

Academic Year/course: 2022/23

31236 - Health Psychology

Syllabus Information

Academic Year: 2022/23

Subject: 31236 - Health Psychology

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

Degree: 613 - Degree in Psychology

ECTS: 6.0

Year: 3

Semester: Second semester

Subject Type: Optional

Module:

1. General information

2. Learning goals

3. Assessment (1st and 2nd call)

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

Methodology for this course is based on the following:

- Theoretical-practical lectures in the classroom (or online according to the covid situation).
- Support of audiovisual methodology in the development of the contents.
- Active participation of students, both in groups and individually, to promote meaningful and collaborative learning through the presentation of cases or examples of their interest, reflection and critical thinking through debate, etc.
- Development of assumptions and practical cases and activities that promote the practical sense of the subject and the students' abilities.

Classroom materials will be available via Moodle.

4.2. Learning tasks

1. Theoretical sessions (Lectures) in which students' participation and active learning will be stimulated.
2. Practical sessions in which practical activities will be carried out to promote teamwork and collaborative-cooperative learning.
3. Individual and group mentoring sessions.

4.3. Syllabus

AGENDA OF THEORETICAL CONTENTS:

The theoretical contents will be developed in two differentiated blocks and associated to each area of knowledge involved in this subject

Block 1: Social Psychology of Health

- 1- Social psychology of health and health psychology: basic concepts.
 - 2- Health behavior and disease behavior.
 - 3- Stress, health and disease. Burnout.
 - 4- Social support and health. Isolation, ostracism and disease.
- Block 2: Intervention, prevention and health promotion.
- 5- Promotion of quality of life and autonomy.
 - 6- Strategies of action in health psychology.
 - 7- Programs for prevention and promotion of health and mental health.
 - 8- The health psychologist in the hospital setting and primary care.

PRACTICAL CONTENTS:

The practical contents will consist of a series of works (between 6 and 10) to be developed in the 20 hours destined to the practical sessions. The content of these works will always be related to the subject, directly to the official theory syllabus, or indirectly (any approach related to the subject, in terms of health promotion or disease prevention).

4.4. Course planning and calendar

Schedule of face-to-face sessions and presentation of work
Each theoretical topic usually occupies one or two weeks of class time.

Practical session assignments are handed in weekly. Some of the practical work is presented in the following session. The dates of the practical sessions will be specified in the presentation of the course

4.5. Bibliography and recommended resources

Bibliography