

COURSE CONTENT

Course Code / Title	: HP3807 Occupational Health Psychology
Pre-requisites	: HP1000 Introduction to Psychology and HP1100 Fundamentals of Social Science Research or CS2008 Fundamentals of Research
No. of AUs.	: 3
Contact Hours	: 39

Course Aims

Occupational health psychology is the application of psychology to improve the quality of work life and to protect and promote the safety, health, and well-being of workers. This course aims to introduce fundamental theories and explore findings from cutting-edge research in industrial/organizational psychology, health psychology, and occupational health, because occupational health psychology is an interdisciplinary field of study. As a student, you will gain a thorough understanding of the various factors that affect workers' physical and psychological health and well-being. You will also have opportunities to apply the knowledge to health and safety issues in the modern workplace.

Intended Learning Outcomes (ILO)

By the end of the course, you should be able to:

1. Describe fundamental theories and recent empirical research in the field of occupational health psychology.
2. Apply the scientific knowledge to practical health and safety issues in the modern workplace.
3. Design solutions to improve the quality of work life and promote workers' health
4. Communicate competently to an academic or professional audience via both written and oral presentations.

Course Content

Behavioural ecology examines the evolutionary basis of behaviour due to ecological influences. This class is organized along the following themes: (1) introduction of the field of occupational health psychology, (2) theories and models, (3) causes of job stress and occupational health issues, (4) psychological, physical, and behavioural outcomes of occupational health, and (5) preventions and interventions for occupational health.

Course Assessment

CA1	Quiz	:	45%
CA2	Participation	:	10%
CA3	Team project report	:	10%
CA4	Team project presentation	:	35%

Total			100%

Reading and References

Strier, K. (2017) Primate Behavioural Ecology. 5th Edition. Routledge, NY. (S)

Planned Weekly Schedule (subject to changes, if any)

Week	Topic	Course LO	Readings/ Activities
Week 1	Introduction to Occupational Health Psychology	1, 2, 3, 4	Ch1
Week 2	Fundamental & Occupational Stress Theories	1, 2, 3, 4	Ch3 & 4
Week 3	Role Stressors & Work Schedule	1, 2, 3, 4	Ch10, Ch2 in Barling, Kelloway, & Frone (2005)
Week 4	Work-Family Issues	1, 2, 3, 4	Ch9, Allen (2012)
Week 5	Workplace aggression and bullying	1, 2, 3, 4	Salin (2013)
Week 6	Organizational Justice	1, 2, 3, 4	Ch11, Robbins et al. (2012)
Week 7	Safety Climate & Safety Leadership	1, 2, 3, 4	Ch8, 19
Week 8	Outcomes – Psychological & Physical	1, 2, 3, 4	Ch12, 13, & 14
Week 9	Outcomes – Behavioral & Non-work	1, 2, 3, 4	Ch15
Week 10	Treatment – Individual	1, 2, 3, 4	Sonnentag & Fritz (2018)
Week 11	Treatment – Organizational	1, 2, 3, 4	Ch16, Flin (2009), Nielsen et al. (2010)
Week 12	Cross-Cultural Occupational Health Psychology	1, 2, 3, 4	Ch7
Week 13	Team project presentation	1, 2, 3, 4	Students presentations and feedback discussion