

Health Psychology: Fundamentals

Code: 102592
ECTS Credits: 6

Degree	Type	Year	Semester
2502443 Psychology	OT	4	1

Contact

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Use of languages

Principal working language: catalan (cat)
Some groups entirely in English: No
Some groups entirely in Catalan: No
Some groups entirely in Spanish: No

Other comments on languages

If there are students who do not understand Catalan, the class is done in Spanish. Erasmus students can take all the exams in English or German, as well as some tutorial activities (depending on the teacher who does them).

Teachers

Francisco Villamarín Cid
Estel Gelabert Arbiol

Prerequisites

Any.

Objectives and Contextualisation

This subject is prescriptive for the mention in Health Psychology. In it, the student acquires a general and introductory perspective in relation to this area of scientific knowledge. The training objectives are:

- To know and understand the conceptual delimitations of Health Psychology
- To understand and apply the concepts of health and disease from a biopsychosocial perspective.
- To learn to identify the different types of health determinants, especially the environmental, behavioral and cognitive ones.
- To acquire a ground knowledge of the professional profile of health psychologists.

Content

1. Introduction to Health Psychology

Models of health and illness.

The discipline of the Health Psychology. Fields and related disciplines.

Areas of application and professional development.

Documentary sources in health psychology.

2. Stress and coping

Cognitive, behavioral and physiological aspects of stress.

Explanatory models.

Effects of stress on health and well-being.

Coping styles and strategies.

Social support and stress.

3. The patient in the treatment scenario

The use of the health care services.

Illness behavior and health care seeking.

Care communication.

Compliance and therapeutic adhesion.

4. Behavior and health

Determinants of health.

Lifestyle related to health.

Risk behaviors and healthy behaviors.

Theoretical models of behavioral change.

5. Prevention and promotion of health

Conceptual delimitations.

Types of prevention.

Methodologies of psychosocial diagnosis and intervention designs.

Evaluation and intervention techniques.

6. Chronic disease

Quality of life: concept and evaluation.

Psychological modulators of the quality of life in chronic disease.

Models for the improvement of the patients' adaptation.

Interventions derivated from the Positive Psychology.