

The Psychology of Health and Wellbeing MSc

Programme Specification

Academic Year:	2026/2027
Degree Awarding Body:	The University of Bradford
Main Location:	City Campus
Qualifications Framework:	HE Qualifications of UK Degree Awarding Bodies (FHEQ: QAA 2024)
Target degree award:	Master of Science (MSc) The Psychology of Health and Wellbeing [FHEQ Level 7]
Intermediate/exit awards:	Postgraduate Diploma (PGD) or Postgraduate Certificate (PGC) [FHEQ Level 7]
Programme admissions:	UK and international students
Programme start month:	September
Programme duration:	12 months full-time (September entry) 12-18 months full-time (international incorporated Masters, partner entry only)

This MSc programme is not accredited by the British Psychological Society (BPS) and does not confer a membership basis for the Society. Applicants who already have an accredited undergraduate psychology degree, as well as applicants from other disciplines who are not interested in BPS accreditation, are welcome to apply to this MSc Psychology of Health and Wellbeing programme.

Please note: The University has a set of terms and conditions for all students accepting an offer to study on a course here at Bradford. This is called the Student Contract. This document sets out the Terms and Conditions which apply when an offer of a place on a programme of study at the University of Bradford is accepted. [View our Student Contract for further details](#). Information about this programme and its modules has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but changes may occur given the interval between publishing and commencement of teaching. Any change which impacts the terms and conditions of an applicant's offer will be communicated to them.

Changes Schedule

1. March 2024: Annual changes for 2024/5 academic year
2. August 2025: Annual changes for 2025/6 academic year including new regulations. Changes to semester typology for Research Project.
3. June 2026: Annual changes for 2026 entry including admissions and modes of study.

Introduction

The scientific and empirical study of psychology at undergraduate and postgraduate levels allows the development of skills and knowledge relevant to a wide variety of careers and professions. The MSc in the Psychology of Health and Wellbeing is aimed at graduates with a first degree in psychology, or other suitable degree, who wish to specialise in the psychology of health and wellbeing. This programme specialises in providing high quality, research-led teaching to introduce

students to advanced concepts in psychology that relate to health and well-being. It contains a diverse portfolio of modules that will cover core elements, theory and practical applications of clinical psychology, neuropsychology, health psychology and cognitive neuroscience. The programme will be taught by experienced academics and researchers, drawing on their own interests and research experience, providing relevant and current information in the area of psychology, health and wellbeing.

Throughout their studies, students will have opportunities to develop research and analytical skills, problem-solving capacities, in-depth knowledge of psychological theory and the personal and interpersonal skills needed for doctoral study or pursuing a career in professional psychology. Students will experience a range of teaching methods, including lectures, seminars, group work, and presentations, culminating in an independent empirical project. This course would be appropriate for those students who want to pursue careers in a range of health-related careers, including; clinical psychology, health psychology, educational psychology, PhD training or other health related areas.

The Psychology Department is located within the Faculty of Management, Sciences & Engineering and offers a number of programmes at both undergraduate and postgraduate level in addition to a buoyant research programme. Teaching excellence is a priority for the Faculty. Teaching is informed and supported by a commitment to research; the departmental staff consists of researchers who bring expertise from their ongoing academic studies to the lectures and laboratory classes.

Programme Aims

The programme is intended to:

- A1. Apply psychological scientific principles generally, though specifically in understanding the mind, brain, behaviour and experience and the complex interactions between these in relation to health and wellbeing.
- A2. present multiple perspectives and consider the inter-relationship of psychological knowledge in a way that demonstrates an ability to critically evaluate.
- A3. evaluate the role of empirical evidence in the creation and constraint of theory as well as how theory guides the collection and interpretation of data.
- A4. apply ethical principles and a range of research skills and methods to the investigation of experience and behaviour, culminating in the ability to conduct research independently.
- A5. critically evaluate theory, research findings and recognise the transformative nature of psychology as well as its real-life applications.
- A6. apply employability-related and personal transferable knowledge and skills to be able to progress to further advanced study in psychology or to move into employment or further study that do not require psychology subject specific skills.
- A7. apply the principles of psychological literacy by demonstrating an awareness of self and others, developing the potential to become ethical, socially and environmentally responsible participants in their communities/society, beyond university and employment.

Programme Learning Outcomes

Students eligible for the FHEQ Level 7 Certificate award will be able to:

1. Present a systematic and critical understanding of the scientific underpinnings of psychology as a discipline in relation to health and wellbeing, showing a comprehensive understanding that there are multiple perspectives within this field of study, and that psychology involves a range of research methods, theories and evidence.
2. Draw on knowledge at the forefront of contemporary health and wellbeing related psychology and be able to synthesise and apply knowledge originally when commenting on a range of influences on psychological behaviour, functioning and experience.
3. Critically evaluate the conceptual contribution of the core domains of psychology relevant to the field, including their application, perspectives and theories, and integrate them into new contexts.
4. Critically process, interpret and systematically evaluate quantitative and/or qualitative data.
5. Critically consider ethical issues in psychology in relation to health and wellbeing contexts.
6. Communicate effectively using a range of written, oral and visual means in order to present structured, coherent and evidence-based arguments.
7. Be computer literate for the purposes of furthering their own learning including an understanding and application of specialist psychological software.
8. Work individually and autonomously, and as part of a team showing a critical awareness of contextual and interpersonal factors.
9. Reflect critically and act autonomously in relation to academic and professional self-development.

Additionally, students eligible for the FHEQ Level 7 Diploma award will be able to:

10. Present critical and conceptual understanding of multiple perspectives when problem solving within appropriate psychological domains.
11. Demonstrate a critical awareness of the reciprocal relationship between environment and behaviour.

Additionally, students eligible for the FHEQ Level 7 Degree award of Master will be able to:

12. Present a systematic and critically evaluative literature review of contemporary psychological literature within the domain of psychological health and wellbeing.

13. Initiate, design, conduct and report an original empirically based research project under appropriate supervision including the generation of research hypotheses/research questions, that reflect psychological theories and concepts related to health and wellbeing, in relation to theories and concepts, and to demonstrate the ability to make decisions in complex situations.

Teaching, Learning and Assessment Strategies

The teaching, learning and assessment strategies are based on the programme and module learning outcomes and the need for appropriate independent study at this level.

Teaching on the programme includes lectures, small group seminars, workshops and laboratory-based practicals. For instance, during lectures students will be encouraged to actively engage with the learning materials by taking part in group discussions, debates and problem-solving activities. Furthermore, in practical sessions students will take part in a number of activities, for example in Advanced Psychological Research Methods students will process and analyse quantitative and qualitative data. Whereas in Topics and Theoretical Issues in Clinical Psychology, practical sessions will involve taking part in experiential tasks to better understand clinical psychology.

Throughout all the modules, students will be encouraged to work collaboratively in groups and individually to enhance their learning. Modules are assessed by a variety of means including essays, exams, practical assessments, laboratory reports, workbooks, peer assessment, presentations (oral and poster) and a supervised placement. Formative assessment, for instance, feedback on lab work or group discussion, in every module will give students the opportunity to reflect upon and develop academic skills. In addition, an element of informal peer assessment will also take place during activities, which require group work, such as presentations, simulations and debates. In conjunction with the module tutor, the programme leader and in their personal tutoring sessions, students will be encouraged to reflect on assignment feedback and improve their techniques.

For the 60 credit MSc Research Project in the Psychology of Health and Wellbeing students will be able to choose a topic within the area psychology of health and wellbeing they wish to research. This will reflect the diversity of the core psychology curriculum and staff expertise. This research project offers students the opportunity to carry out an empirical and independent piece of research investigating one area relevant to the field of psychological health and wellbeing in depth, using theoretical understanding and research method skills developed during the programme. This independent research study will also help to further develop their skills to work independently and rigorously, whilst benefiting from the support of a member of staff with experience in a similar area.

Students will explore theories that underpin current debates and develop experience and confidence in making a considered contribution to an argument. Assessment will usually foreground written expression of their skills, through essays, examinations or workbook writing. Students will also develop skills in presenting research findings and in the production of article writing. Assessment criteria are transparent and published.

Students will develop discipline skills that can be applied to either their personal or professional expertise. Throughout the programme, students will acquire further employability related skills in knowledge acquisition, presentation, discussion and debate that will be useful in their career progression.

Also built into the programme are opportunities for students to feedback to the staff on their experience of the programme and for students to help enhance the content and running of the MSc. Students will be encouraged to actively engage in feedback with staff during Staff Student Liaison Committees, through module review and through their tutors.

Curriculum

Students will study key areas in the psychology of health and wellbeing. They will develop not only a strong theoretical background in health and wellbeing psychology but also a variety of practical skills required for working and/or further study in the field. Within a broadly biopsychosocial framework students will study key theories and concepts within health and wellbeing psychology, applications of and professional issues in clinical psychology, health, eating behaviour, neuropsychology, as well as studying a range of research methods relevant to the field.

External speakers from the field of psychology, health and wellbeing will be invited to talk to students within, for instance, the Putting Health into Context module. This will provide students with a broad knowledge of roles, research and theory in a number of areas within the field.

Furthermore, students will undertake an independent empirical project under close supervision, in an area specific to the psychology of health and wellbeing. Throughout their studies, students will have opportunities to develop research and analytical skills, problem-solving capacities, in-depth knowledge of psychological theory and personal and interpersonal skills.

Students study 6 core modules and choose one module option in Semester 1:

Table 1: Psychology of Health and Wellbeing Modules (FHEQ Level 7)

Mod. Code	Module Title	Credit	Period	Selection
PSY7015-B	Food and Behaviour	20	Sem 1	Core
PSY7018-B	Neurocognitive Health	20	Sem 1	Core
PSY7021-B	Advanced Psychological Research Methods	20	Sem 1	Option
PSY7004-B	Research Methods in Psychology	20	Sem 1	Option
PSY7027-B	Enhancing lifespan Psychological Wellbeing	20	Sem 2	Core
PSY7017-B	Putting Health into Context	20	Sem 2	Core
PSY7014-B	Topics and Theoretical Issues in Clinical Psychology	20	Sem 2	Core
PSY7020-E	MSc Research Project in the Psychology of Health and Wellbeing	60	NSYR	Core

Placement and Study Abroad

This programme is not currently eligible for placement or study abroad opportunities.

Assessment, Continuation and Award Regulations

This programme follows the Assessment, Continuation and Award regulations for postgraduate taught courses published on the University's Website ([Regulation 9](#)).

Applications and Admissions

We are proud to be [one of the most inclusive universities in the UK](#). All our students have potential, and we believe that as many people as possible should have the chance to benefit from higher education, no matter what their background or circumstances.

We take the time to understand the background of our applicants, understand their journey to education, and make decisions based on an applicant's potential to thrive at university and beyond.

People thinking of studying with the University of Bradford don't need to wait for the start of the year to contact our Disability Service. The University can arrange for anyone to talk to this team about what support is on offer at Bradford including an invitation to our Get Set Day. To contact the Disability Service please complete the [request support form](#).

English and Maths Requirements

- GCSE maths and English at grade 4 (national grade C) or above (or equivalent RQF level 2 qualification such as Key Skills)
- For international students, the programme requires IELTS 6.5, or the equivalent in another recognised test ([check our website for other tests we can accept](#)). Exceptionally, holders of a UK degree awarded within 2 years prior to entry to the Bradford programme may be exempt from these English test requirements. International applicants who do not meet the IELTS requirement can take a [University of Bradford pre-session English course](#), which takes 3 to 10 weeks, or can look at taking a pathway with our [International College](#) from 3-6 months before starting the programme.

Academic Admission Requirements

A typical successful application would have an undergraduate degree in Psychology which has or has not been accredited by The British Psychological Society (BPS), or an undergraduate degree in a subject related to Psychology, Health or Social Sciences. Examples of other equivalent international qualifications for entry are provided on the [University of Bradford page for your country or region](#).

Access and Recognition of Prior Learning

Applications are welcome from students with non-traditional qualifications, and/or significant personal/professional experience.

If applicants have prior certificated learning or professional experience which may be equivalent to parts of this programme, the University of Bradford has procedures to evaluate and recognise this

learning to provide applicants with exemptions from specified modules or parts of the programme. Find more information about [recognition of prior learning decisions](#) on the University website

Information in this document is for the contemporary recruitment cycle and was accurate at time of publication. The current tariff and accepted qualifications for entry onto the programme is published at the online course page:

<https://www.bradford.ac.uk/courses/pg/psychology-health-wellbeing/>

Information about entry to UBI provision for this programme including available pathways is published online by Oxford International Education Group:

<https://www.oxfordinternational.com/courses/detail/degree-university-of-bradford-msc-hons-the-psychology-of-health-and-wellbeing/>