

61876 - Ageing, health and quality of life

Syllabus Information

Academic year: 2023/24

Subject: 61876 - Ageing, health and quality of life

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

Degree: 557 - Master's in General Sanitary Psychology

ECTS: 3.0

Year: 1

Semester: Second semester

Subject type: Optional

Module:

1. General information

The main objective of this subject is to help students acquire the knowledge to meet the needs of psychological intervention posed by the elderly in their conception of normative aging without pathology. They will be able, through the application of the main psychological evaluation techniques and instruments, to detect needs, to intervene and to design and apply the corresponding prevention and intervention programs.

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](#).

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

1. Introduction to aging
 - a. Biological approach
 - b. Psychological approach
 - c. Social approach: myths and stereotypes
2. Evaluation in old age
 - a. Comprehensive geriatric assessment
 - b. Formal and informal caregivers
 - c. Elder abuse
3. Intervention in old age

- a. Promoting active aging
- b. The challenges of aging

4. Academic activities

3 ECTS x 25h of work = 75h

Type 1 activities (theory): 15 h

Type 2 activities (practical): 15 h

Type 6 activities (teaching assignments and case solving): 0.9h

Autonomous work (learning and study portfolios): 40.1 h

Assessment tests: 4 hours.

5. Assessment system

For the assessment of the subject, students must choose between two options at the beginning of the term:

1. Continuous assessment: Attendance and participation in the theoretical and practical sessions and completion of the activities established by the faculty.

Criterion: mastery of the theoretical and operational concepts of the subject + participation in the theoretical and practical sessions and reflection on the learning process

Instrument: weekly activities and deliveries + compulsory attendance

Weight: 100% final grade.

In order for a student to be considered **for the continuous assessment mode**, they must attend at **least 80%** of the sessions, participate and submit the corresponding assignments.

2. Final exam: it will consist of a theoretical-practical exam with an essay question from one of the blocks, where theoretical concepts will be assessed along with their practical application.

Criterion: mastery of the theoretical and operative contents of the matter.

Instrument: theoretical-practical exam.

Weight: 100% final grade.