

**Professional Experience in Research, Assessment
and Intervention in Health Psychology**

Code: 43423
ECTS Credits: 6

Degree	Type	Year	Semester
4314949 General Health Psychology	OB	2	1

Contact

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Use of Languages

Principal working language: catalan (cat)

Teachers

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Prerequisites

General knowledge about professional areas of performance on psychology

Objectives and Contextualisation

The main objective is the update of the professional activity on health psychology.

Students will identify the health, methodological and technical implications of the research on Health Psychology. It also analyses the professional experiences on general health psychology, highlighting contextual, ethical and multidisciplinary aspects.

Competences

- Acquire, develop and put into practice a concept of integral health, including all its biopsychosocial components, in line with WHO guidelines.
- Continue the learning process, to a large extent autonomously
- Design, develop and, where appropriate, supervise and evaluate psychological intervention programmes, on the basis of the psychological evaluation and the individual and social variables of each case.
- Formulate working hypotheses in research and critically assess information for problem-solving, using the scientific method.
- Know in depth the biological and psychosocial factors associated with mental health problems and illness, especially those related to mental health.
- Know in depth the different models of evaluation and intervention in the field of general health psychology, and the techniques and procedures deriving from these, to address behavioural disorders and the psychological factors associated with health problems.

- Plan, carry out and, where appropriate, supervise the psychological evaluation of human behaviour and of the psychological factors associated with health problems, in order to evaluate the latter.
- Use acquired knowledge as a basis for originality in the application of ideas, often in a research context.

Learning Outcomes

1. Apply evaluation procedures, techniques and instruments using suitable criteria for scoring and interpretation in specific areas of the general health psychologist's professional activity.
2. Apply suitable programmes of psychological intervention for a health problem in specific areas of the general health psychologist's professional activity.
3. Assess changes during psychological intervention and propose necessary modifications in specific areas of the general health psychologist's professional activity.
4. Continue the learning process, to a large extent autonomously
5. Critically analyse and compare the different intervention techniques and procedures for addressing behavioural disorders and health-illness processes in specific areas of the general health psychologist's professional activity.
6. Critically analyse and compare the different methods, instruments and evaluation strategies for addressing behavioural disorders and health-illness processes in specific areas of the general health psychologist's professional activity.
7. Critically assess a programme of psychological intervention carried out by others, evaluating its impact and proposing guidelines for improvement in specific areas of the general health psychologist's professional activity.
8. Critically assess the process and results of an evaluation in specific areas of the general health psychologist's professional activity.
9. Define the objectives of psychological intervention in each particular case in specific areas of the general health psychologist's professional activity.
10. Design or adapt techniques and strategies for evaluating behaviour, cognitive processes and psychosocial factors associated with health problems in specific areas of the general health psychologist's professional activity.
11. Detect the social and cultural factors determining social attributions of normality and deviation in specific areas of the general health psychologist's professional activity.
12. Discern the most suitable research methods and designs to respond to a hypothesis in specific areas of the general health psychologist's professional activity.
13. Examine healthcare cases involving abuse and gender-related violence from a gender perspective (intervention, prevention, evaluation or investigation).
14. Formulate questions, objectives and research hypotheses appropriately for problem solving in specific areas of the general health psychologist's professional activity.
15. Gather and analyse information consistently with the research objectives and hypotheses, and interpret the results obtained appropriately, acknowledging the impact on individuals and communities in specific areas of the general health psychologist's professional activity.
16. Give reasons for choosing the most suitable procedures, techniques and instruments for evaluating behaviour, cognitive processes and psychosocial factors involved in specific areas of the general health psychologist's professional activity
17. Identify and analyse models of biological and psychosocial factors affecting mental health in specific areas of the general health psychologist's professional activity.
18. Identify and analyse impact of mental health problems on the psychosocial environment in specific areas of the general health psychologist's professional activity.
19. Identify and critically analyse of biological and psychosocial models affecting mental health in specific areas of the general health psychologist's professional activity.
20. Identify resources and mechanisms for treating mental health problems in specific areas of the general health psychologist's professional activity.
21. Identify the evaluation models in the field of general health psychology in specific areas of the general health psychologist's professional activity.
22. Identify the intervention models in the field of general health psychology in specific areas of the general health psychologist's professional activity.
23. Propose effective programmes of psychological intervention that take into account individual, social and cultural factors associated with a health problem in specific areas of the general health psychologist's professional activity.

24. Use acquired knowledge as a basis for originality in the application of ideas, often in a research context.

Content

- Clinical Psychology on Adult people: Inpatient Hospitalization, partial hospitalization, ambulatory care in outpatients
- Community rehabilitation services. Occupational therapy. Laboral insertion. Social clubs.
- Clinical Psychology on Children and adolescent people: acute hospitalization, UAIC, partial hospitalization, outpatient care and follow-up. Rehabilitation services.
- Psychological Health and Education on Child and young people. School coordination (sexuality, addictions, conflictive behaviours and eating disorders). Social and family services.
- Geriatric care. Neuropsychological evaluation. Attention to families. Nursing homes.
- Addictive behaviours. OH, psychostimulants, opiates. Venepunctures rooms. Prevention of risk behaviours in adolescents. Addictions to new technologies.
- Smoking cessation programs.
- The Health Psychologist in the field of care for people with disabilities and under guardianship
- Women care units. Gender violence. Sexual assault.
- Sexuality. Care for women Psychological health, pregnancy and postpartum. Sexual dysphoria. Genetic counselling
- Personality disorders, antisocial behaviour. Delinquency.
- Actions in emergencies, catastrophes and crises.
- Grief. Accompaniment at final life. Last wills.
- Suicide prevention programs.
- Associations of relatives and users of mental health services
- Intellectual disability and laboral insertion. Occupational centers
- The health psychologist in research fields.
- Role of the general health psychologist. Clinical Psychologist and Health Psychologist

Methodology

Teaching of theoretical and practical seminars by psychologists that ordinarily work in the health field. Comprehensive and specialized approach to the professional activities on the health psychology field.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Seminary	36	1.44	6, 5, 1, 2, 13, 9, 11, 12, 10, 14, 21, 22, 20, 19, 17, 18, 23, 4, 15, 16, 24, 8, 7, 3
Type: Autonomous			
Personal study	111	4.44	6, 9, 12, 14, 21, 19, 17, 18, 15, 16, 8, 7

Assessment

EV1- Presential grupal evaluation, part 1

EV1- Presential grupal evaluation, part 2

EV2- Multiple choice test evaluation (presential individual evaluation). 40%

EV3- Audio-visual presentation and written work about a specific field of the program (presnetial group evaluation).

A student who has provided learning evidences with a weight equal to or greater than 4 points (40%) cannot be a "non-evaluable" student in the official records.

The evaluation has passed when all the learning evidences has been presented, obtaining a minimum average score of 5 points. The student is considered approved when the final grade of all the learning evidences is ≥ 5

It is possible to recover one of the individual written evidences of learning (test evaluation) not surpassed and previously presented. To be able to access the recovery test, it must have an average score of written tests (EV1, Ev2 and Ev4) equal to or higher than 3.5 points. The individual recovery will consist of a multiple choice test evaluation.

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Ev1	40	1	0.04	6, 5, 1, 2, 13, 9, 11, 12, 14, 21, 22, 20, 18, 23, 4, 16, 24, 8, 7
Ev2	40	1	0.04	4
Ev3	20	1	0.04	5, 2, 10, 14, 20, 19, 17, 18, 4, 15, 24, 8, 7, 3

Bibliography

It will be recommended at class.