

## 25931 - Social psychology of health

### Syllabus Information

**Academic Year:** 2020/21

**Subject:** 25931 - Social psychology of health

**Faculty / School:** 301 - Facultad de Ciencias Sociales y Humanas

**Degree:** 270 - Degree in Psychology

**ECTS:** 6.0

**Year:** 2

**Semester:** Second Four-month period

**Subject Type:** Optional

**Module:** ---

### 1.General information

#### 1.1.Aims of the course

#### 1.2.Context and importance of this course in the degree

#### 1.3.Recommendations to take this course

### 2.Learning goals

#### 2.1.Competences

#### 2.2.Learning goals

#### 2.3.Importance of learning goals

### 3.Assessment (1st and 2nd call)

#### 3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

### 4.Methodology, learning tasks, syllabus and resources

#### 4.1.Methodological overview

The learning process that has been designed for this subject is based on the following:

- Theoretical-practical exposition in the classroom of the contents of the program
- Support of audiovisual methodology in the development of content
- Active participation of the students, both in group and individually, to promote meaningful and collaborative learning by exposing cases or examples of their interest, reflection and critical thinking through debate, etc.
- Development of assumptions and case studies, role-playings, and any other methodology that develops the practical sense of the subject and the abilities of the students

#### 4.2.Learning tasks

1. Theoretical sessions in which work will be carried out stimulating participation and active learning by students
2. Practical sessions in which practical cases will be examined, from which teamwork and cooperative-collaborative learning will also be encouraged
3. Individual and collective tutorials

### **4.3.Syllabus**

1. Social Psychology of health
2. Quality of live, health and disease
3. Stress as an alarm system
4. Stress and illness
5. Social Support and health
6. Health behaviour and disease behaviour
7. Professional-patient relationship
8. Occupational health and burnout
9. Psychosocial impact of hospitalization
10. Terminal patients. Social Psychology of death

### **4.4.Course planning and calendar**

Calendar of face-to-face sessions and presentation of works

Each theoretical session will take place in one or two weeks of class.

The practical works will be delivered weekly. Practical sessions will be indicated the first day of class.

The option "no presential" must be discussed with the teacher at the beginning of the course to agree the work and the delivery date.

### **4.5.Bibliography and recommended resources**