Psychosocial Sciences

Code: 101808
ECTS Credits: 6

<table>
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<th>Degree</th>
<th>Type</th>
<th>Year</th>
<th>Semester</th>
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<td>2500891 Nursing</td>
<td>FB</td>
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</tbody>
</table>

Contact

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Email: Albert.Fernandez.Teruel@uab.cat

Use of Languages

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

Teachers

Adolfo Tobeña Pallarés
Joan Taberner Viera
Beatriz Molinuevo Alonso

Prerequisites

None.

Objectives and Contextualisation

The subject Psychosocial Sciences is taught in the first year of the Nursing Degree. The general objective of the subject is to provide students with the social bases of human behavior, based on neurobiological knowledge, as well as basic knowledge about psychology and health, which will allow them to establish and maintain a good relationship with patients, family / caregivers and other professionals. All these objectives have to contribute to the student reaching a background of competencies that allows a better understanding of the behavior of the users of the health systems, of the own behavior and of the professional interaction of the health-user.

Competences

- "Demonstrate an understanding of people without prejudice: consider physical, psychological and social aspects, as independent individuals; ensure that their opinions, values and beliefs are respected and guarantee their right to privacy, through trust and professional secrecy."
- Acquire and use the necessary instruments for developing a critical and reflective attitude.
- Demonstrate that the interactive behaviour of the person is understood according to their gender, social group or community, within a social and multicultural context.
- Establish efficient communication with patients, family members, social groups and friends, and promote education for health.
- Express in a fluent, coherent and appropriate manner the established rules, both orally and in writing.
- Offer solutions to health and illness problems to patients, families and the community applying the therapeutic relation by following the scientific method of the nursing process.
Recognise and face up to changes easily.
Respect diversity in ideas, people and situations.

Learning Outcomes

1. Acquire and use the necessary instruments for developing a critical and reflective attitude.
2. Adapt language to communicate to each interlocutor.
3. Describe and explain the rights of people with respect to their beliefs and their privacy.
4. Express in a fluent, coherent and appropriate manner the established rules, both orally and in writing.
5. Identify and explore the conduct that defines the interactive behaviour of the person according to
gender, group and community.
6. Identify the characteristics of efficient communication.
7. Identify the psychosocial components of individuals and their beliefs which identify them as autonomous
and independent individuals throughout their life cycles.
8. Identify the theoretical bases and phases of a therapeutic relationship.
9. List and identify which are the physical, psychological and social characteristics that define the maturity
of the person as an independent and autonomous.
10. Number and explain the characteristics that demonstrate the existence of efficient and effective
communication which promotes education for health.
11. Recognise and face up to changes easily.
12. Respect diversity in ideas, people and situations.

Content

THEORETICAL SUBJECT
Teaching staff: Dr. Adolf Tobeña, Dr. Joan Taberner Viera, Dr. Beatriz Molinuevo, Dr. Alberto Fernández

Block 1: SOCIAL BASES OF BEHAVIOR

1. Introduction
Nursing, medicine and psychology. Professional roles, disciplines and hierarchies in the care and attention to
patients. Healthy people, sick people and health: from charity to science. Trade union conflicts and intergroup
collaboration. The biopsychosocial traps in the approach to human behavior. The social brain.

2. Social relations
The study of social relations in the laboratory: the minimum social situation, the prisoner’s dilemma. Social
conflicts: the most common causes, the mechanisms to solve them, the usual errors in conflict resolution. The
altruistic behavior: the explanatory models. When we help? Who helps? Who do we help?

3. Aggressive behavior
Concept. Type of aggression. Development of aggressive behavior. Learning mechanisms. Facilitators and
inhibitors of aggressive behavior. Biology of aggression. Nature and culture Aggressive and antisocial
personalities: most relevant clinical aspects. Aggressive behavior in medical practice: detection of risk
variables, prevention.

4. Attraction, love and sexual behavior
Interpersonal attraction: basic principle. The variables that influence interpersonal attraction: proximity, physical
attractiveness, similarity. Passionate love and companion love. Sexual behavior: sequence of development.

5. Attitudes
Concept. Components of attitudes: cognition, emotion and response tendency. Opinions, attitudes and
ideology. Attitudes and behavior. Measure of attitudes. The persuasion and the change of attitudes. Attitudes
in the field of health and in medical practice. The techniques of persuasion in the modification of the attitudes
and behaviors of patients.

6. Social beliefs
Do we know why we do what we do? The interpretation of reality and memory: beliefs and expectations.
Overestimation of the accuracy of our judgments. The relevant information and the irrelevant in the decision
making. The illusion of correlation and the illusion of control. Our beliefs can come true. Beliefs in patients and
health professionals.
7. Explanation of behavior

8. Social influence

Block 2: PSYCHOLOGY AND HEALTH
9. Psychology and neurobiology of development
Physical, cerebral, cognitive and social development: prenatal period, childhood and adolescence. Basic neurobiology of development. The brain and changes in mental functions throughout life.

10. Stress, health and illness

11. Behavior and health

VIRTUAL CLASSES (SUPERVISED ACTIVITIES)
Teaching staff: Dr. Joan Taberner

1. The biases of human thought
2. The power of situations
3. Psychoneuroimmunology
4. Anxiety and Stress: measurement and management (seminar / practice)
5. Pain (seminar)

Methodology

ACTIVITIES OF THE SUBJECT:
Type: Directed
Basic psychological, psychosocial and neurobiological processes, in relation to the psychosocial bases of intervening processes in health-illness (lectures and laboratory practices: 52 h).

Type: Supervised
Visualization of audiovisual material and resolution of practical cases: Biases of thought, social influence, "Anxiety, stress, health and illness: pain", behavior, habits and health, psychoneuroimmunology (supervised activities: 3 h).

Type: Autonomous
Autonomous activities: Individual study of the student, bibliographical or documentary consultations, consultation of the Virtual Campus, consultations with the tutor or professor (92.5 h).

Activities

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<tr>
<th>Title</th>
<th>Hours</th>
<th>ECTS</th>
<th>Learning Outcomes</th>
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<tr>
<td>LABORATORY PRACTICES (PLAB)</td>
<td>4</td>
<td>0.16</td>
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Assessment

REQUIREMENTS TO APPROVE (TO PASS) THE SUBJECT
To pass the subject it is necessary to have passed with a minimum grade of 5 each of the two parts in which it is divided: a) theory of topics 0 to 5 and virtual classes 1 and 2; b) theory of topics 6 to 10 and virtual classes 3-4 and seminars/classroom practice.
The student will have two opportunities to overcome each of the two parties: the first, in the voluntary calls for partial evaluations and the second in the recovery exam.

PARTIAL ASSESSMENTS
During the course, two calls for partial assessments of the subject will be held. The dates will be set by the coordination team of the Teaching Unit. These evaluations, if passed, will serve to remove subject matter from the final review. Each exam will result in a separate note. The questions will be multiple choice, and there will be around 40 in each partial evaluation. The note will be calculated after applying a correction of the random hits.
The first call for partial evaluations will consist of: a first partial of theory and the first 2 virtual classes: surrounding 40 questions about the contents of topics 0 to 5 of theory and virtual classes 1 and 2.
The second call for partial evaluation will consist of a 30-question examination on topics 5 through 10 and virtual classes 3 and 4.

RECOVERY TEST
Students who have not released the entire subject matter in the partial assessments, will have to take the RECOVERY exam that will be held on the day that the coordination team of the Teaching Unit is set. This examination shall consist of two parts: a) partial 1st theory and virtual classes 1-2; b) partial theory and virtual classes 3-4 and classroom seminars/practices.
Each student will be examined from the party who has not deleted (approved) in the partial assessment calls.

FINAL NOTE OF THE SUBJECT
(1) The mean shall be made between the notes of the two partial examinations (provided that each of them is at least 5.0) and shall be multiplied by 0.9. This theory note, together, will be worth up to a maximum of 85% of the final grade of the subject (each partial is worth up to a maximum of 45% of the final grade).
(2) A GLOBAL POINT will be obtained from the (a) deliveries of virtual classroom exercises, (b) attendance/participation in the seminars and (c) delivery of answers to open questions about them. This GLOBAL POINT will be multiplied by 0.1 (maximum 10% of the final grade).

(3) The FINAL NOTE of the subject will be the sum of the scores (1) and (2).

Not evaluated
Students who do not take the theoretical evaluation tests (PARTIAL EXAMINATIONS, or RECOVERY EXAMINATION) will be considered as NOT EVALUATED, exhausting the fees to the tuition of the subject.

Assessment Activities

<table>
<thead>
<tr>
<th>Title</th>
<th>Weighting</th>
<th>Hours</th>
<th>ECTS</th>
<th>Learning Outcomes</th>
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<tr>
<td>Assessments written through objective tests: open questions (directed)</td>
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<td>0.5</td>
<td>0.02</td>
<td>2, 3, 10, 9, 7, 5, 6, 11, 12</td>
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<td>activities</td>
<td>8, 11, 12</td>
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<tr>
<td>Assistance and active participation in class / seminars</td>
<td>5 %</td>
<td>0.5</td>
<td>0.02</td>
<td>2, 3, 10, 9, 4, 7, 5, 8, 6, 11, 12</td>
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<tr>
<td>Written evaluation through objective tests: multiple choice questions (supervised activities)</td>
<td>85 %</td>
<td>1.5</td>
<td>0.06</td>
<td>2, 1, 3, 10, 9, 4, 7, 5, 8, 6</td>
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**Bibliography**


