

**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**

Ana Fernandez Sanchez  
Jordi Moreno Sanchez

**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.

**Content**

**1. Introduction to the Health Psychology**

- Models of health and disease.

- The discipline of Health Psychology. Fields and related disciplines.
- Areas of action and professional development.
- Documentary sources in health psychology.

## **2. Stress and Health**

- Concept of stress. Cognitive, motor and physiological aspects.
- Effects of stress on health and well-being.
- Styles and coping strategies.
- Stress control techniques.

## **3. Adhesion to treatments**

- Epidemiology: Adherence to specific diseases
- Concept and models
- Associated factors.
- Interventions.

## **4. Behavior and health**

- Determinants of health.
- Lifestyle related to health.
- Risk behaviors and healthy behaviors.
- Theoretical models and behavior change.

## **5. Prevention and promotion of health**

- Conceptual delimitation.
- Types of prevention.
- Methodologies for psychosocial diagnosis and intervention design.
- 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 improving adaptation.
- Interventions from Positive Psychology.