

Academic Year/course: 2021/22

61861 - Methodology for general health psychology

Syllabus Information

Academic Year: 2021/22

Subject: 61861 - Methodology for general health psychology

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

Degree: 557 - Master's in General Sanitary Psychology

ECTS: 3.0

Year: 1

Semester: First semester

Subject Type: Compulsory

Module:

1. General information

1.1. Aims of the course

The main objective of this course is to provide students with the methodological and statistical skills necessary to develop a clinical practice based on scientific evidence. To do this, this course seeks to equip students with the necessary tools to understand a scientific article and to be able to develop its own critical judgments about its scientific validity. Also, with the aim of reducing the time to know the scientific findings in a specific topic, this course seeks to provide students with resources that summarize the results found so far.

These approaches and objectives are aligned with some of the Sustainable Development Goals, SDG, of the 2030 Agenda (<https://www.un.org/sustainabledevelopment/es/>) and certain specific goals, in such a way that the acquisition of the Learning outcomes of the subject provides training and competence to the student to contribute to a certain extent to their achievement:

Goal 4: Ensure inclusive, equitable and quality education and promote lifelong learning opportunities for all

4.4 By 2030, significantly increase the number of young people and adults who have the necessary skills, including technical and professional skills, to access employment, decent work and entrepreneurship

Goal 8: Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all

8.6 By 2020, significantly reduce the proportion of young people who are not employed and not in education or training

Goal 9: Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation

9.5 Enhance scientific research, upgrade the technological capabilities of industrial sectors in all countries, in particular developing countries, including, by 2030, encouraging innovation and substantially increasing the number of research and development workers per 1 million people and public and private research and development spending

1.2. Context and importance of this course in the degree

The subject is mandatory, consists of 3 ECTS credits and is taught in the first four-month period of the first course.

In a context of social discredit of psychology, together with a high supply of pseudo-scientific content in the field of health, it is necessary for students to develop skills to distinguish what is scientific study from what is not, and the ability to generate their own knowledge that can guide their work practice.

1.3. Recommendations to take this course

No prerequisites are required to enroll in this subject.

2. Learning goals

2.1. Competences

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

CB6 - Possessing and understanding knowledge that provides a basis or opportunity to be original in the development and/or application of ideas, often in a research context

CB9 - Let students communicate their findings and the ultimate knowledge and reasons that support specialized and non-specialized audiences in a clear and unambiguous manner

CT3 - Show interest in continuous learning, knowledge updating and continuing vocational training.

CE4 - Critically analyze and use clinical information sources.

CE5 - Use information and communication technologies in professional performance.

CE7 - Formulate research working hypotheses and critically collect and evaluate information for problem solving, applying the scientific method.

CE9 - Develop your work from the perspective of quality and continuous improvement, with the self-criticism capacity necessary for responsible professional performance.

CE18 - Design, develop and, where appropriate, supervise and evaluate plans and programs of psychological intervention, based on psychological evaluation and concurrent individual and social variables in each case.

2.2. Learning goals

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

1. Basics:

RAB1: The student applies the acquired knowledge and is able to solve problems in multidisciplinary environments related to health psychology.

RAB2: The student knows the social and ethical responsibilities related to the application of knowledge and judgments in the field of general health psychology.

RAB3: The student knows how to communicate his findings to specialized and non-specialized audiences in a clear and unambiguous way.

RAB4: The student possesses learning skills that allow him to continue studying in an autonomous manner and is original in the development and/or application of ideas in health and research contexts.

2. Specific:

RAE1. The student acquires, develops and implements a comprehensive health concept in accordance with the guidelines established by WHO.

RAE2. The student is able to apply the fundamentals of bioethics and the method of deliberation in professional practice, adjusting his exercise as a healthcare professional to the provisions of Law 44/2003, of 21 November, on the management of health professions.

RAE4. The student critically analyzes and uses the sources of clinical information.

RAE5. The student uses information and communication technologies in professional performance.

RAE7. The student formulates research work hypotheses and critically collects and values problem-solving information, applying the scientific method.

RAE8. The student knows the framework of action of the General Health Psychologist and knows how to refer the corresponding specialist.

RAE9. The student develops his work taking into account a perspective of quality and continuous improvement, with the self-criticism capacity necessary for responsible professional performance.

RAE11. The student is aware of the obligations and responsibilities of the health personnel regarding the confidentiality of the information and the protection of personal data of users.

RAE18. The student is able to design, develop and, where appropriate, supervise and evaluate plans and programs of psychological intervention, based on psychological evaluation and the individual and social variables concurrent in each case.

RAE19. The student knows the activities necessary for the establishment, implementation and management of a company, its various legal forms and the associated legal, accounting and tax obligations.

RAE20. The student knows the current regulations in the Spanish health field.

3. Transversal:

RAT5. The student is able to achieve an adequate level of understanding of the recipient's demand in each application situation or context.

RAT6. The student is able to show a reasonable critical sense and intellectual curiosity about the factors that influence or cause psychological and health disorders.

RAT7. The student knows and conforms to the ethical obligations of Clinical and Health Psychology.

RAT8. The student is able to recognize and accept the ambiguity and complexity of psychological problems, as well as the tentative nature of their explanations and the social context in which they occur.

RAT9. The student is able to recognize and respect human diversity and understand that psychological explanations can vary across populations and contexts.

RAT10. The student shows an ethical and professional commitment to civic, social and global responsibilities.

RAT11. The student shows interest in continuous learning, knowledge refresh, and ongoing vocational training.

2.3. Importance of learning goals

After passing this subject, the student will recognize the importance that clinical practice must be scientifically grounded. The student will be able to make a critical reading of the scientific literature and know how to find scientific documents that summarise the scientific knowledge that exists in a particular subject, which will allow his/her clinical practice not to be outdated and to remain up-to-date.

3. Assessment (1st and 2nd call)

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

The overall score of the subject will be obtained from two evaluations. One evaluation will be obtained based on the evaluation of the works and deliveries made during the course and the other based on the final test. The overall score will be obtained by means of the weighted average of both evaluations, in which the weighting of the evaluation of the works and deliveries, as well as that of the evaluation of the final test, will be between 40% and 60%.

The assessment is designed to be performed in person. However, if there are health security reasons that recommend it, it will be carried out in a non-in-person manner.

In case of not having the necessary technological means, the student must inform the coordinator of the master and the teachers responsible for the subject. The student who does not have the necessary technological means will perform a global oral test by phone with the teacher.

Exam reviews will be conducted by video conference or phone.

For more information consult the Norms Regulation of Learning Evaluation of the University of Zaragoza: https://zaguan.unizar.es/record/30538/files/norma_estudiantesEvaluacionAprendizaje_2010_original.pdf

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The main methodology that will be used to impart the theoretical part of the subject will be lectures. While the main methodology to be used in the practical part will be through problem-solving tasks.

4.2. Learning tasks

The course includes 30 ECTS organized according to:

- Lectures (1,5 ECTS: 15 hours)
- Problem-solving tasks (1,5 ECTS: 15 hours)
- Exam (1 hour)

4.3. Syllabus

The course will address the following topics:

Section 1. Science, research methodologies and designs

Section 2. Reliability and validity

Section 3. Systematic review and meta-analysis

4.4. Course planning and calendar

Course planning will be provided to students in advance through Moodle.

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

4.5. Bibliography and recommended resources

To consult the bibliography of the subject, search for the subject in the library of the University of Zaragoza on the following website: <http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=61861>