

61875 - Personality, health and vulnerability to psychopathology

Syllabus Information

Academic year: 2024/25

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
654 - 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.

2. Learning results

- The student knows and identifies the different components that explain the psychological nature of the different disorders of human behavior.
- The student knows how to critically read a scientific publication according to the parameters of methodological rigor.
- The student knows how to formulate objectives and working hypotheses of a research.
- The student knows how to collect the necessary information in accordance with the objectives and hypotheses of a research.
- The student knows how to critically evaluate and interpret the information collected according to the collected in accordance with the objectives and hypotheses proposed in an investigation.
- The student is able to propose solutions and/or improvements in the health field based on the research conducted. health care based on the research carried out.
- The student is able to reach conclusions in a critical and argued way according to the objectives and hypotheses argued according to the objectives and hypotheses proposed in a research.

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 ETs
 - 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: Dimensional assessment of emotional disorders

Module 5: Unified Protocol for the transdiagnostic treatment of emotional disorders on a session-by-session basis.

Module 6: 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. 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.

6. Sustainable Development Goals

- 3 - Good Health & Well-Being
- 4 - Quality Education
- 5 - Gender Equality