

## 25611 - Health psychosociology

### Syllabus Information

**Academic year:** 2023/24

**Subject:** 25611 - Health psychosociology

**Faculty / School:** 127 - Facultad de Ciencias de la Salud

**Degree:** 605 - Degree in Physiotherapy

**ECTS:** 9.0

**Year:** 2

**Semester:** Annual

**Subject type:** Basic Education

**Module:**

### 1. General information

The general objective of this subject is that the student knows the most relevant psychosocial aspects in the understanding and improvement of the health status of the individual, the group and the community, integrating these contributions in their training as a health professional. Health risk behaviours, healthy habits, social and communication skills, attributional styles about health-disease processes, preventive strategies and coping with adversity, are behaviours that define us personally but are learned in a family, school, and work context. The subject emphasizes the importance of considering the individual-environment interaction to promote their wellbeing.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations' Agenda 2030 (<https://www.un.org/sustainabledevelopment/en/>) so that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to their achievement: Goal 3: Health and Wellness; Goal 5: Gender equality; Goal 16: Peace, Justice and Strong Institutions

### 2. Learning results

- Be able to recognize and explain the theoretical differences and practical implications of the bio-medical and bio-psycho-social models, analysing from a psychosocial perspective the concepts of health and disease (SDG Objective: 3 health and wellness).
- To know and critically reflect on the communication and emotional skills necessary for the establishment of an effective and satisfactory relationship with future patients and co-workers (SDG Objectives: 5 gender equality and 16 peace, justice and strong institutions).
- To know different psychosocial theories, being able to integrate them in the planning of their interventions and to interrelate them with knowledge from other disciplines. (SDG Goals: 3 health and welfare and 16 peace, justice and strong institutions).
- To acquire sufficient knowledge of the cognitive, social and behavioural aspects of people both sick and healthy, for the development of an optimal professional intervention in the future. (SDG Goals: 3 health and welfare and 5 gender equality).
- To know the factors involved in teamwork, identifying the psychosocial risks and the factors of protection that influence the level of professional and personal satisfaction of the physiotherapist. (SDG Goal: 16 peace, justice and strong institutions).
- To organize-written information in a clear, coherent and well-argued manner, using specialized bibliographic references and correctly applying Vancouver / APA publication standards.

### 3. Syllabus

**Introduction:** Social psychology as a discipline of social interaction (non-assessable)

**Module 1: Psychosocial needs**

**Module 2. Basic psychosocial processes**

- a) Social perception: perception of health and disease
- b) Social cognition: stereotypes, prejudices and discrimination

**Module 3: Communication**

- a) Concepts and dimensions
- b) Social skills
- c) Patient-healthcare professional relationship

**Module 4: Group work (the multidisciplinary team)**

- a) Group structure: roles, status, cohesion, norms
- b) Leadership

- c) Decision making
- d) Conflict management

#### **Module 5: Social psychology and well-being**

- a) Lifestyles and health
- b) Stress, psychosocial analysis
- c) Health-related quality of life

#### **4. Academic activities**

- Lectures on the theoretical contents of the subject (41 hours). This type of activity aims to provide the student with an organized and critical synthesis of the subject information.
- Problem solving and case studies (41 hours). Classroom participation in different group situations: small group , whole group on the topics addressed in the expository activities and with different formats, e.g. Discussion groups , role playing, debates.
- Teaching assignments and other activities (42.50 hours). Research/project on an aspect of the contents of the subject and looking for its practical application in the work environment, presenting it in written and oral form in the class group.
- Tutorials: allow the meaningful construction of knowledge through the interaction and activity of the student with the teacher. They constitute a personalized meeting space that facilitates communication and coordination between the student and the teacher.
- Personal study and elaboration of other activities (96 hours).
- Evaluation tests (4.5 hours)

#### **5. Assessment system**

**A. The theoretical topics** will be evaluated by means of an individual objective test, multiple choice test with three alternative answers, penalizing the incorrect answers (70% of the grade).**course**

**B. Group work, class presentation** (30%)

Through research/intervention work in teams, a unit of the subject will be studied in depth by means of:

- a) Learning within the dynamics of teamwork: phases, communication, balanced distribution of tasks, creativity, etc
- b) The presentation and oral expression of the work done in class, showing: knowledge of the topic and the context, accuracy, facility (without reading texts, resources, etc.)
- c) Orderly drafting and proper citation.
- d) Attendance and participation in class in a constructive manner.

The work will consist of the following parts:

- Introduction: importance of the subject, relation to physiotherapy
- Theoretical framework: Development of definitions, dimensions, theoretical models, lines of research, relationship with the syllabus, etc.
- Exemplification of a case in the practice of physical therapy.
- Explanation and development of a dynamic in the classroom.
- Evaluation and self-evaluation of the exercise and proposals for improvement.

It is necessary to pass the written tests of knowledge integration and the group work independently in order to average the final grade. The student who has not been able to complete the group practices, may take a single written test, in which both theoretical and applied elements will be integrated, coinciding with the date of the official call.