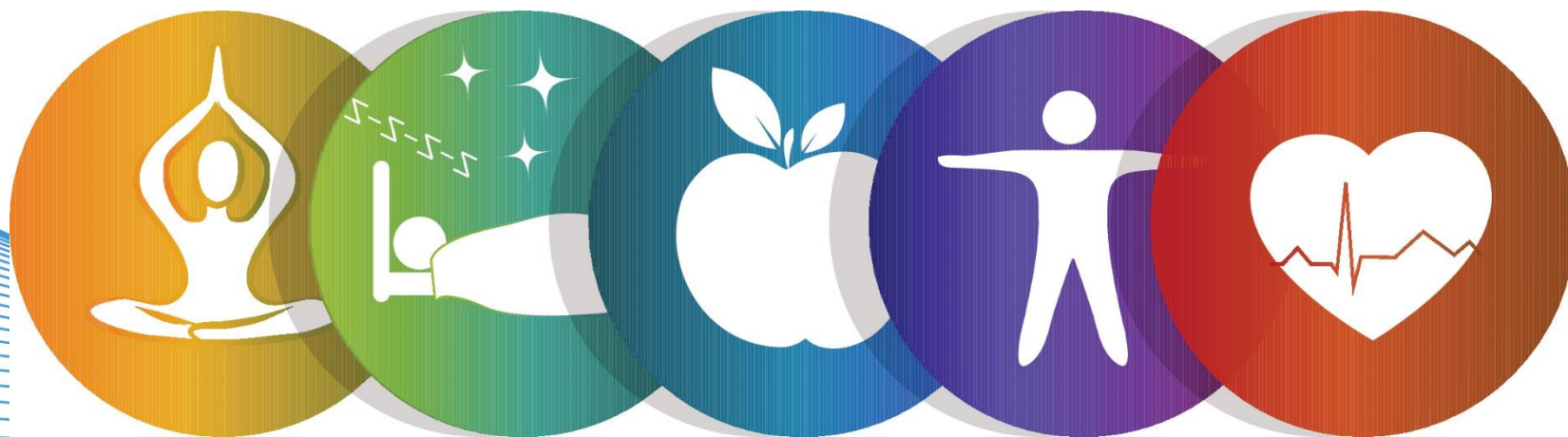




The British
Psychological Society
Division of Health Psychology

What is Health Psychology?

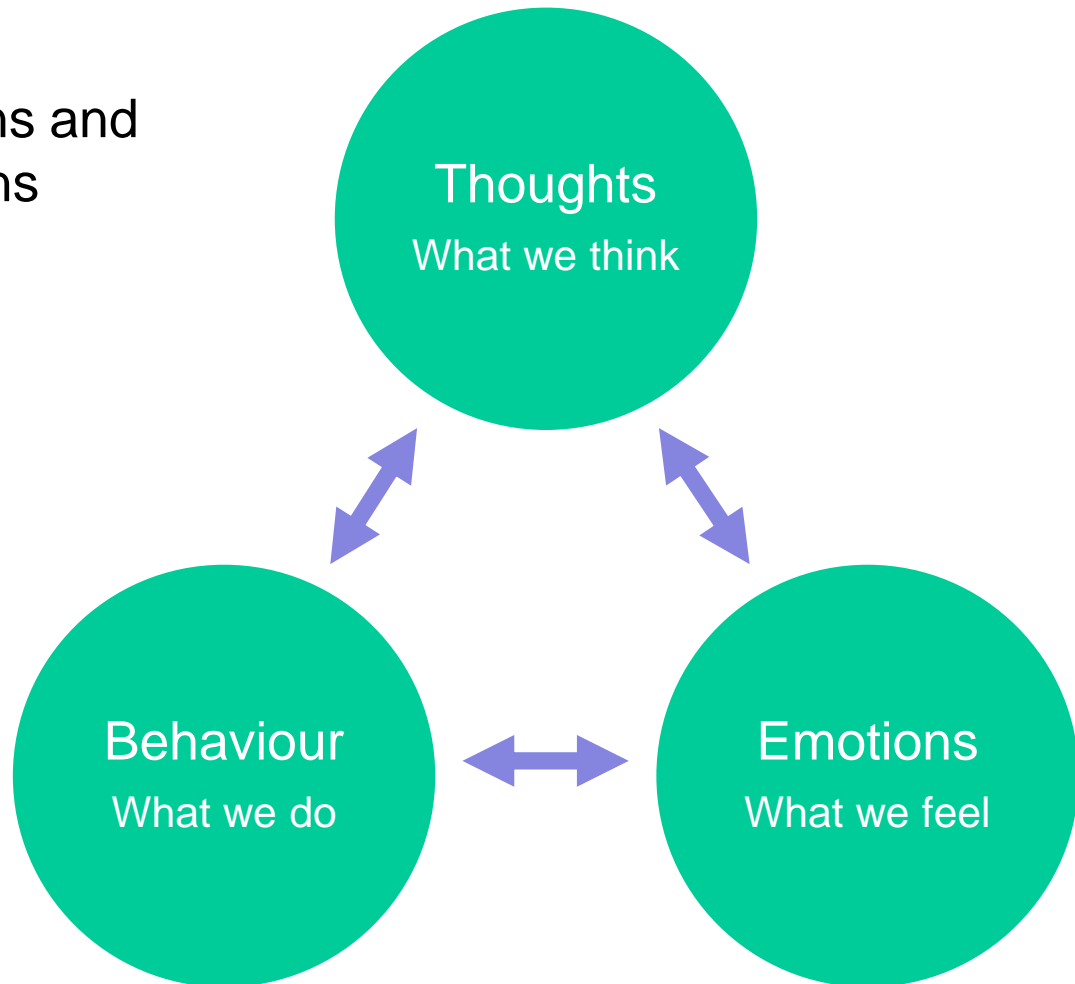


Psychology

Focuses on thoughts, emotions and behaviour and their interactions

Health Psychology

Aims to understand and change thoughts, emotions and behavior and their interactions in the context of health, illness and healthcare



Understanding and changing thoughts, emotions and behaviours in:

Health



e.g. help people lose weight and maintain weight loss, stop smoking, take more exercise, attend cervical screening, wear sunscreen, see a dentist

Illness



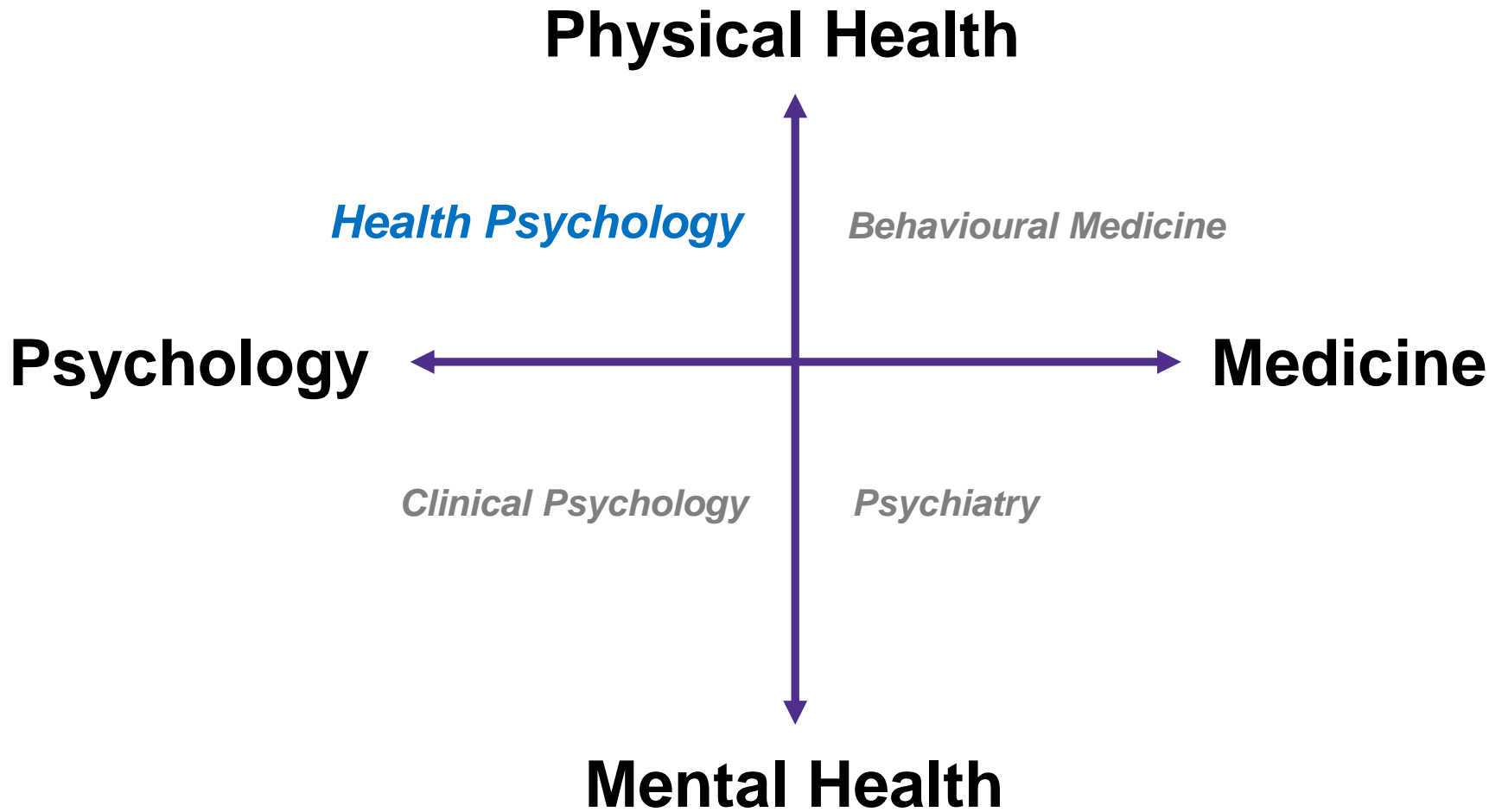
e.g. supporting people to better manage chronic conditions, interpret symptoms, adhere to medication, manage pain, attend follow up

Healthcare



e.g. helping health professionals to adhere to clinical guidelines, develop skills to change patient behaviour, engage in hand hygiene

↗
↕ Across the lifespan
↖



Health Psychologists work **in a variety of settings** such as the NHS, private practices, universities, government, local authorities, communities, schools and third sector organisations



Health Psychology

Is important because:

- Health is a **top priority** for people
- Small changes to behaviour can have **widespread effects** on health
- Understanding health behaviour can help to reduce **health inequalities**
- People with **chronic conditions** like cancer, diabetes and heart disease need **self-management** help to reduce risk and/or manage their conditions
- Healthcare resources are limited and need to be **managed effectively**
- Health professionals need support to deliver **patient-centred care** and help patients to prevent and manage conditions

Health Psychologists...



Analyse

- ✓ Behavioural Analysis
- ✓ Literature review
- ✓ Systematic review



Advise

- ✓ Policy
- ✓ Programmes
- ✓ Communication
- ✓ Mode of delivery



Design

- ✓ Interventions
- ✓ Programmes



Trial

- ✓ RCTs
- ✓ Quasi-experimental studies
- ✓ Evaluation
- ✓ Qualitative research



Train

- ✓ Masterclasses
- ✓ Workshops
- ✓ Seminars

Source: 'The Application of Behavioural Science to Public Health' webinar by Public Health England and the Health Psychology in Public Health Network 24/07/17



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Further Information

British Psychological Society
Division of Health Psychology Scotland

www.bps.org.uk/dhpscotland

