

# Health Psychology



Martin Dempster

# Health Psychology . . .

- is the application of psychological theory, methods and research to health, physical illness and health care:
  - *Health promotion / maintenance – health behaviour change*
  - *Psychological effects of physical ill-health*



REGISTER FOR FREE TODAY



The must-attend event for those in the foodservice, retail and hospitality sectors.

# No safe level of drinking, health bosses warn





# THE BRAIN BENEFITS OF EXERCISE



INCREASES PRODUCTION OF  
NEUROCHEMICALS THAT  
PROMOTE BRAIN CELL REPAIR



IMPROVES  
MEMORY



LENGTHENS  
ATTENTION SPAN



BOOSTS DECISION-  
MAKING SKILLS



PROMPTS GROWTH OF  
NEW NERVE CELLS AND  
BLOOD VESSELS



IMPROVES  
MULTI-TASKING  
AND PLANNING





1 medium apple



2 broccoli florets



2 halves of canned peaches



1 handful of grapes



1 medium banana



3 heaped tablespoons of peas



1 medium glass of orange juice



7 strawberries



3 whole dried apricots



Just Eat More  
(fruit & veg)

[www.doh.gov.uk/5aaday](http://www.doh.gov.uk/5aaday)



3 heaped tablespoons of cooked kidney beans



16 peas





# Heart Attack Grill®

**TASTE WORTH DYING FOR!®**



**SINGLE BYPASS BURGER®**



**DOUBLE BYPASS BURGER®**



**TRIPLE BYPASS BURGER®**



**QUADRUPLE BYPASS BURGER®**



**BUTTERFAT SHAKE®**

*World's Highest  
ButterFat Content!*

**FLATLINER FRIES®**



**DEEP FRIED IN PURE LARD!**



**CANDY!**

**BEER  
CIGARETTES  
SODA**



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**Members of the Media**

# Why is Health Psychology important?

Psychological and behavioural factors play a major role in the promotion and maintenance of health and well-being:

- e.g. coronary heart disease (stress reduction, lifestyle changes)
- e.g. diabetes (weight management, adherence to medication regimes)
- e.g. lung cancer (smoking cessation programmes)
- e.g. STDs (promotion of safe sex behaviour)



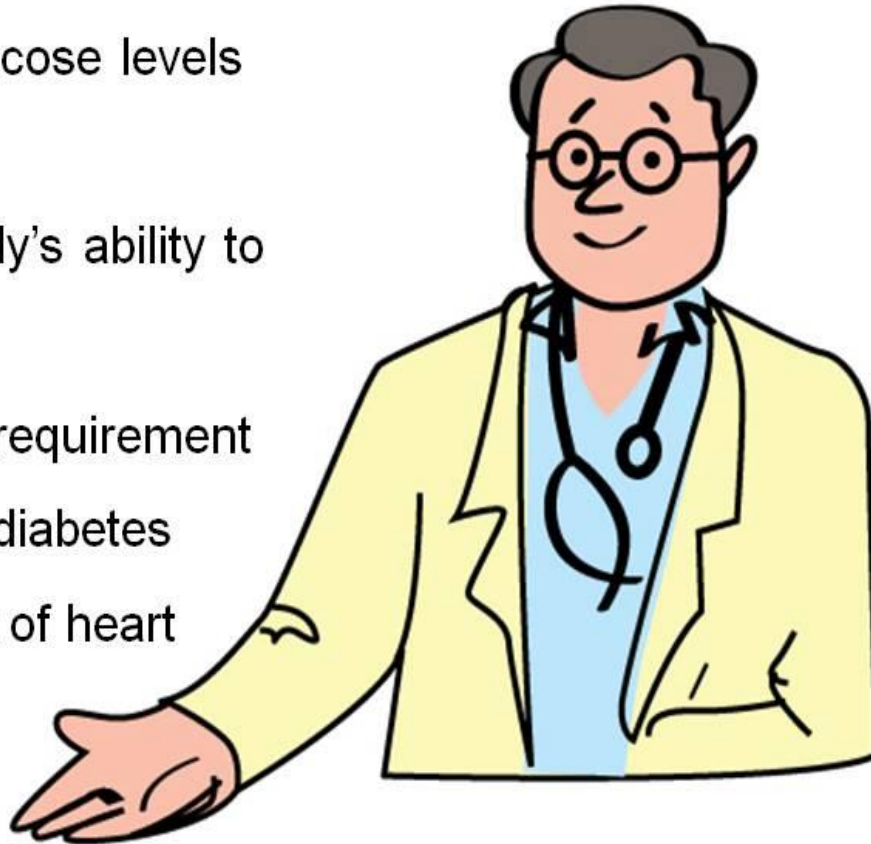
The Seven Core Components  
for Cardiovascular Disease Prevention and Rehabilitation





# How does Exercise help?

- ✓Lowers blood glucose levels quickly
- ✓Improves the body's ability to use insulin
- ✓Reduces insulin requirement
- ✓Better control of diabetes
- ✓Reduces the risk of heart disease



# What do Health Psychologists do?

- One-to-one and group client work with physically unwell patients in clinical settings
- Development of healthcare policy at local, regional, national, and international levels
- Health promotion in the community and in organisations
- Training in psychology for health professionals and the education of trainee health psychologists
- Development of health-management interventions through research

# Becoming a Health Psychologist

- It is necessary to have an accredited degree (or equivalent) in psychology (recognised by BPS/PSI)
- Must complete a period of postgraduate training of at least 3 years
- Health Psychologists in the UK are regulated by the Health and Care Professions Council
- Professional representation via Division of Health Psychology, BPS/PSI



# Route to Chartered Psychologist / Registered Health Psychologist

- Stage 1 - MSc - certifies academic knowledge base.
- Stage 2 - at least 2 years supervised practice - professional competence, research, consultancy, teaching and training and delivery of psychological interventions.

# MSc Courses – leading to Stage 1

- 32 accredited courses in England, Scotland and Wales:

<http://www.bps.org.uk/careers-education-training/accredited-courses-training-programmes/accredited-courses-training-progra>

- Ireland

University of Ulster – distance learning

NUI Galway

# Doctoral Level Courses – leading to Stage 2

London (City, London Met), Stoke (Staffordshire),  
Southampton, Bristol (West of England), Guildford  
(Surrey)

NUI Galway

- Independent Route

BPS - <http://www.bps.org.uk/careers-education-training/society-qualifications/health-psychology/health-psychology>



# Pay

- NHS Grades: approx. £31,000 - £82,000
- University Grades (PhD required): approx. £35,000 – £123,000

# Summary

Undergraduate Psychology Qualification

Accredited MSc Health  
Psychology (Stage 1)

Accredited Doctoral  
Programme (Stage 2)

BPS Independent  
Route (Stage 2)

Health Psychologist

# Useful Links

- BPS Health Psychology:

<http://www.bps.org.uk/networks-and-communities/member-microsite/division-health-psychology>

- PSI Division of Health Psychology

<http://www.psihq.ie/psi-division-health-psychology>