



About the Tutor

Guy Sutton's primary research interests are the genetics of neural development and the interactive nature of biological, behavioural and genetic factors in disease processes; in particular, how the brain can affect immunity increasing susceptibility to illness.

He is an Honorary Lecturer at University of Nottingham Medical School and has held academic appointments at Manchester, Manchester Metropolitan and Cambridge Universities. Guy has lectured in genetics and neuroscience to a range of undergraduate and postgraduate students, including medics, biologists and psychologists. He has been a visiting researcher to universities in the United States and has conducted research projects and data analysis for various organisations, including the Department of Health and the Medical Research Council. In addition to presenting research on heart disease and immunity and disease at various international conferences, Guy writes for academic publications and magazines and has talked about his research on television and radio.

Guy has tutored on 'A' level reading parties for students and teachers for several years, and is an associate tutor with Villiers Park Educational Trust, Cambridge. He has developed courses for the OCR Examining Board and for the National Academy for Gifted & Talented Youth. He sits on an advisory board for The Wellcome Trust.

About MBI

MBI (Medical Biology Interactive) delivers one-day and half-day courses, seminars and tutorials in epidemiology, occupational health and the human sciences to the health service, industry and education. All MBI seminars are written and run by academics and health specialists, each of whom has considerable experience in research and its practical applications. Seminars are delivered at the hospital, workplace or school, based on cutting-edge research and current practice benchmarks, and tailored to the needs and concerns of the client.

For further information and full programmes, please contact Dr. Guy Sutton: Tel. 07941 039670,
e-mail: gmsutton@mbi-consultancy.co.uk.



MBI
MEDICAL
BIOLOGY
INTERACTIVE

PRESENTS

HEALTH PSYCHOLOGY



*A One-Day Tutorial
for AS/A2 Students in
The Psychology of
Health & Illness*

TUTOR:

Dr. Guy M. Sutton

Director, MBI, &
Honorary Lecturer,
University of Nottingham Medical School



MBI
MEDICAL
BIOLOGY
INTERACTIVE

**Seminars & Tutorials For The
Health Service, Industry & Education**

Director Dr. Guy Sutton
E-mail: gmsutton@mbi-consultancy.co.uk

7 Gloucester Road
Wallasey
Wirral
CH45 3JS

Tel. 07941 039670

Web site: www.mbi-consultancy.co.uk

WHY A HEALTH PSYCHOLOGY DAY?

Health psychology is the study of the relationship between psychological factors, behaviour, physical health and illness, and its practice and application relevant to healthcare. It is a rapidly developing area and is concerned with issues such as when and why people seek advice from health professionals, how patients respond and adapt to a diagnosis, and the relationship between perception and health behaviours.

This tutorial is intended to introduce students to the field of health psychology, and, crucially, to provide an interesting and accessible insight into the intersection of psychology and biology in health and illness. Thus, in addition to addressing key topics such as health risk behaviours, health-related cognitions, health care communication, and psychological aspects of illness, students will gain an appreciation of the role of genes in disease, how they interact with environmental variables, and the complex biology of diseases such as common cancers. This approach gives students a deeper understanding of how psychological factors and other variables intersect in complex disease processes. The day is ultimately designed to be a challenging and enriching experience, taking students beyond their syllabus, and broadening their knowledge.

WHICH STUDENTS WILL BENEFIT?

This tutorial is designed primarily for able 'A2' level psychology students, but will also be useful to:

- AS students with an interest in the relationship between mind, behaviour and health.
- any students considering a university degree and/or career in the following subjects:

Psychology Medicine Healthcare
Biology Occupational Health

The material presented will complement and develop upon that encountered in your syllabus.

AIMS OF THE TUTORIAL

- to explore important issues in health and illness related to practice, application and intervention, and to consider how psychology can be applied to healthcare;
- to acknowledge how psychological factors may be involved in the development and course of acute and chronic diseases, and how diseases can in turn influence psychological state and behaviour.

TOPICS TO BE COVERED

The tutorial may be tailored to your requirements and syllabus specifications. The morning session is usually lecture and computer-based, the afternoon session in lecture and role-play-based. As with all MBI tutorials, Health Psychology is intended give students an insight into university teaching style. An exemplar programme is presented below:

- 09.00-09.10 Introduction & Aims
- 09.10-10.00 Introduction to Health, Illness and Health Psychology
Models of health and illness. What is health psychology? How are psychological, behavioural and cultural factors linked to illness? The stress response and illness: myths and facts. Webs of causality. Some methods in health psychology.
- 10.00-10.30 Health Psychology Online I
An introduction to genetics and the biology of disease.
- 10.50-11.30 Complex Illnesses I: Coronary Heart Disease
The biology and pathology of heart disease. Genes and genetic effects. Psychological and social processes in heart disease. The importance of health and exercise on health status. Focus on The Whitehall Study. The impact of illness on quality on patients and families.
- 11.30-11.50 Health Psychology Online II
Computer-based interactive session.
- 11.50-12.30 Complex Illnesses II: Cancer
The complex biology of cancer. Psychological factors in cancer: myths and truths. Managing psychological symptoms in cancer patients.
- 1.15-2.30 Applications: Doctor/Patient Communication
The medical consultation and factors that influence the process. Student role play exercise.
- 2.30-3.10 Pain & Pain Management
The anatomy, physiology and experience of pain. Gender and sociocultural factors in pain perception. Managing and coping with pain.
- 3.10-3.15 Conclusions & Questions

FORMAT

The tutorial is delivered in your school. Format is varied, with interactive multimedia lectures (dvd clips and Flash animations), group discussions, clinical case studies and optional sessions.

Each school receives Health Day software to keep. Students each receive a comprehensive tutorial pack which contains the material presented during the tutorial.

OTHER SEMINARS & TUTORIALS FOR THE HEALTH SERVICES & INDUSTRY

MEDICAL GENETICS
(FOR GENERAL PRACTITIONERS)

METHODS IN
MOLECULAR BIOLOGY

EPIDEMIOLOGY & STATISTICS
IN CLINICAL PRACTICE

FOR EDUCATION

BRAIN DAY
(FOR AS & A2 LEVEL STUDENTS)

DNA DAY
(FOR AS & A2 LEVEL STUDENTS)

STRESS DAY
(FOR A2 LEVEL STUDENTS)

HUMAN HEALTH & DISEASE
DAY
(FOR A2 LEVEL STUDENTS)

FORENSIC PSYCHOLOGY
(FOR A2 LEVEL STUDENTS)

FORENSIC SCIENCE
(FOR A2 LEVEL STUDENTS)