

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.

The corresponding practical for this course is: Increasing Self-regulation through Practice

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 2021

22 Oct 2021

[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.

The corresponding practical for this course is: Cognitive Paradigms

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 2021

22 Oct 2021

[Print course description](#)

ECTS credits:

5.0

Instruction language:

English

Coordinator:

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

Teaching methods:

Lecture(s), PBL

Assessment methods:

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 2021

22 Oct 2021

[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:

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

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) and the affective priming paradigm. There are two lectures in which the use of implicit measures is explained and demonstrated. An important aspect of the lectures will be a discussion of the pros and cons of implicit measures. Students will also get hands-on experience with implicit measures: Students will (1) analyze data obtained with implicit measures, and (2) experience and 'beat' the IAT. They will also write a final group report about about the pros and cons of an implicit paradigm of choice.

Course objectives

- students are able to explain the mechanisms and assumptions underlying implicit measures, including the Implicit Association Test (IAT) and the affective priming paradigm;
- students understand the pros and cons of implicit measures and are able to change the features of the chosen task to fit their own research needs;
- students are able to analyze data from implicit measures 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 2021

22 Oct 2021

[Print course description](#)

ECTS credits:

0.0

Instruction language:

English

Coordinator:

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

Teaching methods:

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

Assessment methods:

Attendance, Final paper

Keywords:

Implicit measures, Implicit Association Test, affective priming paradigm, 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.

The corresponding practical for this course is: Applying Theories in Intervention Development

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

25 Oct 2021

17 Dec 2021

[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:

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

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.

The corresponding practical for this course is: Manipulation Strategies

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, influence via AI technology;
- 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

25 Oct 2021

17 Dec 2021

[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:

Master Psychology Specialisation Health and Social Psychology

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

25 Oct 2021

17 Dec 2021

[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, motivational interviewing and guideline development.

Students are able to understand and place their proposed intervention in diverse social contexts

PSY4104

Period 2

25 Oct 2021

17 Dec 2021

[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 closely connected to PSY4075 (academic skills) and PSY4957 (mentor program 1y FPN masters) and prepares students for their internship and master's thesis.

Master Psychology Specialisation Health and Social Psychology

In this course, the research proposal is drafted in preparation for the research internship. To ensure a timely process, PSY4074 is done in conjunction with PSY4075, since PSY4075 serves to support the development of the research proposal and subsequent execution of the internship via assignments, workshops, and lectures that allow students to practice and develop their academic skills.

The research proposal describes what you will investigate, why it is important, and how you will do the research. The format of a research proposal varies between (sub)fields, but most proposals should contain at least these elements: Cover page, Introduction, Literature Review (incl background, relevance, and research question), Research design and methods, Reference list, and a Timeline/planning. Students discuss the content of the proposal with their internship supervisors (preferably 2-3 months prior to the official start of the internship).

This module is not applicable for the Master in Work & Organizational Psychology, and (the subsample of) 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 2021

31 Aug 2022

[Print course description](#)

ECTS credits:

5.0

Instruction language:

English

Coordinator:

- G.A. ten Hoor

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

The Academic Skills course is closely connected to the research proposal and the mentor program for the 1y masters (not for MMH) and prepares students for their internship and thesis.

This module offers students an opportunity to practice and apply academic writing and research skills, and prepares students for their research internship (including the writing of their research

Master Psychology Specialisation Health and Social Psychology

proposal and thesis). To achieve this, a series of assignments, workshops, and lectures are offered in the 3rd period (four weeks). In addition, students will be encouraged to consider their future career (inc. what their interests are/what career(s) they would like to pursue).

This module is not applicable for the Master in Work & Organizational Psychology, and (the subsample of) students of the Master Neuropsychology that complete a clinical internship.

The Academic Skills course has to be completed within 6 weeks after the start of a students' research internship (so no need to have this finished at the end of period 3). To make sure that students can pass this course when delaying (the start of) their internship this course is open during the entire academic year. For most students, however, the academic skills course is focused on period 3 (January).

Course objectives

Intended learning outcomes (ILO's) are tailored to the individual student and depend on the individual motivations and needs for their research internship. ILO's are related to:

1. The (general) mandatory skills that students followed as part of the assessment in PSY4075.
2. The additional academic skills deemed necessary by internship supervisor.
3. Additional (online) skills courses and/or experiences that students may have followed or obtained additionally to point 1 and 2 out of interest/personal growth.

Mandatory ILO's are:

- students know what the criteria/guidelines are for writing a research proposal;
- students know what transparency in science is (including data management and research ethics);
- students recognize ethical aspects of conducting research and are able to complete an ethics application.

Additional ILO's (if skills are not yet mastered) are:

- students are able to execute a literature review;
- students are able to use a reference manager;
- students are able to select a research design and corresponding methods for a research project;
- students understand basic 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.

(this list is just an example, and will be updated each year, based on student and supervisor needs)

PSY4075

Period 3

3 Jan 2022

28 Jan 2022

[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

Developmental Psychology: Hans Stauder

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

Email: h.stauder@maastrichtuniversity.nl

Cognitive Neuroscience: Amanda Kaas

Master Psychology Specialisation Health and Social Psychology

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. The research proposal must be assessed as sufficient by both assessors and must be ethically approved before the start of the data collection. In addition:

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

PSY4078

Year

31 Jan 2022

31 Aug 2022

[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)

Master Psychology Specialisation Health and Social Psychology

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.

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Neuropsychology:

Master Psychology Specialisation Health and Social Psychology

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. The research proposal must be assessed as sufficient by both assessors and must be ethically approved before the start of the data collection. In addition:

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

PSY4079

Year

31 Jan 2022

31 Aug 2022

[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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Clinical internships: Ieke Winkens

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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. The research proposal must be assessed as sufficient by both assessors and must be ethically approved before the start of the data collection. In addition:

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

PSY4091

Year

31 Jan 2022

31 Aug 2022

[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