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 can also lead to research and health promotion careers within university, government, or hospital environments. Recent structural changes in the administration of health services in New Zealand have created a greater need for researchers well-versed in the health field to evaluate the benefits and liabilities of particular health service programmes and outcomes. At present there is a lack of skilled researchers to conduct
these evaluations. The continued push for cost containment and justification will also draw health providers into developing more effective and carefully assessed treatment programmes from primary through to tertiary services. A number of our graduates are currently working in research positions in New Zealand and overseas.

**Health Psychology facilities**

There are excellent facilities and resources for teaching and research in Health Psychology on the Medical and Health Sciences 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 of many other relevant health and exercise related resources, including 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.

**Postgraduate Studies 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.
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, a personal statement and current CV 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 2760
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).

For information about Health Psychology programmes contact:

Claire O’Regan
Administrator, Masters in Health Psychology
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 7284
Fax: +64 9 373 7641
Email: Claire O’Regan
c.oregan@auckland.ac.nz

OR

Associate Professor Elizabeth Broadbent
Director of Masters in Health Psychology
Department of Psychological Medicine
Faculty of Medical and Health Sciences
The University of Auckland
Private Bag 92019
Auckland
New Zealand

Phone: +64 9 923 6756
Email: e.broadbent@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>Day</th>
<th>Time</th>
<th>Campus</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTHPSYC 714</td>
<td>Health Psychology</td>
<td>Tu</td>
<td>1-3pm</td>
<td>G</td>
<td>Semester One</td>
</tr>
<tr>
<td>HLTHPSYC 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>HLTHPSYC 719</td>
<td>Health Psychology Assessment</td>
<td>Th</td>
<td>10am-12pm</td>
<td>G</td>
<td>Semester One</td>
</tr>
<tr>
<td>HLTHPSYC 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 are/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>Day</th>
<th>Time</th>
<th>Campus</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTHPSYC 716</td>
<td>Psychoneuroimmunology</td>
<td>M</td>
<td>2-4pm</td>
<td>G</td>
<td>Semester Two</td>
</tr>
<tr>
<td>HLTHPSYC 717</td>
<td>Emotions, Emotion Regulation, and Health</td>
<td>Th</td>
<td>10am-12pm</td>
<td>G</td>
<td>Semester Two</td>
</tr>
<tr>
<td>HLTHPSYC 743</td>
<td>Psychopathology and Clinical Interviewing</td>
<td>M</td>
<td>3-5pm</td>
<td>G</td>
<td>Semester One</td>
</tr>
<tr>
<td>HLTHPSYC 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>HLTHPSYC 757</td>
<td>Psychosomatic Processes</td>
<td></td>
<td></td>
<td></td>
<td>Not offered in 2017</td>
</tr>
<tr>
<td>HLTHPSYC 758</td>
<td>Special Topic in Health Psychology</td>
<td>M</td>
<td>10am-12pm</td>
<td>G</td>
<td>Semester Two</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 719 Health Psychology Assessment
15 points
**Staff:** Assoc Professor Nathan Consedine
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 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 717 Emotions, Emotion Regulation, and Health

15 points

Staff: Associate Professor Nathan Consedine
Extends content knowledge in health psychology by focussing on the expanding literature linking emotions and emotion regulation with health outcomes. The course provides an overview of the nature and functions of emotions, discrete versus dimensional approaches, developmental and cultural considerations, and the links between emotions and cognitive processes.
Specific topics include direct and indirect pathways linking emotions and health, links between emotions and health-deleterious behaviours (e.g., smoking, drinking, diet), symptom detection, screening behaviour, treatment decision-making and adherence.

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 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.
Not offered in 2017

HLTHPSYC 758 Special Topic in Health Psychology

15 points

2017 Special Topic Option: Self-Management in Chronic Illness

Staff: Dr Anna Serlachius
This course describes the concept of self-management and how it relates to managing the symptoms, treatment and psychological changes that occur after being diagnosed with a chronic health condition. Some of the most prevalent health conditions and relevant self-care behaviours will be covered including type 2 diabetes, cardiovascular disease, arthritis and cancer. A review of the psychological impact of having a chronic illness will also be covered, including coping with chronic illness. The course will also focus on designing self-management interventions, including a review of the frameworks for intervention development, implementation and evaluation.
Masters in Health Psychology

HLTHPSYC 796 A/B Masters in Health Psychology Thesis

120 points

Research theses are conducted under supervision in either the Department of Psychological Medicine, or with permission, in the Department of Psychology.

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.

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 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 742A & B Professional Practice in Health Psychology
30 points
This course provides an in depth examination of the professional issues that impact on the practice of health psychology as well as training in the assessment and intervention skills necessary to practice health psychology. Models of practice, assessment, intervention, mental health diagnosis, ethics, the laws that affect practitioners, professional interrelationships, and cultural issues are all analysed using case information drawn from students’ experience in HLTHPSYC 745 A & B Practicum in Health Psychology. Where necessary, additional case material will be used.

To complete this course students must enrol in HLTHPSYC 742 A & B

HLTHPSYC 745A & B Practicum In Health Psychology
90 points
The course provides supervised experience practicing as a health psychologist in a variety of settings as approved by the Director of the PGDipHealthPsych and Head of Department of Psychological Medicine. The goals of the Practicum in Health Psychology are to develop the knowledge and skills necessary to practice safely and ethically as an independent health psychology practitioner in a variety of health settings.

To complete this course students must enrol in HLTHPSYC 745 A & B

HLTHPSYC 746 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: www.auckland.ac.nz/sgs
Roger Booth, PhD

Position: Associate Professor in Psychological Medicine
Discipline: Psychoneuroimmunology
Room: 505-102H, School of Medical Sciences, Medical and Health Sciences Campus
Internal ext: 86475
Email: rj.booth@auckland.ac.nz

Research Interests:
Psychoneuroimmunology; 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
Nathan S. Consedine, PhD

Position: Associate Professor in Psychological Medicine
Discipline: Health Psychology
Room: 12.007 Department of Psychological Medicine
Level 12, Auckland Hospital Support Building
Internal ext: 85976
Email: n.consedine@auckland.ac.nz

Research Interests:
Discrete emotions (eg, fear, embarrassment, disgust), emotion regulation, and health, cancer screening, health disparities and ethnic differences, medical help-seeking and decision-making, self-disclosure, lifespan socioemotional development, physician compassion.

Recent Publications:


Malcolm Johnson, MA, DipClinPsych

Position: Senior Lecturer in Psychological Medicine
Discipline: Clinical and Health Psychology
Room: 12.097, Department of Psychological Medicine
Level 12, Auckland Hospital Support Building
Internal ext: 83092
Email: mh.johnson@auckland.ac.nz

Research interests
Pain assessment and management; attention, information processing and pain; anxiety and pain; confidentiality and professional practice.

Recent publications
Keith Petrie, PhD, DipClinPsych

Position: Professor in Psychological Medicine
Discipline: Health Psychology
Room: 12003, Department of Psychological Medicine
Level 12, Auckland Hospital Support Building
Internal ext: 86564
Email: kj.petrie@auckland.ac.nz

Research interests
The role of patients’ perceptions of illness and outcome in chronic illness; patient reassurance; symptom appraisal and delay in seeking medical care; the influence of psychological factors on immune activity; the effect of environmental worries and concerns about modernity on health perceptions and symptom reporting; fatigue in aircrew during international long-haul operations.

Recent publications


Duyck, S., Petrie, K.J., & Dalbeth, N. (2016). “You don’t have to be a drinker to have gout, but it helps”: A content analysis of the depiction of gout in popular newspapers. Arthritis Care & Research. doi: 10.1002/acr.22879.


Anna Serlachius, PhD

Position: Lecturer in Psychological Medicine
Discipline: Health Psychology
Room: 12.003
Internal ext: 83073
Email: a.serlachius@auckland.ac.nz

Research interests
Self-management in chronic illness, health technology interventions in chronic illness, stress and coping, cardio-metabolic health, protective factors in chronic illness (e.g. social support, optimism), using a life course approach to understanding chronic disease

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:
### 2017 academic year

#### Semester One – 2017

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester One begins</td>
<td>Monday 6 March 2017</td>
</tr>
<tr>
<td>Course withdrawal deadline</td>
<td>Friday 17 March 2017</td>
</tr>
<tr>
<td>Course withdrawal deadline (double semester course)</td>
<td>Friday 31 March 2017</td>
</tr>
<tr>
<td>Mid-semester break/Easter</td>
<td>Friday 14 April – Saturday 29 April 2017</td>
</tr>
<tr>
<td>ANZAC Day</td>
<td>Tuesday 25 April 2017</td>
</tr>
<tr>
<td>Graduation</td>
<td>Monday 1, Wednesday 3, Friday 5 May 2017</td>
</tr>
<tr>
<td>Queen's Birthday</td>
<td>Monday 5 June 2017</td>
</tr>
<tr>
<td>Lectures end</td>
<td>Friday 9 June 2017</td>
</tr>
<tr>
<td>Study break</td>
<td>Saturday 10 June – Wednesday 14 June 2017</td>
</tr>
<tr>
<td>Exams</td>
<td>Thursday 15 June – Monday 3 July 2017</td>
</tr>
<tr>
<td>Semester One ends</td>
<td>Monday 3 July 2017</td>
</tr>
<tr>
<td>Inter-semester break</td>
<td>Tuesday 4 July – Saturday 22 July 2017</td>
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#### Semester Two – 2017

<table>
<thead>
<tr>
<th>Event</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Semester Two begins</td>
<td>Monday 24 July 2017</td>
</tr>
<tr>
<td>Course withdrawal deadline</td>
<td>Friday 4 July 2017</td>
</tr>
<tr>
<td>Mid-semester break</td>
<td>Monday 4 September - Saturday 16 September 2017</td>
</tr>
<tr>
<td>Graduation</td>
<td>Tuesday 26 September 2017</td>
</tr>
<tr>
<td>Labour Day</td>
<td>Monday 23 October 2017</td>
</tr>
<tr>
<td>Lectures end</td>
<td>Friday 27 October 2017</td>
</tr>
<tr>
<td>Study break</td>
<td>Saturday 28 October - Wednesday 1 November 2017</td>
</tr>
<tr>
<td>Exams</td>
<td>Thursday 2 November - Monday 20 November 2017</td>
</tr>
<tr>
<td>Semester Two ends</td>
<td>Monday 20 November 2017</td>
</tr>
</tbody>
</table>

#### Semester One – 2018

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester Two begins</td>
<td>Monday 26 February 2018</td>
</tr>
</tbody>
</table>
Contact
Faculty of Medical and Health Sciences
The University of Auckland
Private Bag 92019
Auckland 1142
New Zealand
Claire O’Regan
Phone: +64 9 923 7284
Email: c.oregan@auckland.ac.nz
Website: www.fmhs.auckland.ac.nz