

**Areas of Application of Health Psychology**

Code: 102596  
ECTS Credits: 6

Degree	Type	Year	Semester
2502443 Psychology	OT	4	2

**Contact**

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**Use of languages**

Principal working language: spanish (spa)  
Some groups entirely in English: No  
Some groups entirely in Catalan: No  
Some groups entirely in Spanish: No

**Other comments on languages**

By default, the classes are done in Spanish. Individual consultations, tutorials, exams and written reports can be made in English or German, when the corresponding students request it.

**Teachers**

Jordi Moreno Sanchez

**Prerequisites**

Any.

**Objectives and Contextualisation**

This course focuses on the study of the most relevant diseases and health issues, from a biopsychosocial perspective. It works the importance of each issue, the study of the biopsychosocial determinants, the psychobiological aspects involved in each organic system and a broad view of the possibilities of psychosocial approach (prevention, intervention, improved quality of life, etc.).

The objectives are:

To know the importance and psychosocial consequences of major health problems  
Recognize the main determinants involved in its development  
Describe the main psychobiological and social aspects involved  
Assess the potential and suitability of different forms of psychosocial intervention in front of these health problems

**Content**

**Health Literacy and Empowerment in Health**

- Concept and dimensions of health literacy

- Changes in the health care model: participatory medicine
- Levels of health information
- Patient Empowerment: process and examples
- The e-health

### **Oncological psychology**

- Epidemiological and medical aspects of cancer
- Strategy for the Development of oncological Psychology
- Psychological factors in cancer
- Intervention in Oncological Psychology
- Multidisciplinary teams and psychological therapies in cancer

### **Palliative care**

- Definition, development and characteristics of palliative care
- Processes and psychological models in terminally ill patients
- Intervention in palliative care
- Pros and cons of euthanasia
- The process of bereavement

### **Overweight and obesity**

- Definition and Epidemiology
- Features of the health problem
- Risk factors and protective factors
- Intervention
- Prevention

### **Diabetes**

- Epidemiology
- Definition and basic concepts
- Disease Characteristics
- Intervention
- Prevention

### **Fibromyalgia and the chronic fatigue syndrome**

- Epidemiology and basic concepts
- Assessment and diagnosis

- Psychosocial needs
- Treatments
- Socio-sanitary aspects