

## 31227 - Clinical and Health Psychology

### Syllabus Information

**Academic year:** 2024/25

**Subject:** 31227 - Clinical and Health Psychology

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

**Degree:** 613 - Degree in Psychology

**ECTS:** 6.0

**Year:** 4

**Semester:** First semester

**Subject type:** Compulsory

**Module:**

### 1. General information

The main objective of this compulsory subject is that students develop and approach the work on an integral conception of health. Through the content of the subject, students are expected to overcome the traditional divisions of health-illness and develop a holistic approach to health problems. In addition, it is intended that students develop a professional approach based on procedures supported by empirical evidence and get to know standardized protocols developed for health problems.

### 2. Learning results

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

- The student applies the acquired knowledge and is able to solve problems in multidisciplinary environments related to health psychology.
- The student has a deep understanding of the psychological nature of human behaviour, as well as the social and biological factors that can affect it.
- The student has an in-depth knowledge of the biological and psychosocial factors associated with health problems and illness, especially those related to mental health.
- The student is familiar with individual and community psychological health promotion and education activities.
- The student recognizes the implications of different programs, techniques and interventions in health psychology.

### 3. Syllabus

Part 1 - Basic concepts

Topic 1 - Introduction to health psychology

Topic 2 - Behavioral models of health, healthy lifestyles and behavioral techniques

Topic 3 - Behavioral models of illness and patient-caregiver relationship

Topic 4 - Stress and health and stress management techniques

Topic 5 - Pain and health and distraction techniques

Part 2 - Intervention on specific health problems

Topic 6 - Respiratory diseases

Topic 7 - Metabolic diseases

Topic 8 - Cardiovascular diseases

Topic 9 - Digestive diseases

Topic 10 - Sexually transmitted diseases

Topic 11 - Oncologic diseases

Topic 12 - Acute and Chronic Pain

### 4. Academic activities

1. Theoretical sessions in which work will be done stimulating participation and active learning by students.
2. Practical sessions in which role-play activities are carried out using the observation classroom, laboratory activities using biofeedback techniques and group activities through project-based learning. The following techniques will be worked on:

P1: The behavioral contract

P2: Motivational interviewing

P3: Biofeedback techniques

P4: Design of self-management techniques in digital media.

3. Individual and group tutorials.

## 5. Assessment system

### EVALUATION SYSTEM:

a. Theoretical content exam: Through this exam the student will be able to obtain up to 60% of the grade in the course. It will be a test of short questions, the number of short questions will be stipulated in the presentation of the course. The short questions will be evaluated by means of a rubric. In order to pass the course, the minimum grade to be obtained in the exam will be a 5 out of 10.

b. Evaluation of the practical section: up to 40% of the overall grade can be obtained. The student will be able to choose one of the following alternatives:

- Continuous evaluation: Completion of the work proposed in the practical sessions. The student must deliver, in due time, the different files related to each practical task proposed by the teacher and/or make a presentation. The works will be evaluated by means of rubric. An adequate resolution of these tasks requires: to use the theoretical knowledge to answer the specific questions posed and use the lexicon of the subject; to show a functional level of understanding of the content covered; to prepare their written reports in accordance with minimum quality criteria; to be able to expose with sufficient eloquence.

- Final evaluation of the practical sessions: Examination on practical contents. All students have the right to take this test, either because they have not opted for the continuous evaluation, because they want to get a higher grade or because they have failed the work proposed in the practical sessions.

## 6. Sustainable Development Goals

3 - Good Health & Well-Being

4 - Quality Education

5 - Gender Equality