

## 25940 - Research in the Field of Psychopathology

### Syllabus Information

**Academic Year:** 2020/21

**Subject:** 25940 - Research in the Field of Psychopathology

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

**Degree:** 270 - Degree in Psychology

**ECTS:** 6.0

**Year:** 2

**Semester:** First Four-month period

**Subject Type:** Optional

**Module:** ---

### 1.General information

#### 1.1.Aims of the course

The subject and its expected results respond to the following approaches and objectives:

The main objective of this subject is that the students know more deeply one of the most relevant areas in Clinical Psychology and Health, the promotion of mental health.

At a more specific level, students must know and recognize different initiatives for the promotion of mental health and assess their personal and social impact.

You must also identify the objectives and procedures that characterize these programs and be able to design your own mental health promotion program.

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

The subject Research in Psychopathology is an optional subject that is offered to students in the third year of the Degree. The subject is complemented with all those subjects of the Degree in Psychology related to Clinical Psychology and Health. Specifically, it seeks to deepen the lines of intervention aimed at promoting the mental health of the population. Our graduates in Psychology must learn, and make their own, the objectives of this line of work that is: "protect, promote and maintain emotional and social well-being and create the individual, social and environmental conditions that allow optimal psychological and psychophysiological development, as well as promoting mental health while respecting culture, equity, social justice and the dignity of people (WHO, 2004)". Through this subject students can better understand the different forms of intervention available to Clinical and Health Psychology (promotion, prevention and psychological treatments in mental illness), can relate the knowledge obtained in the different subjects and will have its scope the possibility of enriching itself as a person and as a professional.

#### 1.3.Recommendations to take this course

To enroll in this subject does not pose any prerequisite. It will be easier for students who have previous knowledge about any of the subjects of the Degree related to Clinical Psychology and Health (psychopathology, psychological evaluation, personality theories and intervention techniques, psychological treatments, among others). On the other hand, knowledge in English read, office automation, internet management, operation of the bibliographic resources of the university and databases specialized in psychology will be useful.

## 2. Learning goals

### 2.1. Competences

Upon passing the subject, the student will be more competent to ...

(8) Understand the different research designs, the formulation and testing procedures of hypothesis and the interpretation of the results.

(8) Understand the different research designs, the formulation and contrast procedures of the  
(10) Know the statistical fundamentals and the most appropriate computer applications for each work and in particular those necessary for professional development.

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(11) Understand and be able to prepare oral and written reports.

(12) Being able to transmit information, ideas, problems and solutions to a specialized audience as non-specialized, at least in another language, in addition to one's own.

(12) Be able to transmit information, ideas, problems and solutions to a specialized and non-s

(13) Assess and appreciate the contributions that scientific research provides to knowledge at professional practice

(13) Assess and appreciate the contributions that scientific research provides to knowledge at

(14) Know how to use the relevant documentary sources in Psychology with the capacity for critical synthesis, as well as keeping the knowledge and skills of the profession up-to-date.

(14) Know how to use the relevant documentary sources in Psychology with the capacity for critical

(15) Analyze and interpret quantitative and qualitative data from research, reports and works in Psychology.

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### 2.2. Learning goals

The student, to pass this subject, must demonstrate the following results ...

Know and understand the meaning and meaning of the terms health, mental health, promotion and prevention in the field of Clinical Psychology and Health.

Know the regulations, national and European, related to the promotion and prevention of mental health.

Know the institutions, national and international, responsible for the defense and dissemination of Mental Health promotion, as well as their initiatives and recommendations.

Know the fundamental principles and objectives that define mental health promotion programs.

Study different proposals for the promotion of mental health in the different stages of people's lives, childhood-adolescence, adulthood and maturity (third age).

Carry out constructive criticism and suggestions for improvement of mental health promotion proposals exposed in the subject, both in writing and verbally.

Design a mental health promotion program in a cooperative way, following the standard criteria that will be defined in the contents of the subject.

### 2.3. Importance of learning goals

The learning outcomes of this subject will allow the student to approach the study and intervention health problems from a global, interdisciplinary and critical perspective.

In addition, it is intended that the student is able to develop and defend intervention projects from the approaches of health promotion.

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

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

The student must demonstrate that he has achieved the expected learning outcomes through the following assessment activities

Written test on the theoretical part (grade from 0 to 10) at the end of the semester. The grade will mean 60% of the final

grade. The test will consist of several questions to be developed (to be determined at the beginning of the subject).

Evaluation of the practical part (rating from 0 to 10). The grade will mean 40% of the final grade. The resulting qualifications may be derived from the delivery of internship reports, the preparation of individual and / or group work, attendance at conferences or lectures related to the content of the subject, participation in experiments of a scientific nature, among other activities.

In order to take this score into account in the final grade, the student must pass the written test, achieving at least 5 out of 10 points (to be determined at the beginning of the subject). For those students who have not adequately completed or passed the practical activities, they will be able to take a practical exam on the day of the final evaluation.

In case of health alarm, teaching and the evaluation of the subject would be done electronically.

To know the success rate and performance of previous academics can see the following links:

<http://www.unizar.es/academico/transvga/rendex.html>

For more information, consult the Regulation of Evaluation of Learning Standards of the University of Zaragoza:

[http://www.unizar.es/sg/doc/6.1.Evaluaciondefinitivodia24\\_001.pdf](http://www.unizar.es/sg/doc/6.1.Evaluaciondefinitivodia24_001.pdf).

## 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:

The methodology that will be used in the subject will be expository and participatory.

The theoretical-practical contents will be presented by the teacher and questions, discussions, debates and the public expression of opinions will be generated to finally reach individual and group conclusions.

A cooperative and problem-based learning methodology will be used.

### 4.2. Learning tasks

The program offered to the student to help him achieve the expected results includes the following:

Exhibition classes

Analysis of norms and programs of mental health promotion

Analysis of practical cases

Search of information and cooperative works

Oral presentations by students

Design of mental health promotion programs

Viewing audiovisual material

Attendance at conferences and presentations related to the promotion of mental health (if applicable)

Participation in scientific experiments (if they occur during the teaching period)

### 4.3. Syllabus

SYLLABUS:

1. Health and its determinants
2. The health promotion
3. The promotion of mental health
4. The strategy of Life Skills
5. The health promotion in the educational context
6. The health promotion in the employment context
7. The health promotion in the clinical context

### 4.4. Course planning and calendar

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

It will be specified at the beginning of the subject, as well as the content program and the recommended bibliography. The general activities that will be carried out during the four-month period of the subject will be:

- 1) presentation of the subject;

- 2) definition of evaluation criteria and practical activities;
- 3) teaching of the theoretical-practical contents planned;
- 4) continuous assessment of student progress;
- 5) delivery of material (rubrics) for the preparation of written works and / or oral presentations;
- 6) oral presentations and
- 7) final evaluation.

The timetable and key dates of the subject can be consulted on the website of the Faculty of Social and Human Sciences:  
[sh.unizar.es/](http://sh.unizar.es/)

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

- Amigo Vázquez, Isaac. Manual de psicología de la salud / Isaac Amigo Vázquez, Concepción Fernández Rodríguez, Marino Pérez Álvarez . 3ª ed. Madrid : Pirámide, 2010
- Cartas a un joven psicólogo / María Dolores Avia, dir. . 2ª ed., 2ª reimp. Madrid : Alianza, 2007
- Ballester Arnal, Rafael. Introducción a la psicología de la salud : Aspectos conceptuales / Rafael Ballester . Valencia : Promolibro, 1997
- La práctica de la psicología de la salud : Programas de intervención / Luis Miguel Pascual Orts, Rafael Ballester Arnal (editores ; M.D. Gil... [et al.] . Valencia : Promolibro, D,L, 1997
- Guía de tratamientos psicológicos eficaces. II , Psicología de la salud/ coordinadores Marino Pérez Alvarez ... [et al.] . Madrid : Pirámide, D.L.2003
- Vázquez, C. (ed). Psicología positiva aplicada / Carmeno Vázquez, Gonzalo Hervás. Bilbao : Desclée de Brouwer, 2009