



**Buckinghamshire  
College Group**

Aylesbury Wycombe Amersham

Bucks College Group – Health and Life Science

# Health and Social Care

Level 3 Extended Diploma Health and Social Care.

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# Psychology in Health and Social Care



These tasks will prepare you for Level 3 Health and Social Care.

## What is psychology?

### **Task 1: Fill in the gaps to find out what psychology is.**

Psychology is the \_\_\_\_\_ study of the \_\_\_\_\_ and how it dictates and influences our \_\_\_\_\_, from communication and \_\_\_\_\_ to thought and emotion.

It's about understanding what makes people tick and how this understanding can help us address many of the problems and issues in \_\_\_\_\_ today.

As a science \_\_\_\_\_ functions as both a thriving \_\_\_\_\_ discipline *and* a vital professional practice, one dedicated to the study of human behaviour - and the thoughts, feelings, and \_\_\_\_\_ behind it - through observation, \_\_\_\_\_, and testing, in order to form conclusions that are based on sound scientific \_\_\_\_\_.

SOCIETY	ACADEMIC	PSYCHOLOGY	MIND	SCIENTIFIC
MEASUREMENT	METHODOLOGY	BEHAVIOUR	MOTIVATION	MEMORY

**Check your answers afterwards using the British Psychological Society website:**  
<https://www.bps.org.uk/public/what-is-psychology>

**Task 2: Write your own definition of psychology.**

**What does the study of general psychology cover?**

There are many branches of psychology all focusing on a different aspect of the mind and behaviour.

**Task 3: Read the article 'The Major Branches of Psychology' by Kings University. Link to Kings University article: <https://online.king.edu/news/major-branches-of-psychology-guide/>**

## **What is the role of psychology in health and social care?**

**Task 4: Use the health briefs from the American Psychological Association to summarise three ways psychology is used in health and social care.**

**Link to APA: <https://www.apa.org/health/briefs/>**

**What are the different types of psychologists within health and social care settings?**

**Task 5: Carry out research using books/internet to find out what the following psychology roles are in health and social care: What is their role? Who do they work with? What setting do they work in? What do they do in health and social care?**

	<b>What is their role in health and social care?</b>
Health psychologist	
Child psychologist	
Clinical psychologist	
High intensity therapist	
Psychotherapist	

## **Studies in psychological aspects of health and social care**

**Task 6: Research one of the studies below to find out what they did (research method), why they did the research (aim), what they found (results) and how it relates to health and social care.**

- Bandura (1961, 1963) The Bobo Doll Experiment
- Rosenhan (1973) On being sane in insane places
- Ainsworth (1970) Strange Situation
- McCarrigle and Donaldson (1974) Naughty Teddy
- Rahe, Mahan and Arthur (1970) Prediction of near-future health change from subjects' preceding life changes.

**Task 7: Write a magazine article for professionals in health and social care to inform them about the study researched in Task 1. Include the following features:**

- Magazine title
- Article heading
- Pictures

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