

61882 - Health prevention, promotion and treatment

Syllabus Information

Academic year: 2024/25

Subject: 61882 - Health prevention, promotion and treatment

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

Degree: 654 - Master's in General Sanitary Psychology

ECTS: 6.0

Year: 1

Semester: First semester

Subject type: Compulsory

Module:

1. General information

This course aims to train the student in the aspects that refer to psychological intervention in the field of health. Emphasis is placed on the different models of intervention, based on evidence, in the field of General Health Psychology, as well as the most important techniques and procedures for addressing behavioral disorders and psychosocial factors associated with well-being and health. On the other hand, it is intended that students develop and work on an integral conception of health, emphasizing the integral wellbeing of the person, his or her strengths and capacities, and advance in the understanding and treatment of diseases. In addition, it is intended that students are trained in an approach based on empirical evidence.

2. Learning results

- The student has an in-depth knowledge of the psychological nature of human behavior, as well as the social and biological factors that can affect it.
- The student has an in-depth knowledge of the biological bases of human behavior.
- The student recognizes the importance of the interrelation of psychological, sociocultural and biological factors in the integrated understanding of human behavior.
- The student has an in-depth knowledge of the psychosocial factors associated with health problems and disease.
- The student knows the consequences and effects of risk factors on health and disease.
- The student knows the resources that can increase the protective factors, as well as decrease the risk factors.
- The student is capable of putting into practice a concept of integral health, where the biopsychosocial components of health are included, according to the guidelines established by the WHO.
- The student is able to identify the different explanatory models of health and disease from the biopsychosocial perspective.
- Recognize the risk and protective factors involved in health from an integral perspective.
- Identify the specific aspects associated with health throughout the life cycle and be able to apply this concept in the different areas of general health psychology.
- The student is able to design, develop and, if necessary, supervise and evaluate psychological intervention plans and programs, depending on the psychological assessment and the individual and social variables involved in each case.
- The student knows how to develop and apply an effective psychological intervention program in relation to the designed program.
- The student knows how to evaluate the results of the psychological intervention program.
- The student is able to make a critical analysis of the results of a psychological intervention program and define proposals for improvement.
- The student is able to carry out activities of promotion and education for individual and community psychological health.
- The student knows how to select the appropriate program according to the detected needs and demand.
- The student knows how to plan and manage the different programs selected.
- The student is able to carry out activities of promotion and education for individual and community psychological health planned in the programs.

3. Syllabus

Block 1. Health prevention and promotion:

- Conceptual delimitation: Health, Well-being, Prevention and Health Promotion (physical, mental, ...)
- Individual and collective lifestyle: Implications for health and applications in prevention and health promotion
- Models, intervention programs and evaluation in prevention and health promotion

Empirically validated treatments in health:

- Health-disease process. The biopsychosocial model
- Challenges in the health field for assessment and intervention

- Pain and stress as central problems in medical illnesses
- Psychological intervention in patients with medical illnesses
- Caring for the caregiver and health care personnel
- Death, bereavement and end of life

4. Academic activities

The general activities to be carried out during the four-month period of the course will be:

- 1) Presentation of the course
- 2) Definition of the evaluation criteria and practical activities
- 3) Imparting of the theoretical and practical contents foreseen
- 4) Continuous evaluation of the student's progress
- 5) Delivery of material for the elaboration of written works and/or oral presentations
- 6) Carrying out of workshops
- 7) Final evaluation

5. Assessment system

The student must demonstrate that he/she has achieved the expected learning outcomes through the following evaluation activities:

- Written test (grade from 0 to 10) at the end of the four-month period. The grade will account for 30% of the final grade. The test may contain multiple choice questions, short questions or questions to be developed (to be determined at the beginning of the course).
- Continuous work (grade from 0 to 10). The grade will account for 70% of the final grade. The resulting grades may be derived (to be decided by the faculty at the beginning of the course) from the delivery of practice reports, preparation of individual and/or group work, oral presentations, among other activities to be determined by those responsible for the course.

Students must achieve at least half of the maximum possible score in each of the parts in order to be able to add them up.

In any case, students will have the right to a global evaluation on all the contents of the course in which they will be able to opt for the maximum grade (up to 10 points). This evaluation will take place in the official final exam and consists of a written test with multiple choice and/or short answer questions that refer to the theoretical and practical-applied contents of the subject.

6. Sustainable Development Goals

- 3 - Good Health & Well-Being
- 5 - Gender Equality
- 10 - Reduction of Inequalities