

Lifestyles and Health

Code: 43876
ECTS Credits: 6

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

The proposed teaching and assessment methodology that appear in the guide may be subject to changes as a result of the restrictions to face-to-face class attendance imposed by the health authorities.

Contact

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Use of Languages

Principal working language: spanish (spa)

Teachers

Lluís Capdevila Ortis
Antoni Font Guiteras
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David Sánchez Carracedo
Maria Álvarez Moleiro
Joan Deus Yela
María José Gómez Romero

Prerequisites

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

Objectives and Contextualisation

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

Competences

- 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 acquired disability: Psychosocial aspects

2- Psycho-oncology and life style

3. The planning of interventions for the promotion of healthy lifestyles. Fundamental aspects.

3.1. Quality standards in the planning of prevention and health promot

4. Personality and healthy lifestyles.

5. Promotion of the practice of physical activity and the follow-up of a hea

6. Food behavior, obesity and health.

7. Excessive behaviors: use of technologies, and practice of physical exc

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	30	1.2	4, 5, 6, 7, 8, 18, 2, 19
Type: Supervised			
Preparation of written works, presentation of papers and reading of articles and reports of interest, personal study	15	0.6	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

Assessment

The final score will consist of.

30% corresponding to EV1: Oral presentation, in pairs, of an analysis of a study carried out based on specific the

20% corresponding to EV2: Individual, written and virtual presentation of a critical analysis of research in the field
 50% corresponding to EV3: Individual student portfolio that collects a diary
 Week 20 (February 1 to 5, 2021).

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 will be able to opt for re-evaluation which will consist of carrying out t

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
EV1: Oral presentation of the analysis of a study based on theoretical models in the field of health psychology	30%	0	0	4, 6, 7, 15, 2
EV2: 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.	20%	0	0	4, 5, 6, 7, 8, 13, 10, 12, 11, 9, 14, 15, 16, 17, 2
EV3: Student folder that collects the evidence of autonomous learning, summary of readings and resolution of cases and exercises that have been proposed in class.	50%	0	0	4, 5, 6, 7, 8, 1, 18, 13, 3, 19

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, 1-10.
 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., de la Vega Marcos, R., Mervó, B., & Demetrovics, Z. (2017). The role of health psychology in the development of a healthy lifestyle. Journal of Health Psychology, 55, 1-10.