

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

Students will be able to understand, apply and connect the following concepts: Self-determination, ego-depletion, emotion regulation, cognitive and behavioural aspects of self-regulation, mindfulness-based regulation, ironic processes of mental control.

PSY4001

Period 1

3 Sep 2018

26 Oct 2018

[Print course description](#)

ECTS credits:

5.0

Instruction language:

English

Coordinator:

- [J.M. Alleva](#)

Teaching methods:

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

Assessment methods:

Attendance, Final paper, Written exam

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**

Students will be able to understand and apply the following concepts:

- therapeutic interventions;
- cognitive behavioural therapy;
- communication skills;
- self-regulation techniques.

PSY4101

Period 1

3 Sep 2018

26 Oct 2018

[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

- students understand theories and models that explain health behavior, including dual-process theories, the theory of planned behaviour/reasoned action approach, learning theory, behavioural economics, habit theory, and gene x environment interactions;
- students are able to use these theories to analyse and explain unhealthy, irrational health behaviour and to induce behaviour change.

PSY4002

Period 1

3 Sep 2018

26 Oct 2018

[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 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 meetings: 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

- students are able to explain the mechanisms and assumptions underlying the Implicit Association Test (IAT);
- students understand the pros and cons of the IAT and are able to change the features of the chosen task to fit their own research needs;
- students are able to analyse IAT data by applying statistical techniques, such as t-tests and ANOVA, and they can interpret and explain the output of these analyses.

PSY4102

Period 1

3 Sep 2018

26 Oct 2018

[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 Intended Learning Outcomes 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

Students:

- 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;
- demonstrate understanding of the Intervention Mapping protocol and its application to solving public health and safety problems.

PSY4003

Period 2

29 Oct 2018

21 Dec 2018

[Print course description](#)

ECTS credits:

5.0

Instruction language:

English

Coordinators:

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

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

Students:

- describe the rationale for applying core processes in each step of behaviour change program planning;
- explain the importance of using empirical literature and theory in formulating answers to program planning questions;
- demonstrate the successful application of the topic-related, concept-related and general approaches to theory finding.

PSY4103

Period 2

29 Oct 2018

21 Dec 2018

[Print course description](#)

ECTS credits:

0.0

Instruction language:

English

Coordinators:

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

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.

## Master Psychology Specialisation Health and Social Psychology

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), motivational interviewing, 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

Students are able to understand:

social influence, information processing, dual process models, heuristics, implicit and explicit attitudes, attitude change, nudging, designing a nudge, 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, motivational interviewing, developing a interviewing guideline, social imitation, mimicry, chameleon effect.

PSY4004

Period 2

29 Oct 2018

21 Dec 2018

[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, motivational interviewing

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 nudge) for the first assignment. The second assignment requires that students write a guideline proposal in which they describe a motivational interviewing context and application. Finally, in the third assignment, students work on a review.

## Course objectives

Students are able to understand:

presenting, academic writing, reviewing, social influence, information processing, dual process models, implicit and explicit attitudes, attitude change, nudges, designing a nudge, persuasion, persuasion techniques, manipulation tricks, evaluative conditioning, motivational interviewing and guideline development.

PSY4104

Period 2

29 Oct 2018

21 Dec 2018

[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

Internships

## Research Internship

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 PSY4075, 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



## Master Psychology Specialisation Health and Social Psychology

- 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
- This module is not applicable for students of the Master Neuropsychology that attend a clinical internship.

### Course objectives

- to produce a scientifically sound research proposal;
- to adequately prepare for a research internship.

PSY4074

Year

1 Sep 2018

31 Aug 2019

[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

## Master Psychology Specialisation Health and Social Psychology

- 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

This module is not applicable for students of the Master Neuropsychology that attend a clinical internship.

### Course objectives

- students are able to execute a literature review;
- students are able to use Endnote;
- students are able to select a research design and corresponding methods for a research project;
- students understand and apply statistical techniques;
- students can explain characteristics of academic writing and are able to implement that knowledge to the writing of a research proposal;
- students are able to execute a peer review that is both constructive and encouraging;
- students recognize ethical aspects of conducting research and are able to complete an ethics application;
- students are able to produce a research proposal;
- students recognize career perspectives for their future.

PSY4075

Period 3

7 Jan 2019

1 Feb 2019

[Print course description](#)

ECTS credits:

0.0

Instruction language:

English

Coordinator:

- [S. Stutterheim](#)

Teaching methods:

Assignment(s), Skills, Lecture(s)

Assessment methods:

Attendance, Assessment

Keywords:

Academic skills, research skills, methods, statistics, career skills, Writing, peer reviewing, ethics in research

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

## Master Psychology Specialisation Health and Social Psychology

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:

Legal Psychology: Kim van Oorsouw

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

Email: k.vanoorsouw@maastrichtuniversity.nl

Health and Social Psychology: Ghislaine Schyns

Phone (043) 38 84523, 40 Universiteitssingel East, Room 4.777a,

Email: ghislaine.schyns@maastrichtuniversity.nl

Work and Social Psychology: Robert van Doorn

Phone (043) 38 81926, 40 Universiteitssingel East, Room 4.765,

Email: r.vandoorn@maastrichtuniversity.nl

Developmental Psychology: Hans Stauder

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

Email: h.stauder@maastrichtuniversity.nl

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](mailto:esther.keulers@maastrichtuniversity.nl)

This module is not applicable for students of the Master Neuropsychology that attend a clinical internship.

## Course objectives

Students are able to understand:

- 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

1 Sep 2018

31 Aug 2019

[Print course description](#)

ECTS credits:

10.0

Instruction language:

English

Coordinator:

- [G.C. Kraag](#)

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.

Each specialisation has its own internship coordinator:

Legal Psychology: Kim van Oorsouw

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

Email: k.vanoorsouw@maastrichtuniversity.nl

Health and Social Psychology: Ghislaine Schyns

Phone (043) 38 84523, 40 Universiteitssingel East, Room 4.777a,

Email: ghislaine.schyns@maastrichtuniversity.nl

Work and Social Psychology: Robert van Doorn

Phone (043) 38 81926, 40 Universiteitssingel East, Room 4.765,

Email: r.vandoorn@maastrichtuniversity.nl

Developmental Psychology: Hans Stauder

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

Email: h.stauder@maastrichtuniversity.nl

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

This module is not applicable for students of the Master Neuropsychology that attend a clinical internship.

## Course objectives

Students are able to understand:

- 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

1 Sep 2018

31 Aug 2019

[Print course description](#)

ECTS credits:

15.0

Instruction language:

English

Coordinator:

- [G.C. Kraag](#)

Teaching methods:

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

Assessment methods:

Master Psychology Specialisation Health and Social Psychology

Attendance, Final paper, Observation, Participation

Keywords:

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

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.

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

Each specialisation has its own internship coordinator:

Legal Psychology: Kim van Oorsouw

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

Email: k.vanoorsouw@maastrichtuniversity.nl

Health and Social Psychology: Ghislaine Schyns

Phone (043) 38 84523, 40 Universiteitssingel East, Room 4.777a,

Email: ghislaine.schyns@maastrichtuniversity.nl

Work and Social Psychology: Robert van Doorn

Phone (043) 38 81926, 40 Universiteitssingel East, Room 4.765,

Master Psychology Specialisation Health and Social Psychology

Email: r.vandoorn@maastrichtuniversity.nl

Developmental Psychology: Hans Stauder

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

Email: h.stauder@maastrichtuniversity.nl

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

This module is not applicable for students of the Master Neuropsychology that attend a clinical internship.

## Course objectives

Students are able to understand:

- 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

1 Sep 2018

31 Aug 2019

[Print course description](#)

ECTS credits:



Master Psychology Specialisation Health and Social Psychology

10.0

Instruction language:

English

Coordinators:

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

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