continuing Professional Development (CPD) in health and social care and working closely with housing associations, including a recent Knowledge Transfer Partnership with a major local supported-housing organisation.

Our strong links with partners is key to our ability to provide you with relevant work experience placements critical to your professional development and employability.
2. WELCOME FROM THE PROGRAMME DIRECTOR

Dr Caroline Limbert

We are delighted to welcome you onto our Masters Programme in Health Psychology. As you will have realised, from the section above, the Cardiff School of Health Sciences carries out teaching and research in a large number of different areas of health, and you will be able to draw upon these areas of expertise during your taught programme and for your research dissertation. The majority of research in the Department of Applied Psychology is health-related and the teaching team has particular expertise in lifestyle issues such as eating disorders, occupational health and well-being, obesity, green exercise and addiction.

This booklet is intended as an introduction to Cardiff Metropolitan University, the Cardiff School of Health Sciences, the Department of Applied Psychology and the Masters programme. Your Student Handbook and the Induction Day Programme will provide you with more detail and we are your first point of contact if you need any further information or advice. The Induction Day Programme is provided at the end of this booklet.
3. EDUCATIONAL AIMS OF THE PROGRAMME

Health Psychology is the practice and application of psychological research into behaviour relevant to health, illness and health care. It looks at the role of environmental, psychosocial, and sociocultural factors that may contribute to disease or its prevention; behavioural methods used in the diagnosis, treatment, or rehabilitation of individuals having physical disorders; and techniques that could reduce disease risk by modifying health beliefs, attitudes, or behaviours including decisions about using professional services.

The programme focuses on lifestyle behaviour, which reflects the expertise of our programme team and is one of the distinguishing aspects of this MSc in Health Psychology. Tackling deleterious lifestyle behaviours is particularly important in the Welsh context given that life expectancy and healthy life expectancy are lower in Wales compared to the rest of the UK (ONS 2011), and there is a correspondingly high level of risky behaviours (Welsh Assembly Government, 2003). A second distinguishing feature of this MSc in Health Psychology is that it is committed to ensuring that its students have the opportunity to consider cultural differences between health related attitudes, behaviour and outcomes in Wales, the UK as a whole and other countries. The programme has strong links with its sister programme in Athens, Greece and has engaged in cross cultural working with both staff and students spending time in both countries to study health psychology in different contexts. This MSc was designed to build on the recommendations of the 2003 Review of Health and Social Care in Wales to produce high quality graduates that could help improve the health of Wales and beyond by using specific psychological knowledge and skills.

An accredited MSc in Health Psychology is the first step towards achieving Chartered Psychologist Status and full membership of the Division of Health Psychology with the BPS. The Cardiff Metropolitan University MSc in Health Psychology is a BPS accredited programme which received 4 commendations for good practice from the BPS in April 2015. The commendations recognised the supportive and enthusiastic programme team, the links with our Athens programme, and the strong focus on employability which is particularly apparent in the workshops that we run on relevant skills such as cognitive behavioural therapy, motivational interviewing and psychometric testing; and also in our placement style dissertations which put our students at the heart of the situation with regard to the research they are carrying out. All of our students have the opportunity to work alongside an external organisation to conduct real world research for their dissertations.

Further detail about the process of becoming a BPS Chartered Psychologist and also about becoming registered with the Health and Care Professions Council (HCPC) as a practitioner are available in the student handbook as are the detailed aims and learning outcomes of the Programme. To be a Health Psychologist you need to register with HCPC and follow an approved programme all of which are listed on the HCPC website. http://www.hpc-uk.org/ .

Once you have successfully completed your MSc you will be eligible for the BPS Stage 2 programme of study which also confers eligibility to become HCPC registered as a health psychologist. We have qualified stage 2 supervisors to help you with this within the programme team. Information regarding the BPS route to becoming a health psychologist can be found at: http://www.bps.org.uk/careers-education-training/society-qualifications/health-psychology/health-psychology
4. PROGRAMME STRUCTURE
The programme is structured within a modular format and the taught component comprises six modules. In addition to that the dissertation involves independent, supervised research. The Health Psychology Programme involves no optional modules in order that students are fully prepared for the demands of Stage 2 of their move towards becoming Chartered Psychologists, but there are choices available within the modules and particularly in relation to the dissertation.

Table 1: Programme modules

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<thead>
<tr>
<th>Module title</th>
<th>Brief description</th>
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<tbody>
<tr>
<td>Chronic Illness, Stress and Pain</td>
<td>Theories and models in relation to stress and pain and their management. The impact chronic conditions have on Individuals, and their carers and families.</td>
</tr>
<tr>
<td>Health Psychology and the Health Psychologist</td>
<td>Context and perspectives in health psychology; epidemiology of health and illness; biological mechanisms of health and disease; role of the family in health and illness; death, dying and bereavement; health related quality of life. Legal and ethical issues.</td>
</tr>
<tr>
<td>Communication in the Health Care Context</td>
<td>Communication in health care settings, including screening, hospitalisation, stressful procedures, giving bad news, adherence, patient satisfaction and placebos. Inter-professional relations.</td>
</tr>
<tr>
<td>Changing Health Behaviour</td>
<td>Health related cognitions and beliefs. Social cognition models; self-regulation models; risk perception; decision making; attributions. Designing and evaluating health related interventions.</td>
</tr>
<tr>
<td>Research Methods and Design</td>
<td>Equips the student with the qualitative and quantitative research skills necessary to undertake master's level research. Research methods, design and analysis; pros and cons of health service research; measurement of process; measurement of outcomes.</td>
</tr>
<tr>
<td>Dissertation</td>
<td>An extended research project on a health related topic of the student's choice, from a range of options based on supervisors' expertise.</td>
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Programme Study Time
A student’s study time is broken into three elements: class contact time, directed study time and independent study time. Class contact time is normally made up of lectures, seminars, practical classes, tutorials and workshops. Each module is delivered across the academic year for a set number of hours per week. Directed study time is defined as time where the students prepare for forthcoming lectures, plan seminar deliveries and read relevant research literature that is directed by the module tutor(s). This is expected to be a maximum of 60 hours of student effort. When appropriate, independent study time includes time when the students engage in additional problem-solving or research based activities that are related to a given module but where the activities are not directed by the module tutor(s). This is expected to be a maximum of 30 hours of student effort.
Modes of attendance
Timetables will be given out during induction day. Full-time students will be expected to attend Cardiff Met 2 days a week on a Wednesday and a Friday. Part-time students will be expected to attend Cardiff Met for one day per week, A Wednesday during year 1 of their study and a Friday during year 2 of their study. There is a requirement to attend at least 80% of the taught component of the programme.

Teaching and learning methods.
Teaching and learning methods include: workshops, analysis workshops, research based teaching materials, lead lectures, seminars, self-directed learning through the use of study packs and on-line material, student presentations, guest speakers and computer based learning.

Assessment methods
Assessment methods include coursework essays, needs analyses and design of interventions, research reports, case studies, critiques, writing proposals and a research dissertation. During the induction day programme on Friday 25th September 2015 you will be given details of the assessment programme and the requirements to progress and achieve an award. At the start of each module the dates and specifications of programme assignments will be detailed.

Reading lists
No prior reading is expected before the start of the course and reading lists will be provided at the start of each module. However if you want to get a feel for the broad issues of relevance to health psychology any text book with ‘health psychology’ in the title is likely to be of value.

Contact Details
Dr Caroline Limbert, Programme Director
Room: D2.08
Tel: 029 2041 6009
E-mail: climber@cardiffmet.ac.uk

Helen Campling, Taught Programmes Office Supervisor - 0.8
(Monday – Thursday)
Room: D1.10
Tel: 029 2041 7210
E-mail: hcampling@cardiffmet.ac.uk

Online Enrolment
Enrolment is an important process that confirms your status as a Cardiff Met Student. You can complete the online self enrolment process from any computer through our Self Service system from 1st September 2015. If you applied through Self Service you will already have the necessary login details for self enrolment, otherwise these will be sent to you via email.

Please note that in order to self enrol your status with Cardiff Met must be Unconditional Firm (UF).

To begin your enrolment process, please visit www.cardiffmet.ac.uk/enrolment. Step-by-step guidance is provided. This process is essential in that it allows you access to payment of fees, programme information systems, and enables you to obtain your Student ID Card during Induction.
Induction Programme

MSc Health Psychology

Friday 25th September 2015

Room O2.16

Dr Caroline Limbert, Programme Director

9am       ID card (Learning Resource Centre)
10am      Masters Level Studying
10:30am   Programme Discussion & Any questions (O2.10, O2.11 & O2.12)
12:00pm   Interactive IT and Moodle Induction
12:30pm   Lunch Break
1:30pm    Electronic Resources – Rebecca Evans, Library
2:15pm    Student Services Induction – Paul Fitzpatrick
3pm       Finish