

61875 - Personality, health and vulnerability to psychopathology

Syllabus Information

Academic year: 2023/24

Subject: 61875 - Personality, health and vulnerability to psychopathology

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: Optional

Module:

1. General information

The main objective of this subject is for students to learn, from a theoretical and practical point of view, the latest psychopathological advances in the assessment, diagnosis and treatment of the most common disorders in consultations, emotional disorders (and related) from a transdiagnostic approach. Students will be able to understand the theoretical approaches that justify psychological interventions to address emotional dysregulation. They will also learn about evidence-based psychological interventions focused on improving emotional regulation for emotional disorders (anxiety disorders, mood disorders, borderline personality disorder, etc.). Students will also understand the relationship between personality (and sometimes psychopathological) variables and health and quality of life. They will also understand the influence of emotional regulation processes and skills as protective or vulnerability factors in mental pathology.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), 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 well-being. Goal 4: Quality education Goal 5: Gender equality. Objective 10: Reduction of inequalities. Goal 11: Sustainable cities and communities.

2. Learning results

- The student will acquire, develop and put into practice a concept of integral health in accordance with the guidelines established by the WHO.
- The student will have an in-depth knowledge of the psychological nature of human behaviour, as well as the social and biological factors that can affect it.
- The student will have an in-depth knowledge of the psychological nature of human behavioural disorders.
- The student will have an in-depth knowledge of the psychosocial factors associated with health problems and disease.
- The student will have an in-depth knowledge of the biological and psychosocial factors associated with health problems and disease, especially those related to mental health.
- The student will have an in-depth knowledge of the different models of evaluation and intervention in the field of General Health Psychology, as well as the techniques and procedures derived from them for the approach to behavioural disorders.
- The student will be able to design, develop and, if necessary, supervise and evaluate psychological intervention plans and programmes according to the psychological assessment and the individual and social variables involved in each case.
- The student will be able to carry out activities for the promotion of and education for individual and community psychological health.

3. Syllabus

Module 1: What is the transdiagnostic approach?

1. Crisis of the categorical diagnostic model.
2. What is the transdiagnostic approach? Examples.
 - 2.1- Eating disorders
 - 2.2- Emotional disorders

Module 2: Personality, vulnerability and emotional disorders (ET)

1. Introduction
2. Similarities and dimensions between anxiety and related disorders.
3. Latent temperamental structure of ETs
4. The nature of TEs
 - 4.1- Transdiagnostic constructs involved in the development and maintenance of ET.
 - 4.2- The role of emotional regulation in ET
5. Trait neuroticism/anxiety, nosology and dimensional diagnosis of ET.
6. The plasticity of neuroticism
7. Prevention and treatment of neuroticism
8. Neuroticism and health.

Module 3: Formulation of cases according to the Unified Protocol

1. Evaluation and formulation of cases with the Unified Protocol.

Module 4: Unified Protocol for the transdiagnostic treatment of emotional disorders on a session-by-session basis.

Module 5: Other interventions based on emotional regulation

1. Dialectical behaviour therapy for the treatment of borderline personality disorder.
2. Systems Training for Emotional Predictability & Problem Solving (STEPPS) for skills training for people with borderline personality disorder.

4. Academic activities

1. Lectures: 15 h. 1.5 ECTS
2. Practical classes (analysis of case studies, videos, audios, role-playing, etc.): 10 h. 1 ECTS 3
3. Presentation of works: 5 h. 0.5 ECTS

5. Assessment system

1. There will be a test consisting of two parts: the first part will include an objective test of 30 questions with three alternative answers on the contents of the program, with a maximum grade of 6. The second part will consist of questions to be solved related to a practical case or of a series of short questions, with a maximum grade of 4. Students must pass both parts (from grades 3 and 2 respectively) in order to obtain the average grade of the exam.
2. The content of the program may be based on the basic bibliography, as well as on the complementary explanations given by the teacher. Consequently, the contents taught may also be subject to examination, provided that they conform to the contents expressed in the program.
3. In the event that the student fails any of the two parts of the exam, they must sit for the second call exam, but only for the failed part. In the event that the student fails again, the whole subject will be considered as not passed.