

The mystery of health behaviour

Start date	14 July 2019	End date	14 July 2019
Venue	Madingley Hall Madingley Cambridge		
Tutor	Dr Peter Leadbetter	Course code	1819NDX046
Director of ISP and LL	Sarah Ormrod		
For further information on this course, please contact the Lifelong Learning team	Zara Kuckelhaus, Fleur Kerrecoe shortcourses@ice.cam.ac.uk or 01223 764637		
To book	See: www.ice.cam.ac.uk or telephone 01223 746262		

Tutor biography

Peter is a Chartered Psychologist & Senior Lecturer in Medical Education at Edge Hill University. He leads a number of undergraduate and postgraduate modules/courses in Applied Health & Social Care (& Medical Education) including Psycho-social aspects of Health Behaviour, Individual Differences & Early Interventions in Child & Adolescent Mental Health & Wellbeing, Research Methods, Inequalities & Health, International Health & Health Psychology. He is also currently the Faculty Postgraduate Research Student Training lead and Senior Fellow for Teaching & Learning. He is also a panel tutor in Psychology at the Institute of Continuing Education (University of Cambridge) delivering short courses in human behaviour and health.

Peter is a Fellow of the Higher Education Academy (HEA) and winner of the student lead teaching awards at Edge Hill University in 2015 (personal tutor category) and 2016 (lecturer category). In class, Peter actively encourages collaboration by incorporating a mix of media tools and "drawing on" the unique (and diverse) experiences of students.

His research interests are in clinical communication, human behaviour, attachment theory and emotional aspects of learning. Peter previously worked as a Research fellow at the University of Liverpool (School of Medical Education). His previous experience involved working in education with disadvantaged young people and asylum seekers in the UK, the USA and Australia.

Qualifications:

- PhD, University of Liverpool
- PGTHCE, Edge Hill University
- MEd (Psychology of Education), University of Manchester
- BA (Sociology), University of Queensland
- BHMS (Human Movement Studies), University of Queensland

Course programme

09:30	Terrace bar open for pre-course tea/coffee
10:00 – 11:15	Psychological perspectives and approaches to human behaviour
11:15	Coffee
11:45 – 13:00	Health behaviour in context: influencing factors and decision making
13:00	Lunch
14:00 – 15:15	Health behaviour and personal experience with relevant examples
15:15	Tea
15:30 – 16:45	Illness experience and health care
16:45	Day-school ends

Course syllabus

Aims:

1. To promote and understand the key psychological perspectives and approaches applicable to health behaviour
2. To identify the multifactorial influences on decision making, lifestyle choice and behaviour
3. To explore the evidence base in relation to the subject area focusing on what influences an individual's decision making in relation to this area

Content:

The discipline of psychology is about understanding human behaviour. This course focuses on understanding the complex and multifactorial influences on our health-related behaviours. Indeed, understanding and changing health behaviour effectively could do more than anything else to reduce rates of disease and death within the UK (Ayers & de Visser, 2014). However, understanding human health behaviour is complex. Behaviour is determined by many factors including individual differences, social surroundings and influences, and cultural factors (Ayers & de Visser, 2014). Throughout the course students will explore the multifactorial influences on health decision making and behaviour, by drawing on psychological perspectives and personal experience.

Presentation of the course:

A range of interactive seminar-style sessions will be incorporated throughout the course. The course will draw on the expertise and experience of participants in order to foster open discussion and debate (and begin critical analysis). Students will have access to a range of resources used in the course, this will include copies of Powerpoint slides, key readings and student led group work outputs.

As a result of the course, within the constraints of the time available, students should be able to:

1. Define and explain a range of psychological perspectives and influencing factors on lifestyle choice and behaviour
2. To examine the influence of personal experience (e.g. illness) on health choices and behaviour

Reading and resources list

Listed below are texts that might be of interest should you wish to supplement your learning on the course. Any essential reading is marked with an asterisk *

Author	Title	Publisher and date
Ogden, J	<i>Health Psychology: a text book</i> (2 nd ed.)	Berkshire, UK: Open University Press. (2012)
Ayers, S. & de Visser, R.	<i>Psychology for Medicine and Healthcare</i> (2 nd ed.)	London: Thousand Oaks. (2014)

Website addresses

Additional information

Venue

Details of how to find Madingley Hall can be found on our website:
<http://www.ice.cam.ac.uk/who-we-are/how-to-find-the-institute>

Refreshments

Tea and coffee and lunch will be provided. If you have any specific dietary requirements or allergies and have not already advised us, please inform our Admissions Team on ice.admissions@ice.cam.ac.uk or +44 (0)1223 746262.

Note Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

Information correct as of: 04 July 2019