

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 healthy eating, 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

1 Sep 2020

23 Oct 2020

[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**

## 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 unhealthy and unwanted behaviour, or 'bad habits'.

Students will be able to analyse a 'bad habit' using a multidisciplinary perspective. 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 unhealthy behaviours: Several recent theoretical views are used to explain how (un)healthy and (un)wanted behaviours develop and endure. Students will 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**

1 Sep 2020

23 Oct 2020

[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: 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 various self-regulation techniques and practical exercises in an attempt to increase self-regulation of the client. Students will carefully track their client's progress using observations and measurements before, during, and after the intervention. 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**

1 Sep 2020

23 Oct 2020

[Print course description](#)

**ECTS credits:**

0.0

**Instruction language:**

English

**Coordinators:**

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

[M.J.V. Peters](#)

**Teaching methods:**

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

**Assessment methods:**

Attendance, Final paper

**Keywords:**

## 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 analyze 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

1 Sep 2020

23 Oct 2020

[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 behaviour 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 behaviour change interventions. Steps include: a needs assessment and identification of the programme goals; 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 program for a health or social 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

26 Oct 2020

18 Dec 2020

[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, Assignment

### Keywords:

## 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.

Both forms of influence are discussed during this course. Students also study why some people are more sensitive to persuasive messages than others are. Other topics in this course are motivational interviewing, social mimicry and nudging. Influence techniques are placed in a social and intercultural context.

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;
- the limitations that social context is placing on the change potential of individuals and how this impacts the effectiveness of behaviour change interventions;
- the contextualization of behaviour change interventions due to cultural differences.

## PSY4004

### Period 2

26 Oct 2020

18 Dec 2020

[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: Applying Theories in Intervention Development

## Full course description

The practical training provides students with hands-on experience in applying the Intervention Mapping protocol and using Core Processes in the development of theory and evidence based behaviour change programmes.

## Course objectives

Students:

- demonstrate the successful application of empirical literature and theory in formulating answers to program planning questions
- demonstrate the successful application of the Intervention Mapping protocol to a health or social problem.

## PSY4103

**Period 2**

26 Oct 2020

18 Dec 2020

[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, Assignment

**Keywords:**

Applying theories, Intervention mapping, Core Processes

## 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

26 Oct 2020

18 Dec 2020

[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;
- 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 proposal;
- understanding research ethics and applying for approval from the ERCPN;
- planning for future career.

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

### Course objectives

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

## PSY4074

### Year

1 Sep 2020

31 Aug 2021

[Print course description](#)

### ECTS credits:

5.0

### Instruction language:

English

### Coordinator:

G.A. ten Hoor

### Teaching methods:

Assignment(s)

### Assessment methods:

Final paper

### Keywords:

## 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 and applying for approval from the ERCPN;
- planning for future career.

This module is not applicable for students of the Master Neuropsychology that complete 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 and apply 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

4 Jan 2021

29 Jan 2021

[Print course description](#)

### ECTS credits:

0.0

### Instruction language:

English

**Coordinator:**

G.A. ten Hoor

**Teaching methods:**

Assignment(s), Skills, Lecture(s)

**Assessment methods:**

Attendance, Assignment

**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 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

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Cognitive Neuroscience: Amanda Kaas

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

Email: a.kaas@maastrichtuniversity.nl

Neuropsychology:

Research internships: Michael Schwartz

Phone (043) 38 82802

Clinical internships: Ieke Winkens

Phone: (043) 38 84512,

Location: Universiteitssingel 40, East

Email: fpn-np-internship@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 core courses have been obtained of the modules offered in periods 1 and 2. Furthermore, academic research skills (4075) must be submitted and 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 Feb 2021

31 Aug 2021

[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](#).

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Email: [r.vandoorn@maastrichtuniversity.nl](mailto:r.vandoorn@maastrichtuniversity.nl)

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Neuropsychology:

Research internships: Michael Schwartz

Phone (043) 38 82802

Email: michael.schwartz@maastrichtuniversity.nl

Clinical internship: Ieke Winkens

Phone: (043) 38 84512,

Email: I.winkens@maastrichtuniversity.nl  
40 Location: Universiteitssingel 40, East

## 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 Feb 2021

31 Aug 2021

[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:

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.

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Email: r.vandoorn@maastrichtuniversity.nl

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Clinical internship: Ieke Winkens

Phone: (043) 38 84512,

Email: I.winkens@maastrichtuniversity.nl  
40 Location: Universiteitssingel 40, East

## 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 Feb 2021

31 Aug 2021

[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

