Health Psychology

Background

The field covers areas such as how individuals cope with illness and chronic disease, understanding and promoting healthy behaviours, psychological influences on the development of disease states, understanding and improving adjustment in health-care settings, patient-practitioner communication, adherence to treatment, determinants of health-related behaviours (diet, exercise etc), and understanding how individuals make sense of and react to health screening, symptoms and illness.

The impetus for the development of Health Psychology has stemmed from the fact that many of these areas of research and practice have not previously been directly addressed by medicine. The field has been bolstered by the usefulness of psychological models in explaining health-related behaviours and developing effective interventions in areas that have been problematic in the health field.

There is increased recognition of the need for health services to pay more attention to the psychological aspects of medical problems and to improve health care interventions. Increasingly, health professionals are dealing with chronic illness, psychosomatic illness, ageing and the problems of living with disability. All these areas have major Health Psychology components.

The University of Auckland is one of the first universities worldwide to offer a practitioner qualification in Health Psychology. Students who complete an MSc in Health Psychology or a Masters in Health Psychology together with the Postgraduate Diploma in Health Psychology are eligible to apply for registration with the New Zealand Psychologists Board. Graduates of the PGDipHealthPsych are currently working in hospital-based respiratory and diabetes services, rehabilitation services and pain clinics. Some are working in primary care for private health providers. Some graduates are also in private practice.

Postgraduate Study in Health Psychology

Research-based programmes at masters and doctoral (PhD) levels are available. In addition, there is a Postgraduate Diploma in Health Psychology (PGDipHealthPsych), graduates of which can apply for registration with the New Zealand Psychologists Board. Entry into all programmes is competitive and approximately 12-14 students are accepted into the basic Masters in Health Psychology programme each year.

Masters in Health Psychology

In past years, the health psychology masters program has been comprised of two, sequential 1-year degrees - a PGDipSci (Health Psychology) and an MSc (Health Psychology) degree. While the training remains essentially unchanged, these degrees have now been merged within a new two-year Masters in Health Psychology (MHealthPsyc) degree.

The Masters in Health Psychology is offered by the Faculty of Medical and Health Sciences. The programme is taught by Health Psychology researchers working in the Department of Psychological Medicine at the Grafton Campus and the Department of Psychology at the Tamaki Innovation Campus. The programmes are designed to give students a strong background in the theoretical, methodological and practical applications of Health Psychology. The courses aim to produce graduates with sound knowledge of health psychology and high quality research skills who are able to design and carry out effective health psychology research and interventions in community and health-care settings. They will be able to evaluate the effectiveness of health intervention programmes using sophisticated methodological approaches in the health area.

Health Psychology facilities

Health Psychology facilities

There are excellent facilities and resources for teaching and research in Health Psychology on both the Medical and Health Sciences Campus and the Tamaki Innovation Campus of The University of Auckland. The Medical and Health Sciences Campus has close proximity and contact with medical institutions throughout the region. The campus also has ready access to clinical populations of special interest to Health Psychology, such as oncology services, cardiac services, neurology, obstetrics and gynaecology, specialist pain services and other tertiary and specialty centres.

These features are complemented by the existence at the Tamaki Innovation Campus of many other relevant health and exercise related resources. The Tāmaki Innovation Campus includes health research groups and clinics in Clinical Psychology, the School of Population Health, Occupational Medicine, Centre for Health Services Research and Policy, Department of Sport and Exercise Science, Adidas Sports Medicine, Audiology, and Speech Language Therapy.
University admissions and enrolment

Entry into the Masters in Health Psychology programme is limited and applications for entry close 1 December. The minimum requirement for entry is a Bachelor of Science or Bachelor of Arts degree with a major in Psychology. A research methods course such as PSYCH 306 from The University of Auckland or an equivalent is normally expected for entry into the programme. There is an interview selection process for the Masters in Health Psychology; the interviews are held in early December.

Students interested in enrolling in the Masters in Health Psychology need to complete an online application via Student Services Online AND submit two letters of recommendation and a personal statement to the Health Psychology Administrator.

www.studentservices.auckland.ac.nz

General postgraduate enrolment information is available from Faculty of Medical & Health Sciences Student Centre.

The Student Centre
Building 503, Ground Floor
Faculty of Medical and Health Sciences
85 Park Road, Grafton
Auckland
Phone: +64 9 923 4888
Email: fmhs@auckland.ac.nz
Open: 8.30am-4.30pm, Monday to Friday

International students
If you are an international student (that is, you do not have citizenship or permanent residency in New Zealand or Australia) then you should contact the International Office for application information (international@auckland.ac.nz).

Programme outlines

Masters in Health Psychology (MHealthPsych)
The programme requires a total of 120 points of which 60 points are from compulsory courses (listed below).

Compulsory courses

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time</th>
<th>Campus</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLT4PSYC 714</td>
<td>Health Psychology</td>
<td>Tu</td>
<td>1-3pm</td>
<td>G</td>
<td>Semester One</td>
</tr>
<tr>
<td>HLT4PSYC 715</td>
<td>Research Methods in Health Psychology</td>
<td>W</td>
<td>12-2pm</td>
<td>G</td>
<td>Semester One</td>
</tr>
<tr>
<td>HLT4PSYC 719</td>
<td>Health Psychology Assessment</td>
<td>Th</td>
<td>1.00-12pm</td>
<td>G</td>
<td>Semester One</td>
</tr>
<tr>
<td>HLT4PSYC 720</td>
<td>Health Psychology Interventions</td>
<td>Tu</td>
<td>10am-12pm</td>
<td>G</td>
<td>Semester Two</td>
</tr>
</tbody>
</table>

Optional courses
The remaining 60 points from other postgraduate courses can be selected from a variety of approved 700 level courses taught by Psychological Medicine, Psychology, Sport and Exercise Science and Population Health. For a complete list of the courses offered in these departments please refer to the relevant department handbooks.

Some relevant courses that students may consider are:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time</th>
<th>Campus</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLT4PSYC 716</td>
<td>Psychoneuroimmunology</td>
<td>M</td>
<td>2-4pm</td>
<td>G</td>
<td>Semester Two</td>
</tr>
<tr>
<td>HLT4PSYC 718</td>
<td>Psychophysiology and Health</td>
<td>M</td>
<td>10am-12pm</td>
<td>G</td>
<td>Semester Two</td>
</tr>
<tr>
<td>HLT4PSYC 743</td>
<td>Psychopathology and Clinical Interviewing</td>
<td>M</td>
<td>3-5pm</td>
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<td>Semester One</td>
</tr>
<tr>
<td>HLT4PSYC 744</td>
<td>Research Topic in Health Psychology</td>
<td>TBC</td>
<td>TBC</td>
<td>G</td>
<td>Semester One/Two</td>
</tr>
<tr>
<td>HLT4PSYC 757</td>
<td>Psychosomatic Processes</td>
<td>TBC</td>
<td>TBC</td>
<td>G</td>
<td>Semester Two</td>
</tr>
<tr>
<td>HLT4PSYC 758</td>
<td>Special Topic in Health Psychology</td>
<td>TBC</td>
<td>TBC</td>
<td>G</td>
<td>Semester One/Two</td>
</tr>
<tr>
<td>PSYCH 745</td>
<td>Death and Dying</td>
<td>Tu</td>
<td>2.30-4.30pm</td>
<td>T</td>
<td>Semester One</td>
</tr>
</tbody>
</table>

NOTE: Timetable subject to change. Please see Student Services Online for up to date information.

G = Grafton Campus, T = Tāmaki Innovation Campus, C = City Campus, TBC = To be co-ordinated.
Course prescriptions

HLTHPSYC 714 Health Psychology
15 Points
Staff: Professor Keith Petrie
A review of the psychological factors involved in health and illness. Topics include the understanding of patient behaviour in medical settings, preventative health behaviour, cognitive models of illness, stress and illness, communication and adherence to treatment, the psychology of physical symptoms, and coping with chronic disease.

HLTHPSYC 715 Research Methods in Health Psychology
15 points
Staff: Associate Professor Elizabeth Broadbent
A review of the principal methods used in the design, conduct and analysis of studies in the health psychology area. This will include both quantitative and qualitative approaches to health psychology research.

HLTHPSYC 716 Psychoneuroimmunology
15 points
Staff: Associate Professor Roger Booth
An outline of the nature of the human immune system, its measurement and the limitations of current practices and models. The main focus of the course is the extent to which psychological processes such as stress, emotions and social interactions have been found to influence immune behaviour and the implications of these findings for health and well-being.

HLTHPSYC 718 Psychophysiology and Health
15 points
Staff: Dr. John Sollers III
Describes general psychophysiological methodology including the measurement, analysis and interpretation of physiological data. Topics include physiological responses to stress including heart rate, blood pressure, heart rate variability, cortisol and the startle response. This course takes a multi-systems approach to exploring health and affords the opportunity to view behavioural, physiological and neuroendocrine responses to stress.

HLTHPSYC 719 Health Psychology Assessment
15 points
Staff: Assoc Professor Nathan Consedine, Ms Margot Darragh
Extends content knowledge in health psychology through the development of skills in the assessment and evaluation of constructs commonly used in health psychological research and practice. Includes consideration of general issues in psychometric theory and the specific assessment issues commonly confronting widely-used health psychological research designs, as well as detailed coverage of specific content areas including illness cognitions, health-related psychophysiology, emotions and health outcomes.
Restriction: PSYCH 747, PSYCH 701 A & B

HLTHPSYC 720 Health Psychology Interventions
15 Points
Staff: Mr Malcolm Johnson
Reviews the underpinning theory base for approaches commonly used in health psychology interventions such as CBT, and applies these approaches to examples from the field of health psychology. Individual and group/community treatment targets will be considered, including common difficulties that impact on disease occurrence or management, and the psychological consequences of disease.
Restriction: PSYCH 748, PSYCH 701

HLTHPSYC 743 Psychopathology and Clinical Interviewing
15 points
Staff: Professor Keith Petrie
A review of the common psychological disorders encountered in clinical practice and health settings. Practical teaching of clinical interview and diagnostic skills is completed in class.

HLTHPSYC 744 Research Topic in Health Psychology
15 points
This course offer the opportunity for academic staff to provide a specific course of study for one or several students. It will allow students to study a particular topic in depth or to be an active contributor to an existing research project. Students interested in doing a special topic should do so by arrangement with one of the health psychology staff members. Topics offered by individual staff will be advertised at the beginning of each semester.

HLTHPSYC 745 Death and Dying
15 points
Staff: Professor Glynn Owens
Restricted to 10 students each semester
An introduction to the issues involved in death and dying. Topics covered include the demography and physiology of dying, models of psychological response to the diagnosis of a fatal illness, therapeutic interventions with the dying and their families, coping skills of carers, as well as dealing with special groups and problems.
Restriction: PSYCH 734

HLTHPSYC 757 Psychosomatic Processes
15 points
Staff: Malcolm Johnson
Explores the psychological and biological processes that contribute to persistent pain. The assessment of the relevant psychological variables and treatment approaches for these conditions are also canvassed.

HLTHPSYC 758 Special Topic in Health Psychology
15 points
This courses offer the opportunity for academic staff to provide a specific course of study for one or several students. It will allow students to study a particular topic in depth or to be an active contributor to an existing research project. Students interested in doing a special topic should do so by arrangement with one of the health psychology staff members. Topics offered by individual staff will be advertised at the beginning of each semester.
Applicants will also have completed a course in Psychopathology and Clinical Interviewing normally HLTHPSYC 743 at The University of Auckland. Students can also apply for entry into the PGDipHealthPsych programme later, after completing their MSC in Health Psychology. Application for selection closes at the end of October each year. Interviews occur towards the end of November. Application forms are available from the Department of Psychological Medicine administration.

Enquiries
Students seeking further information about the Postgraduate Diploma in Health Psychology should contact:

Malcolm Johnson
Director of PGDipHealthPsych
Department of Psychological Medicine
Faculty of Medical and Health Sciences
The University of Auckland
Private Bag 92019
Auckland 1142
New Zealand
Phone: +64 9 923 3092
Fax: +64 9 373 7013
Email: mh.johnson@auckland.ac.nz
For more information about the application process please contact Claire Davidson in the Department of Psychological Medicine.

Programme Outline
The PGDipHealthPsych involves the completion of two University courses (HLTHPSYC 746 Pre-internship Practice in Health Psychology and HLTHPSYC 742A & B Practicum in Health Psychology) and a full year internship (HLTHPSYC 745A & B Practicum in Health Psychology). The PGDipHealthPsych aims to produce graduates with interviewing skills necessary for gathering data in face-to-face health contexts. The programme also aims to produce psychologists with the skills necessary to select, utilise and interpret assessment tools in Health Psychology, be able to produce testable formulations of the problems with which they are confronted and assist patients with appropriate interventions. The diploma programme also will provide students with an awareness of the need to be sensitive to the importance of different cultural, religious, spiritual and other beliefs and to ensure that graduates of the course are aware of, and conversant with, the need to work within clear ethical frameworks.

Postgraduate Diploma in Health Psychology
Aim
This programme aims to train students in the skills that are necessary for them to be able to function as health psychologists working in health care settings, with patient populations and the public. Graduates will have a sound knowledge of the social and psychological aspects of health problems and the application of suitable psychological interventions in health settings. A goal of the PGDipHealthPsych is to provide a route to registration with the New Zealand Psychologists Board for students holding a Masters in Health Psychology.

Eligibility
Students normally apply for the PGDipHealthPsych towards the end of the first year of their Masters in Health Psychology. Upon acceptance into the PGDipHealthPsych programme, students are then required to successfully complete the pre-internship course (HLTHPSYC 746), usually alongside their Masters in Health Psychology thesis. The pre-internship course requires students to attend irregular teaching sessions and workshops and spend time on placement in various health settings arranged by the Department. This means that there is a one year delay between acceptance into and commencement of the PGDipHealthPsych.

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Enquiries
Students seeking further information about the Postgraduate Diploma in Health Psychology should contact:

Malcolm Johnson
Director of PGDipHealthPsych
Department of Psychological Medicine
Faculty of Medical and Health Sciences
The University of Auckland
Private Bag 92019
Auckland 1142
New Zealand
Phone: +64 9 923 3092
Fax: +64 9 373 7013
Email: mh.johnson@auckland.ac.nz
For more information about the application process please contact Claire Davidson in the Department of Psychological Medicine.

Programme Outline
The PGDipHealthPsych involves the completion of two University courses (HLTHPSYC 746 Pre-internship Placement and HLTHPSYC 742A & B Professional Practice in Health Psychology) and a full year internship (HLTHPSYC 745A & B Practicum in Health Psychology). The PGDipHealthPsych aims to produce graduates with interviewing skills necessary for gathering data in face-to-face health contexts. The programme also aims to produce psychologists with the skills necessary to select, utilise and interpret assessment tools in Health Psychology, be able to produce testable formulations of the problems with which they are confronted and assist patients with appropriate interventions. The diploma programme also will provide students with an awareness of the need to be sensitive to the importance of different cultural, religious, spiritual and other beliefs and to ensure that graduates of the course are aware of, and conversant with, the need to work within clear ethical frameworks.

HLTHPSYC 796 Pre-internship Placement
30 Points
Requires students to undertake 300+ hours in at least two approved clinical placements in addition to associated workshops and training over a twelve month period.

Doctor of Philosophy (PhD)
Staff at this University also offer supervision for research based study towards a PhD. Most areas of Health Psychology are covered by staff interests and students with good quality Masters degrees are encouraged to apply for entry to the PhD programme. The PhD programme is aimed at preparing students for a research or academic career in the field. PhD candidates will critically investigate and evaluate a specific topic in Health Psychology using appropriate research methodology, with the aim of making an independent and original contribution to knowledge.

More details concerning the PhD degree at The University of Auckland as well as guidelines and regulations can be obtained from the School of Graduate Studies:

Staff

Roger Booth, PhD
Position: Associate Professor in Psychological Medicine
Discipline: Psychoneurommunology
Room: 505-102H, Scholl of Medical Sciences
Medical and Health Sciences Campus
Internal ext: 86756
Email: rj.booth@auckland.ac.nz

Research Interests:
- Psychoneurommunology: self-determination and the immune system; immune networks in health and illness; emotional expression, immunity and health; immune regulators and symptom experience.

Recent Publications:

Elizabeth Broadbent, PhD
Position: Associate Professor in Psychological Medicine
Discipline: Health Psychology
Room: 12005, Department of Psychological Medicine
Level 12, Auckland Hospital Support Building
Internal ext: 86756
Email: e.broadbent@auckland.ac.nz

Research Interests:
- Stress and wound healing, illness perceptions, patients’ drawings of their illness, risk perceptions, human-robot interactions in healthcare; embodied cognition.

Recent Publications:
Recent Publications:


Keith Petrie, PhD, DipClinPsych

Glynn Owens, DPhil

Position: Professor in Psychology
Department: Department of Psychological Medicine
Room: 734.322, Department of Psychology
Room: 12003, Department of Psychological Medicine
Discipline: Health Psychology
Discipline: Clinical and Health Psychology

Email: kj.petrie@auckland.ac.nz
Email: g.owens@auckland.ac.nz

Research interests

- Psychological aspects of health and fitness, behavioural medicine, health psychology
- The role of patients' perceptions of illness and outcome in chronic illness, patient resilience, symptom appraisal, symptom management, anxiety and depression in chronic illness, the influence of environmental worries and concerns about modernity on health perceptions and symptom reporting, long-range operations, international long-haul operators.

Recent publications

- Gaab EM., Owens R G., MacLeod RD., Caregivers’ Estimations of Their Children’s Perceptions of Death as a Biological Concept , Death Studies 2013, 37, 693-703. doi:10.1080/07481187.2012.692454
- New Zealand Medical Journal 117 (1), 49-63

Research interests

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- The role of patients' perceptions of illness and outcome in chronic illness, patient resilience, symptom appraisal, symptom management, anxiety and depression in chronic illness, the influence of environmental worries and concerns about modernity on health perceptions and symptom reporting, long-range operations, international long-haul operators.
John J. Sollers III, PhD

Position: Senior Lecturer in Psychological Medicine
Discipline: Health Psychology
Room: 12.007, Department of Psychological Medicine
Level 12, Auckland Hospital Support Building
Internal ext: 81539
Email: j.sollers@auckland.ac.nz

Research interests:
Psychophysiology, mind/body interactions, emotions, autonomic control of the heart, health disparities, stress, heart-brain interactions, biomedical engineering – signal processing, Sports Psychology

Recent publications:

Lisa Reynolds, PhD, PGDipHealthPsych

Position: Lecturer in Psychological Medicine
Discipline: Health Psychology
Room: 12.097, Department of Psychological Medicine
Level 12, Auckland Hospital Support Building
Internal ext: 84938
Email: l.reynolds@auckland.ac.nz

Research interests:
Emotion and avoidance in cancer screening and treatment, medical help-seeking and decision-making, disgust, mindfulness, compassion.

Recent publications:
## 2016 academic year

### Semester One – 2016

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Semester One begins</td>
<td>Monday 29 February 2016</td>
</tr>
<tr>
<td>Course withdrawal deadline</td>
<td>Friday 11 March</td>
</tr>
<tr>
<td>Course withdrawal deadline (double semester course)</td>
<td>Friday 25 March</td>
</tr>
<tr>
<td>Easter break</td>
<td>Friday 25 March – Tuesday 29 March</td>
</tr>
<tr>
<td>ANZAC Day</td>
<td>Monday 25 April</td>
</tr>
<tr>
<td>Graduation</td>
<td>Friday 6 May, Monday 9 May and Wednesday 11 May</td>
</tr>
<tr>
<td>Lectures end</td>
<td>Friday 3 June</td>
</tr>
<tr>
<td>Study break</td>
<td>Saturday 4 June – Wednesday 8 June</td>
</tr>
<tr>
<td>Queen’s Birthday</td>
<td>Monday 6 June</td>
</tr>
<tr>
<td>Examinations</td>
<td>Thursday 9 June – Monday 27 June</td>
</tr>
<tr>
<td>Semester One ends</td>
<td>Monday 27 June</td>
</tr>
<tr>
<td>Inter-semester break</td>
<td>Tuesday 28 June – Saturday 16 July 2016</td>
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### Semester Two – 2016

<table>
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<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Semester Two begins</td>
<td>Monday 18 July 2016</td>
</tr>
<tr>
<td>Course withdrawal deadline</td>
<td>Friday 29 July</td>
</tr>
<tr>
<td>Mid-semester break</td>
<td>Monday 29 August – Saturday 10 September</td>
</tr>
<tr>
<td>Graduation</td>
<td>Tuesday 27 September</td>
</tr>
<tr>
<td>Lectures end</td>
<td>Friday 21 October</td>
</tr>
<tr>
<td>Study break</td>
<td>Saturday 22 October – Wednesday 26 October</td>
</tr>
<tr>
<td>Labour Day</td>
<td>Monday 24 October</td>
</tr>
<tr>
<td>Examinations</td>
<td>Thursday 27 October – Monday 14 November</td>
</tr>
<tr>
<td>Semester Two ends</td>
<td>Monday 14 November 2016</td>
</tr>
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### Semester One – 2017

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Semester One begins</td>
<td>Monday 6 March 2017</td>
</tr>
</tbody>
</table>
Contact
Faculty of Medical and Health Sciences
The University of Auckland
Private Bag 92019
Auckland 1142
New Zealand
Claire Davidson
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Email: c.davidson@auckland.ac.nz
Website: www.fmhs.auckland.ac.nz