

Degree	Type	Year
4314949 General Health Psychology	OB	2

## Contact

Name: Susanna Subira Alvarez

Email: susana.subira@uab.cat

## Teachers

Ingeborg Maria Porcar Becker

Ana Belen Barajas Velez

Manuel Casado Gómez

Maria Jesus Tarragona Oriols

Jordi Vicens Vilanova

(External) Adolfo Jarne

(External) Ainhoa Videgaín

(External) Alba Pérez González

(External) Jordi Garcia Sicard

(External) Nadia Rodriguez-Dechichá

(External) Purificación Navarro

## Teaching groups languages

You can view this information at the [end](#) of this document.

## 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.
- Know the activities needed to set up, launch and manage a business, and the corresponding legal, accounting and tax requirements.
- 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. Know the different processes involved in making a business plan.
24. Know the different types of business that are appropriate for professional practice in health psychology.
25. Know the legislation and the administrative steps needed to set up a business.
26. 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.
27. Use acquired knowledge as a basis for originality in the application of ideas, often in a research context.

## Content

- Geriatric care. Neuropsychological evaluation. Attention to families. Nursing homes.
- The Health Psychologist in the field of care for people with disabilities and under guardianship
- Women care units. Gender violence. Sexual assault.
- Personality disorders, antisocial behaviour. Delinquency.
- Actions in emergencies, catastrophes and crises.
- Grief. Accompaniment at final life. Last wills.
- Associations of relatives and users of mental health services
- Role of the general health psychologist. Clinical Psychologist and Health Psychologist
- Research on Health Psychology

## Activities and Methodology

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Workshop Seminar	36	1.44	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 26, 27
Type: Supervised			

Tutory	5	0.2	1, 4, 6, 8, 16
Type: Autonomous			
Personal study	78	3.12	6, 7, 8, 9, 12, 14, 15, 16, 17, 18, 19, 21
Reading text	25	1	8, 12, 13, 14, 16, 20, 21, 26, 27

Teaching of theoretical and practical workshop-seminars by psychologists that ordinarily work in the health field.

Comprehensive and specialized approach to the professional activities on the health psychology field (clinical and research)

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

## Assessment

### Continous Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Ev1	16	1	0.04	1, 2, 4, 5, 6, 7, 8, 9, 11, 12, 13, 14, 16, 18, 20, 21, 22, 26, 27
Ev2	16	1	0.04	1, 2, 4, 5, 6, 7, 8, 9, 11, 12, 13, 14, 16, 18, 20, 21, 22, 26, 27
Ev3	16	1	0.04	2, 3, 4, 5, 7, 8, 10, 14, 15, 17, 18, 19, 20, 27
Ev4	16	1	0.04	1, 2, 4, 5, 6, 7, 8, 9, 11, 12, 13, 14, 16, 18, 20, 21, 22, 26, 27
Ev5	16	1	0.04	1, 2, 4, 5, 6, 7, 8, 9, 11, 12, 13, 14, 16, 18, 20, 21, 22, 26, 27
Ev6	20	1	0.04	4, 23, 24, 25

The evaluation is carried out continuously during the module's delivery. It is considered essential to attend all the  
The experts in the different fields of health psychology activities will evaluate

There are 3 seminar/workshop groups. The evaluation set may vary between groups.

EV1 (seminar / workshop 1). Face-to-face individual or group evaluation of seminar workshop 1 (variable depending on the group)

EV2 (seminari / workshop 2). Face-to-face group evaluation of seminar workshop 2 (variable depending on the group)

EV3 (seminari / workshop 3). Face-to-face group evaluation of seminar workshop 3 (variable depending on the group)

EV4 (seminari / workshop 4). Face-to-face group evaluation of seminar workshop 4 (variable depending on the group)

EV5 (seminari / workshop 5). Face-to-face group evaluation of seminar workshop 5 (variable depending on the group)

Ev6 (continguts teòrics dels seminaris / workshops i obligatory bibliography). Individual face-to-face assessment of multiple choice and single response test (week 19)

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  $\geq 5$

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-Ev5) equal to or higher than 3.5 points. The individual recovery will consist of a multiple choice test evaluation.

## **Bibliography**

It will be recommended at class.

## **Software**

No one

## **Language list**

Information on the teaching languages can be checked on the CONTENTS section of the guide.