

Lifestyles and Health

Code: 43876
ECTS Credits: 6

Degree	Type	Year	Semester
4316222 Research in Clinical Psychology and Health	OT	0	1

Contact

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Use of languages

Principal working language: spanish (spa)

Teachers

Lluís Capdevila Ortis
Montserrat Gomà Freixanet
David Sánchez Carracedo
Maria Álvarez Moleiro
Joan Deus Yela

Prerequisites

Not available, for students from different degrees of psychology they may have to complete training complements

Objectives and Contextualisation

The objective of this module is to provide students advanced knowledge about lifestyles and their relationship with

Skills

- Analyze critically the most current theories, models and methods of psychological research in the field of clinical and health psychology.
- Apply the outstanding ethical principles and act accordingly to the deontological code for the profession in the scientific research practice.
- Communicate and justify conclusions clearly and unambiguously to both specialised and non-specialised audiences.
- Continue the learning process, to a large extent autonomously.
- Design, plan and to implement projects psychological research project in the area of clinical and health psychology.
- Pose relevant and new research questions in clinical and health psychology depending on the bibliography consulted.
- Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.

- Use scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.

Learning outcomes

1. Apply the outstanding ethical principles and act accordingly to the deontological code for the profession in the scientific research practice.
2. Communicate and justify conclusions clearly and unambiguously to both specialised and non-specialised audiences.
3. Continue the learning process, to a large extent autonomously.
4. Critically analyse the methods and designs for prevention programmes and the promotion of good health.
5. Critically analyse the theories, models and methods in relation to eating behaviour and obesity.
6. Critically analyse the theories, models and methods in relation to healthy lifestyles and the risk and protection factors.
7. Critically analyse the theories, models and methods in relation to personality and health.
8. Critically analyse the theories, models and methods in relation to the balance between doing physical activity and following a healthy diet.
9. Design, plan and implement a psychology research project applied to healthy lifestyles and factors of risk and protection.
10. Design, plan and implement a psychology research project applied to the balance between doing physical activity and following a healthy diet.
11. Design, plan and implement an applied psychology research project in the area of eating behaviour and health.
12. Design, plan and implement an applied psychology research project in the area of personality and health.
13. Design, plan and implement programmes of prevention and promotion of health.
14. Propose research questions related to eating behaviour and obesity.
15. Propose research questions related to healthy lifestyles and factors of protection and risk.
16. Propose research questions related to personality and health.
17. Propose research questions related to the balance between doing physical activity and a healthy diet.
18. Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
19. Use scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.

Content

1. The planning of interventions for the promotion of healthy lifestyles. Fundamental aspects.
 - 1.1. Quality standards in the planning of prevention and health promotion.
 2. Personality and healthy lifestyles.
 3. Promotion of the practice of physical activity and the follow-up of a healthy lifestyle.
 4. Food behavior, obesity and health.
 5. Prevention of excessive behaviors: use of technologies, and practice of healthy lifestyles.

Methodology

Targeted:

- ◇ Expositive class.
 - ◇ Problem based learning.
 - ◇ Debate
- Supervised:

- ◇ Tutoring.
- ◇ Exercise resolution
- ◇ Completion of practical activities.
- Autonomous:
- ◇ Elaboration of written works.
- ◇ Oral presentation of work.
- ◇ Reading articles and reports of interest.
- Personal study

The work assigned to each student will consist of choosing an investigati

Activities

Title	Hours	ECTS	Learning outcomes
Type: Directed			
Tutoring, solving exercises and practical activities	37.5	1.5	4, 5, 6, 7, 8, 18, 2, 19
Type: Supervised			
Preparation of written works, Oral presentation of papers and reading of articles and reports of interest, personal study	7.5	0.3	4, 5, 6, 7, 8, 18, 13, 10, 12, 11, 9, 14, 15, 16, 17
Type: Autonomous			
Expositive class, problem-based learning and debates	105	4.2	4, 5, 6, 7, 8, 1, 18, 13, 10, 12, 11, 9, 14, 15, 16, 17, 2, 3, 19

Evaluation

In order to be evaluated attendance to face-to-face sessions is obligatory (The minimum will be 80% of the sessions). The final score will be composed by. 30% oral presentation of the assigned course objective (Critical analysis of an investigation in the field of health and stress) 30% written work of the assigned objective of the course (Critical analysis of an investigation in the field of health and stress) 40% student fees that collect the evidence of autonomous learning, summary of readings and resolution of cases and exercises that have been presented in class. A student who has obtained a final grade of 5 or higher will be considered approved. Students who obtain between 3,5 and 4.99 may opt for a reassessment that will consist of carrying out complementary or synthesized activities that are assigned to each student by the module coordinator.

The document with the evaluation guidelines of the Faculty is in http://www.uab.cat/doc/DOC_avaluaciotitulacions1819

Evaluation activities

Title	Weighting	Hours	ECTS	Learning outcomes
Delivery of work and / or reports	30%	0	0	4, 5, 6, 7, 8, 2
Oral presentation of papers and / or reports	30%	0	0	1, 18, 14, 15, 16, 17, 3, 19

Porfoli de l'estudiant que recull les evidències d'aprenentatge autònom, resum de lectures i resolució de casos i exercicis que s'han anat plantejant a classe.	40%	0	0	4, 5, 6, 7, 8, 13, 10, 12, 11, 9, 14, 15, 16, 17, 2
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Bibliography

Basic Bibliography:

Shelley E. Taylor (2007). *Health Psychology* (7th Edition). Mexico: McGraw-Hill.

Complementary bibliography:

Brannon, L. and Feist (2001). *Psychology of Health*. Madrid: Paraninfo.

Bacon, L. & Aphramor, L. (2011). *Weight Science: Evaluating the Evidence*. London: Sage.

Bonet, J., Parrado, E., & Capdevila, L. (2017). *Acute Effects of Exercise on Health*. Madrid: Paraninfo.

Carbonell, X., Oberst, U., & Beranuy, M. (2013). *The cell phone in the twilight zone*. *Journal of Health Psychology*, 32(1), 1-10.

Cloninger, C. R. (2013). *What Makes People Healthy, Happy, and Fulfilling*. New York: Springer.

Morrison, V. & Bennet, P. (2008). *Health psychology*. Madrid: Pearson.

Szabo, A., Griffiths, M. D., La Vega Marcos, R., Mervó, B., & Demetrovics, Z. (2013). *Health Psychology*. Madrid: Paraninfo.