

Master's Programme

Master Specialisation Health and Social Psychology

Faculty of Psychology and Neuroscience

Self-Regulation

Full course description

The goal of this course is to understand the complex process of self-regulation and to apply the different theories and findings in a practical context. Students will consider questions such as: What is the difference between self-regulation and self-control?

Why is it so hard for some people to limit their alcohol consumption? Why do some people lose their temper easily? It is well established that many people struggle with calories, cigarettes, emotions and laziness every day and that people can vary enormously in their ability to succeed in self-regulation. Some common examples which illustrate a lack of self-regulation include too much eating or drinking, not being able to regulate emotions or impulsively buying new shoes. There are often negative consequences of these types of behaviour and these demonstrate how important it is that people are able to regulate themselves, therefore an understanding of the process of self-regulation is key to this course.

Students study different mechanisms underlying self-regulation, such as paradoxes of control, intrinsic motivation, resource depletion, goal setting and mindfulness. In addition, attention is paid to possible ways to improve self-regulatory abilities and enhance autonomy.

Course objectives

Knowledge of: Self-determination, ego-depletion, emotion regulation, mindfulness-based regulation, ironic processes of mental control.

PSY4001

Period 1

4 Sep 2017

27 Oct 2017

[Print course description](#)

ECTS credits:

5.0

Instruction language:

English

Coordinator:

- [L.H.J.M. Lemmens](#)

Teaching methods:

Assignment(s), Lecture(s), PBL, Work in subgroups

Assessment methods:

Attendance, Written exam, Final paper

Keywords:

Self-regulation, self-control, autonomy

Faculty of Psychology and Neuroscience

Practical Training: Increasing Self-Regulation through Practice

Full course description

This practical bridges the gap between science and practice by applying Cognitive Behavioural Therapy (CBT). During the practical, students are invited to work in couples, both as a client and as a therapist. The therapist helps the client to move closer to a desired outcome, a regulatory goal.

The aim is for students to utilise different self-regulation techniques and practical exercises in an attempt to increase self-regulation of the client. After completing the therapy, students write a report on the weekly sessions and discuss the main outcomes of their intervention.

Course objectives

Knowledge of: Therapeutic interventions, cognitive behavioural therapy, communication skills, self-regulation techniques.

PSY4101

Period 1

4 Sep 2017

27 Oct 2017

[Print course description](#)

ECTS credits:

0.0

Instruction language:

English

Coordinator:

- [L.H.J.M. Lemmens](#)

Teaching methods:

Assignment(s), Lecture(s), Paper(s), Skills

Assessment methods:

Attendance, Final paper

Keywords:

therapy, cognitive behavioural therapy, self-regulation techniques, self-regulation improvement

Faculty of Psychology and Neuroscience

Bad Habits

Full course description

At the end of the course, students will have acquired knowledge of relevant theories and models to explain the origin, nature and maintenance of 'bad habits'. Students will be able to analyse a 'bad habit' using a multidisciplinary perspective.

Students will study theories, models, and empirical research that are on the borderline between social and clinical psychology. Students will study explanations and predictions of behaviour, and in particular unhealthy and unwanted behaviours and cognitions. The approach to assessing bad habits is multidisciplinary in that it uses recent views from social psychology, social cognition, clinical psychology and cognitive experimental psychology. Emphasis is put on understanding, explaining and predicting bad habits.

Several recent theoretical views are used to explain how (un)healthy and (un)wanted behaviours develop and endure. Students review various types of bad habits in the broad sense of the word and learn how these are acquired, including addictive behaviours, excessive eating, and risky sexual behaviour.

Course objectives

Knowledge of: Dual-process theories, implicit cognition, theory of planned behaviour, Pavlovian conditioning, cue exposure, behavioural economics, habits, genetic and environmental influences on eating behaviour, obesity, addiction, social and clinical psychology, cognitive psychology.

PSY4002

Period 1

4 Sep 2017

27 Oct 2017

[Print course description](#)

ECTS credits:

5.0

Instruction language:

English

Coordinator:

- [K.M.P.I. Houben](#)

Teaching methods:

Lecture(s), PBL

Assessment methods:

Attendance, Written exam

Keywords:

dual-process, implicit cognition, Pavlovian conditioning, cue exposure habits, planned behaviour change, decision-making, gene-environment interaction

Faculty of Psychology and Neuroscience

Practical Training: Cognitive Paradigms in Health Psychology

Full course description

The goal of this practical is to introduce the students to implicit measures that are often used in health psychology research to study biased cognitive processing. The focus of the practical will be on the the Implicit Association Test (IAT). There are two lectures in which the IAT is explained and demonstrated. An important aspect of the lectures will be a discussion of the pros and cons of the paradigm. Next, students will get hands-on experience with the IAT and they will generate IAT data in small groups of students (e.g., 4-5). Students also take part in two practical meeting: they will (1) analyze their IAT data, and (2) experience and 'beat' the IAT. They will also write a final group report about their IAT findings. As such, students will gain a profound understanding of the IAT.

Course objectives

Knowledge of:

Implicit measures, Implicit Association Test, data analysis, research design.

PSY4102

Period 1

4 Sep 2017

27 Oct 2017

[Print course description](#)

ECTS credits:

0.0

Instruction language:

English

Coordinator:

- [K.M.P.I. Houben](#)

Teaching methods:

Lecture(s), Research, Skills, Work in subgroups

Assessment methods:

Attendance, Assignment

Keywords:

Implicit measures, Implicit Association Test, research design, data analysis, Writing skills

Faculty of Psychology and Neuroscience

Planning Behaviour Change Programmes

Full course description

Health and social psychologists in the field apply state-of-the-art theories and research to health, ecology, discrimination and safety problems in real-life settings. This course introduces a process for creating behavioural change programmes (Intervention Mapping) for these problems. Students are guided through a series of steps that will assist them in applying psychological theories and evidence in developing behavioural change interventions. Steps include: a needs assessment and identification of the goals of the programme; selecting intervention methods and translating methods into applications and programmes; and planning for implementation and evaluation of the programme. Participants study the theoretical background of each step and work in small groups to

create a (fictive) behaviour change programme for a health problem. Lectures introduce the various steps and provide illustrative examples of Intervention Mapping applications. The practical training 'Applying Theories' is integrated into this Planning Behaviour Change course

Course objectives

Knowledge of and skills: Be able to explain the rationale for a systematic approach to intervention development, describe an ecological approach to intervention development, explain and apply the types of logic models that can be used to conceptualise various phases of programme development, list and apply the steps and processes of Intervention Mapping, explain and apply core processes for developing theory- and evidence-based interventions.

PSY4003

Period 2

30 Oct 2017

22 Dec 2017

[Print course description](#)

ECTS credits:

5.0

Instruction language:

English

Coordinator:

- [F.E.F. Mevissen](#)

Teaching methods:

Lecture(s), Paper(s), Training(s), Work in subgroups

Assessment methods:

Attendance, Written exam, Final paper

Keywords:

Behaviour change, Applying theories, Intervention mapping, Social psychology, health psychology

Faculty of Psychology and Neuroscience

Practical Training: Applying Theories in Intervention Development

Full course description

The practical training provides search strategies (called 'core processes') for finding appropriate theories and empirical data to answer planning-related questions when designing behaviour change programmes using the Intervention Mapping protocol.

Course objectives

Knowledge of: The rationale for core processes, the successful application of the issue-related, concept-related and general approaches to theory finding.

PSY4103

Period 2

30 Oct 2017

22 Dec 2017

[Print course description](#)

ECTS credits:

0.0

Instruction language:

English

Coordinator:

- [R.A.C. Ruiter](#)

Teaching methods:

Assignment(s), Lecture(s)

Assessment methods:

Attendance, Final paper

Keywords:

Applying theories, Intervention mapping

Faculty of Psychology and Neuroscience

Manipulation

Full course description

This course focuses on techniques and strategies to influence or 'manipulate' other people's opinions, judgments and behaviour. What factors are likely to instigate change and how can their influence be explained? A common distinction in manipulation techniques or strategies is the distinction between strategies requiring systematic processing and strategies requiring heuristic processing of information.

Systematic processing is related to persuasion; a receiver carefully examines a persuasive message and if the arguments are relevant, persuasive, and strong (s)he may decide to adopt the message.

In the case of heuristic processing, the receiver is more likely to be influenced by the form of a message rather than its content. An example of when a person is not motivated to carefully examine a message or situation happens for example when the person is distracted or when the topic is not relevant. Both forms of influence are discussed during this course. Other topics in this course are 'knee jerk psychology' (direct manipulation techniques), the manipulative power of everyday and media role models, evaluative conditioning (associating neutral stimuli with positive attributes) social mimicry and nudging.

Students also study why some people are more sensitive to persuasive messages than others. In addition to the lectures and PBL-groups, there will be several practical assignments, and students must write two papers that form part of the final grade.

Course objectives

Knowledge of: Social influence, information processing, dual process models, heuristics, implicit and explicit attitudes, attitude change, food labels, designing a persuasive food label, persuasion, persuasion techniques, manipulation tricks, building resistance to social influence, overcoming resistance to social influence, self-affirmation, role models, social comparison, regulatory focus, persuasion by association, evaluative conditioning, experimental design, social imitation, mimicry,

chameleon effect, nudging.

PSY4004

Period 2

30 Oct 2017

22 Dec 2017

[Print course description](#)

ECTS credits:

5.0

Instruction language:

English

Coordinators:

- Kai Jonas
- [K.J. Jonas](#)

Teaching methods:

Assignment(s), Lecture(s), Paper(s), PBL, Presentation(s), Work in subgroups

Assessment methods:

Attendance, Written exam

Keywords:

Persuasion, attitude change, social influence, resistance, role models, mimicry, nudging

Faculty of Psychology and Neuroscience

Practical Training: Manipulation Strategies

Full course description

During the practical training, students will work on three assignments (individually or in small groups). Each student will design a unique persuasive message (a food label) for the first assignment. The second assignment requires that students write a research proposal in which they describe an experiment using a manipulation strategy. Finally, in the third assignment, students work on a casus focusing on the use of social influence.

Course objectives

Knowledge of: Presenting, academic writing, reviewing, social influence, information processing, dual process models, implicit and explicit attitudes, attitude change, food labels, designing a persuasive food label, persuasion, persuasion techniques, manipulation tricks, evaluative conditioning, experimental design.

PSY4104

Period 2

30 Oct 2017

22 Dec 2017

[Print course description](#)

ECTS credits:

0.0

Instruction language:

English

Coordinators:

- Kai Jonas
- [K.J. Jonas](#)

Teaching methods:

Assignment(s), Paper(s), PBL, Presentation(s), Skills, Work in subgroups

Assessment methods:

Final paper, Presentation, Attendance

Keywords:

Writing, presenting, persuasive message, manipulation techniques, experimental design

Internships

Research Internship

Faculty of Psychology and Neuroscience

Research Internship Graded

Full course description

The second part of the one-year master's program (from period 3 onwards), is devoted to conducting a research internship that involves 1) writing of a research proposal, and preparing and planning of the research project, 2) conducting the research project, and 3) analyzing the results of the research project. This work will result in an individually written 4) master's thesis. Step 1 will be done in period 3, steps 2 to 4 from period 4 onwards.

The internship can be carried out at Maastricht University, at an external research institute or at other, more practically oriented institutions. In all cases, a student's research proposal and master's thesis will be evaluated by two assessors. At least one of these assessors is a staff member at the Faculty of Psychology and Neuroscience (FPN). The other assessor can be an external researcher. One of the assessors must hold a PhD, the other can be a PhD candidate.

Information about research internships offered by faculty members can be found on AskPsy > Curriculum > internships/ stages.

Each specialisation has its own internship coordinator:

Psychology and Law: Kim van Oorsouw,

Phone (043) 38 84050, 40 Universiteitssingel East, Room 3.767,

Email: k.vanoorsouw@maastrichtuniversity.nl

Health and Social Psychology:

Sandra Mulkens:

Phone (043) 38 84052, 40 Universiteitssingel East, Room 3.755, Email: s.mulkens@maastrichtuniversity.nl

Loes Kessels:

Master Psychology Specialisation Health and Social Psychology

Phone (043) 3882105, 40 Universiteitssingel East, Room 4.747,

Email: lte.kessels@maastrichtuniversity.nl

Work and Social Psychology: Robert van Doorn,

Phone (043) 38 81926, 40 Universiteitssingel East, Room 4.731,

Email: r.vandoorn@maastrichtuniversity.nl

Developmental Psychology: Hans Stauder,

Phone (043) 38 81933, 55 Oxfordlaan, Room 2.009,

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Cognitive Neuroscience: Amanda Kaas,

Phone (043) 38 82172, 55 Oxfordlaan, Room 2.019,

Email: a.kaas@maastrichtuniversity.nl

Neuropsychology: Esther Keulers,

Phone (043) 38 82932, 40 Universiteitssingel East, Room 2.755, Email:

esther.keulers@maastrichtuniversity.nl

Course objectives

Knowledge of:

Conducting a supervised empirical research project and summarising this research in a master's thesis.

Prerequisites

The Research Internship can only be started when at least 8 credits of the compulsory courses have been obtained of the modules offered in periods 1 and 2. Furthermore, the research proposal must be assessed as sufficient by both assessors and must be ethically approved before the start. In addition:

- Certain Research Internships may require that practical or skills training(s) have been completed.

PSY4078

Year

5 Feb 2018

31 Aug 2018

[Print course description](#)

ECTS credits:

10.0

Instruction language:

English

Coordinators:

- [G.C. Kraag](#)
- [A.A.N. Mulkens](#)

Teaching methods:

Assignment(s), Paper(s), Research, Skills, Working visit(s)

Assessment methods:

Attendance, Final paper, Observation, Participation

Keywords:

Academic skills, internship, research, Research proposal, master's thesis

Faculty of Psychology and Neuroscience

Research Internship Ungraded

Full course description

The second part of the one-year master's program (from period 3 onwards), is devoted to conducting a research internship that involves 1) writing of a research proposal, and preparing and planning of the research project, 2) conducting the research project, and 3) analyzing the results of the research project. This work will result in an individually written 4) master's thesis. Step 1 will be done in period 3, steps 2 to 4 from period 4 onwards.

The internship can be carried out at Maastricht University, at an external research institute or at other, more practically oriented institutions. In all cases, a student's research proposal and master's thesis will be evaluated by two assessors. At least one of these assessors is a staff member at the Faculty of Psychology and Neuroscience (FPN). The other assessor can be an external researcher. One of the assessors must hold a PhD, the other can be a PhD candidate.

Information about research internships offered by faculty members can be found on AskPsy > Curriculum > internships/ stages.

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esther.keulers@maastrichtuniversity.nl

Course objectives

Knowledge of:

Conducting a supervised empirical research project and summarising this research in a master's thesis.

Prerequisites

The Research Internship can only be started when at least 8 credits of the compulsory courses have been obtained of the modules offered in periods 1 and 2. Furthermore, the research proposal must be assessed as sufficient by both assessors and must be ethically approved before the start. In addition:

- Certain Research Internships may require that practical or skills training(s) have been completed.

PSY4079

Year

5 Feb 2018

31 Aug 2018

[Print course description](#)

ECTS credits:

15.0

Instruction language:

English

Coordinators:

- [G.C. Kraag](#)
- [A.A.N. Mulkens](#)

Teaching methods:

Assignment(s), Paper(s), Research, Skills, Working visit(s)

Assessment methods:

Attendance, Final paper, Observation, Participation

Keywords:

Academic skills, internship, research, Research proposal, master's thesis

Faculty of Psychology and Neuroscience

Research Proposal

Full course description

- The research proposal is drafted in preparation for the research internship. To ensure a timely process, PSY4074 is done in conjunction with PSY 4075, which serves to support the development of the research proposal and subsequent internship via assignments, workshops, and lectures that allow students to practice and develop the following skills: Conducting literature reviews
- Using Endnote
- Choosing a research design
- Selecting appropriate statistical methods
- Managing data and applying statistics
- Writing a research proposal using academic writing
- Providing peer feedback on a research proposals
- Understanding research ethics
- Applying for approval from the ERCPN
- Planning for their future career

Course objectives

To produce a scientifically sound research proposal

To adequately prepare for a research internship

PSY4074

Year

1 Sep 2017

31 Aug 2018

[Print course description](#)

ECTS credits:

5.0

Instruction language:

English

Coordinator:

- [S. Stutterheim](#)

Teaching methods:

Assignment(s)

Assessment methods:

Final paper

Keywords:

Academic skills, Research skills, methods, statistics, Writing, Internship

Faculty of Psychology and Neuroscience

Academic Skills

Full course description

This module offers students an opportunity to practice and apply academic writing and research skills, and prepares students for their research internship. To achieve this, a series of assignments, workshops, and lectures will be scheduled in the 3rd period (four weeks). In addition, students will be encouraged to consider their future career. The following topics and activities will be covered:

- Conducting literature reviews
- Using Endnote
- Choosing a research design
- Selecting appropriate statistical methods
- Managing data and applying statistics
- Writing a research proposal using academic writing
- Providing peer feedback on a research proposals
- Understanding research ethics
- Applying for approval from the ERCPN
- Planning for their future career

Course objectives

Knowledge of:

How to conduct literature reviews, using Endnote; how to select a research design and corresponding methods; how to write in academics; how to peer review; how to apply for ethics approval; how to produce an acceptable research proposal; career perspectives.

PSY4075

Period 3

8 Jan 2018

2 Feb 2018

Master Psychology Specialisation Health and Social Psychology

[Print course description](#)

ECTS credits:

0.0

Instruction language:

English

Coordinator:

- [S. Stutterheim](#)

Teaching methods:

Lecture(s), Assignment(s), Skills

Assessment methods:

Attendance, Assignment

Keywords:

Academic skills, Research skills, methods, statistics, career skills, Writing, peer reviewing
Thesis

Master's Thesis

Faculty of Psychology and Neuroscience

Master's Thesis

Full course description

The second part of the one-year master's program (from period 3 onwards), is devoted to conducting a research internship that involves 1) writing of a research proposal, and preparing and planning of the research project, 2) conducting the research project, and 3) analyzing the results of the research project. This work will result in an individually written 4) master's thesis. Step 1 will be done in period 3, steps 2 to 4 from period 4 onwards.

The internship can be carried out at Maastricht University, at an external research institute or at other, more practically oriented institutions. In all cases, a student's research proposal and master's thesis will be evaluated by two assessors. At least one of these assessors is a staff member at the Faculty of Psychology and Neuroscience (FPN). The other assessor can be an external researcher. One of the assessors must hold a PhD, the other can be a PhD candidate.

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esther.keulers@maastrichtuniversity.nl

Course objectives

Knowledge of: Conducting a supervised empirical research project and summarising this research in a master's thesis.

Prerequisites

The Research Internship can only be started when at least 8 credits of the compulsory courses have been obtained of the modules offered in periods 1 and 2. Furthermore, the research proposal must be assessed as sufficient by both assessors and must be ethically approved before the start. In addition:

- Certain Research Internships may require that practical or skills training(s) have been completed.

PSY4091

Year

5 Feb 2018

31 Aug 2018

[Print course description](#)

ECTS credits:

10.0

Instruction language:

English

Coordinators:

- [R.R.A. van Doorn](#)
- [G.C. Kraag](#)
- [A.A.N. Mulkens](#)

Teaching methods:

Assignment(s), Paper(s), Research, Skills, Working visit(s)

Assessment methods:

Attendance, Final paper, Observation, Participation

Keywords:

Academic skills, Internship, Research, Research proposal, master's thesis