

31236 - Health Psychology

Syllabus Information

Academic year: 2024/25

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

The optional course Health Psychology is present in the Psychology Degree Syllabus in the second semester of the third year. This is a course shared by the areas of Personality, Evaluation and Psychological Treatment (PETRA) and Social Psychology. The aim is for students to acquire an important body of knowledge in social and clinical aspects of health, as well as to acquire tools to understand and intervene in it.

The approaches of this subject are aligned with the Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning outcomes of the subject provides training and skills to contribute to some extent to its achievement.

2. Learning results

In order to pass this subject, the student must demonstrate the following skills:

1. Understand and apply terms such as health, mental health, promotion and prevention in health fields.
2. Know and understand the main phenomena (e.g., lifestyle) and psychosocial resources (e.g., social support), as well as the most relevant theories in the psychosocial field of health.
3. Know the methods of direct intervention on patients or addressees and their contexts (psychological counselling, therapy, construction of healthy scenarios, etc.) and indirect intervention through other people (counselling, training of trainers and other agents, etc.).
4. Propose and negotiate intervention goals with individuals and groups.
5. Apply methods and techniques in intervention plans, in accordance with established objectives, in contexts relevant to the requested service.
6. Adapt to new situations of equality, carrying out creative work in accordance with the fundamental rights and equality of individuals, regardless of gender, culture, religious beliefs or physical conditions.
7. Take into account the ethical implications of intervention plans.
8. Expose or defend orally and in writing, with clarity, complex problems and projects, within Health Psychology.

3. Syllabus

The programme of the course is developed in two differentiated blocks associated with the areas of knowledge that teach the subject. The contents to be taught are:

1. Social psychology and health psychology: health and illness behaviours.
2. Stress, social support and health.
3. Burnout, exclusion and illness.
4. Strategies for action in health psychology, promotion of quality of life and autonomy.
5. Programmes for prevention and promotion of health and mental health.
6. The health psychologist in the hospital setting and in primary care.

4. Academic activities

The learning process is designed in such a way that the theoretical contents are closely related to the practical and applied cases. For this reason, the design of the learning process includes basic and complementary readings, case problems to be solved, classical experiments, etc.

To this end, the following will be carried out:

1. Theoretical-practical sessions, in which work will be carried out stimulating participation and active learning on the part of the student body.

2. Exercises based on problems, where teamwork and collaborative-cooperative learning will be promoted.
3. Seminars, workshops.
4. Autonomous student work.
5. Tutorials, individual and/or collective.

5. Assessment system

ASSESSMENT SYSTEM:

1. Theoretical part: this will be based on the degree of acquisition of the established competences and learning outcomes. Active participation, formal delivery and adequacy of the activities proposed will be taken into account.

- Exam: It will consist of 30-40 multiple choice questions (3/4 alternatives, where only one of them will be valid) (80%) and two short essay questions (20%). In the objective test, the correction formula $(A - E/n-1)/N \cdot 10$ will be applied and omissions will not be discounted. The minimum mark shall be 5 out of 10.

2. Practical part: the evaluation of this section will account for 50% of the final mark for the subject.

- For those who take the continuous assessment: active participation in the activities will be taken into consideration, as well as the delivery, formal adequacy and quality of the activities that are proposed.

- For those who do not take the continuous assessment: Delivery of the practicals on the day of the exam and multiple-choice questions on them or the equivalent of open and closed questions on the subject matter of the practicals.

In order to pass the course, the student must pass both parts of the assessment.

In all cases, students will be entitled to a global assessment of all the contents of the course, in which they will be eligible for the maximum mark.

*Plagiarism, in any of the points that make up the evaluation of the subject, will result in failure.

6. Sustainable Development Goals

- 3 - Good Health & Well-Being
- 5 - Gender Equality
- 17 - Partnerships for the Goals