

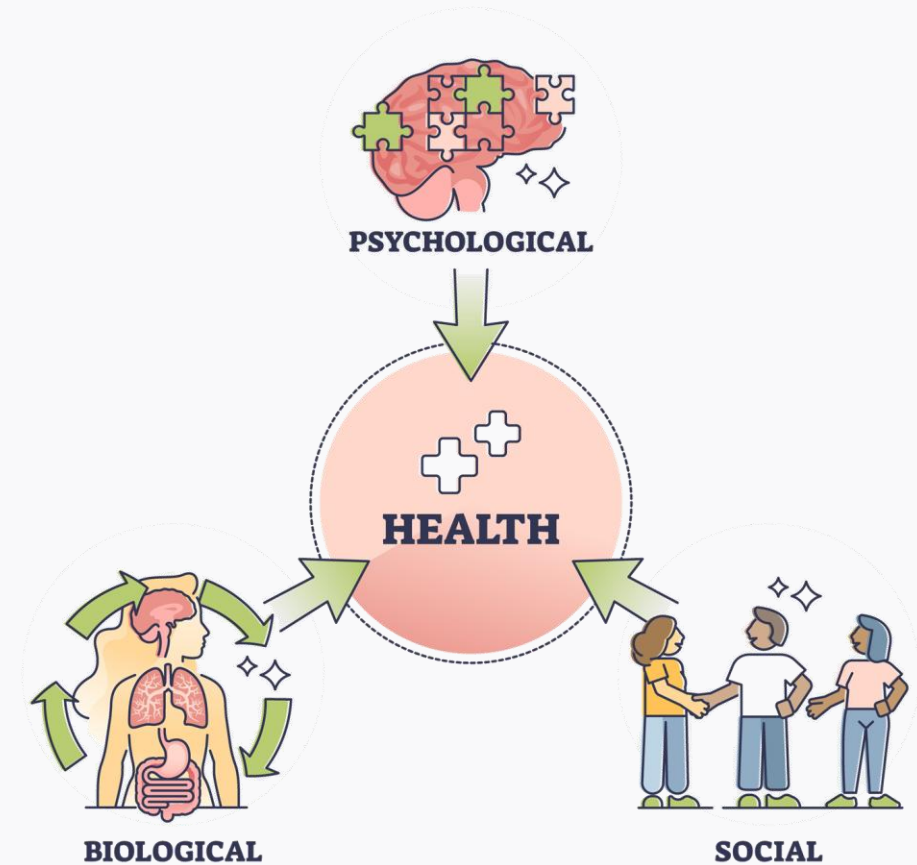
# ME33MP: Health Psychology in Medicine

Understanding behaviour, behaviour change, communication, stigma and bias in healthcare

# Why does this matter?

## Medicine is not just biomedical

- Health outcomes are strongly influenced & shaped by:
  - Cognitions, beliefs
  - Emotions
  - Behaviours
  - Capacity, confidence and motivation
  - Physical and social environment
  - Previous experiences
  - Healthcare systems, communication



# Why does this matter?

## Healthcare is about people

- **Patients** are not “non-compliant”
- **Clinicians** are influenced too:
  - Cognitive bias, assumptions
  - Stress and workload
  - Healthcare culture, systems and resources



# What will you explore?

## Topics include:

- Psychosocial influences on health and illness
- Health behaviour and behaviour change
- Communication in healthcare
- Adherence and self-management
- Screening and help-seeking behaviours
- Adjustment, coping and management of long-term conditions
- Stigma and bias – impact on healthcare experiences and clinical decision-making

Focus throughout: **Applying evidence to real healthcare practice**

# A practical & applied course

**This is not just theory.** You will:

- Translate psychological evidence to clinical practice/scenarios
- Explore real healthcare experiences
- Take part in workshops and discussions
- Engage in reflective and experiential activities

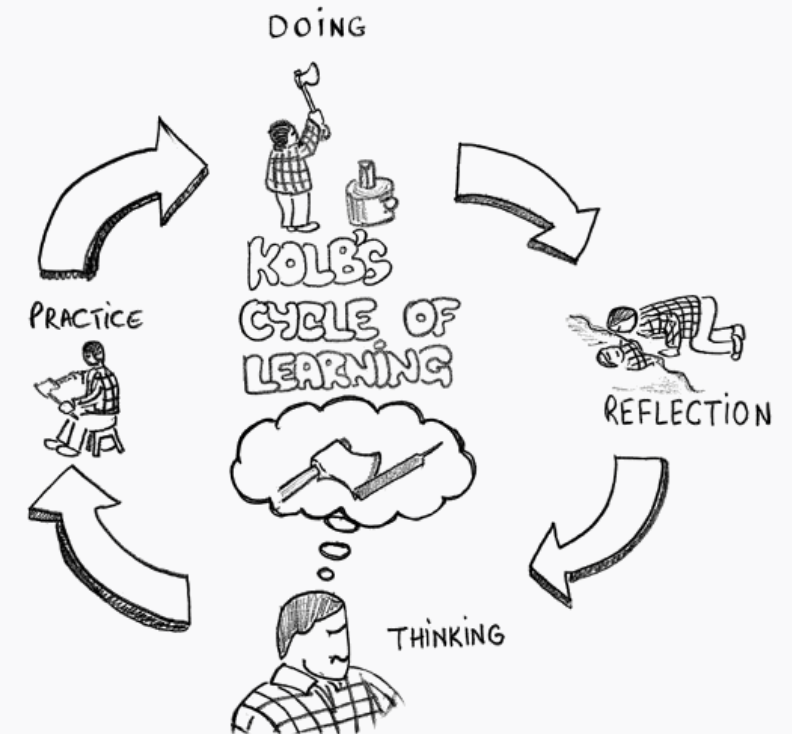
# Experiencing the evidence

**Some activities are experiential.** This means you will be required to:

- Reflect on your own behaviours and assumptions
- Explore decision-making processes
- Engage in exercises used to understand behaviour change and engagement with healthcare
- Discuss emotionally complex and challenging healthcare topics

**Sensitive topics** include:

- Stigma and bias – particularly around weight, obesity and life-limiting conditions
- Healthcare inequalities
- Patient experiences



# What does the timetable & assessment look like?

## **Weekly structure**

- Pre-recorded material & reading
- 2-hour lecture
- 1-hour workshop

## **Two assessments**, each worth 50%

- Focus on exploring analysing behaviour, applying evidence to practice, critical thinking & reflection
- Further details will be provided in a dedicated assessment lecture

# Who might enjoy this course?

## **If you are interested in:**

- Psychology and behaviour
- Person-centred care & realistic medicine
- Public health
- Long-term conditions
- Core skills: Clinical communication, empathy, reflective practice

## What did students think?

Taught important skills that I will definitely use in future consultations.

Links in well with the medicine course as we have covered behavioural change but develops more skills related to it.

I now feel that I **can complete a consultation with more confidence than before.**

# Want to find out more?

## Course Co-ordinators

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