

**Scientific and Professional Foundations in Health Psychology**

Code: 43417  
ECTS Credits: 6

**2025/2026**

Degree	Type	Year
General Health Psychology	OB	1

## Contact

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## Teaching groups languages

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

## Prerequisites

There are no prerequisites

## Objectives and Contextualisation

The general objective of this module is for the student to build a comprehensive health concept, in accordance with WHO guidelines. That is, knowing how psychological, biological, educational and social factors help people and communities improve its well-being, increasing its knowledge and changing attitudes.

Specific objectives are: First, helping the student to think about health concept, acquiring knowledge from different perspectives (biopsychosocial one, gender and intercultural one, and family developmental one). Secondly, become familiar with scope of action of the healthcare general psychologist, knowing regulations, quality work standards, the foundations of bioethics applied to healthcare psychology, referral criteria, and how to start entrepreneurship activities as a healthcare general psychologist. Likewise, the module will promote the development of competences in research, and selection and critical reading of relevant information for professional field.

## Competences

- Acquire, develop and put into practice a concept of integral health, including all its biopsychosocial components, in line with WHO guidelines.
- Apply the principles of bioethics and the deliberation method to professional practice, in line with Law 44/2003, of 21 November, on organisation of the healthcare professions.
- Continue the learning process, to a large extent autonomously
- Critically analyse and use clinical information sources.
- Formulate working hypotheses in research and critically assess information for problem-solving, using the scientific method.
- Know healthcare personnel's duties and responsibilities regarding confidentiality and protection of patients' personal information.
- Know in depth the psychological nature of human behaviour, and the social and biological factors that can affect it.
- Know the framework for the activity of general health psychologists and be able to call in the corresponding specialists.
- Know the regulations governing healthcare in Spain.
- Work responsibly, prioritising quality and continuous improvement, and displaying a capacity for self-criticism.

## Learning Outcomes

1. Carry out a critical reading of a scientific publication on the basis of the methodological quality of the research design used.
2. Continue the learning process, to a large extent autonomously
3. Discern the most suitable research methods and designs to respond to a hypothesis.
4. Formulate questions, objectives and research hypotheses appropriately for problem solving in specific areas of the general health psychologist's professional activity.
5. Gather and analyse information consistently with the research objectives and hypotheses, and interpret the results obtained appropriately, acknowledging the impact on individuals and communities.
6. Identify and critically analyse the ethical implications of professional practice.
7. Identify the application areas of general health psychology.
8. Interpret appropriately the results of a systematic revision with or without meta-analysis.
9. Know and describe the organisation of the Healthcare System and its different mechanisms, and the connections and flows of users between the systems of healthcare, education, law, security and social services.
10. Know and integrate the different levels of analysis of human behaviour (biological, psychological, social, historical and cultural).
11. Know the biopsychosocial model: principal factors determining the leading causes of morbidity and mortality.
12. Know the different regulations related to ethical practice in this profession.
13. Know the legislation governing healthcare.
14. Know the legislation on data protection.
15. Know the perspective of gender in health.
16. Know the professional and community organisations related to the area of activity.
17. Know the quality-management systems and rules used in healthcare.
18. Know the WHO guidelines.

## Content

Here is the English translation of the content you provided, which appears to be an outline of foundational topics in Health Psychology:

## 1. Conceptual Foundations of Health Psychology

- a. Legal and ethical framework of practice as a General Health Psychologist (GHP).
- b. Health from a bio-psycho-social perspective.
- c. Health from an intersectional gender perspective.
- d. Health from a family perspective.

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## 2. Professional Foundations of Health Psychology

- a. General framework of action in Health Psychology. Care circuits.
- b. Management and organization of the healthcare system.
- c. Confidentiality and data protection in clinical practice.

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## 3. Methodological Foundations of Health Psychology

- a. Methodological skills for critical reading of scientific health publications.
- b. Research in Health Psychology: Efficacy, effectiveness, and efficiency of psychological health interventions.
- c. Systematic reviews and meta-analyses.

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## Activities and Methodology

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Conferences and classroom activities	40	1.6	
Type: Supervised			
Individual and group tutorials	3	0.12	
Type: Autonomous			
Course work	25	1	
Exercises	20	0.8	
Study and reading	60	2.4	

Different activities and methodologies will be used. There will be readings on the general frameworks: scientific, methodological, professional and organizational. On the other hand, classroom and autonomous work activities will be done: critical reading and discussion of texts, workshops, debates, bibliographic searches, work presentation and discussion.

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

## Continuous Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Ev1. Course work	45%	0	0	11, 9, 10, 15, 18, 4, 7, 2, 5
Ev2. Written synthesis test	25%	2	0.08	17, 9, 14, 12, 13, 16, 7, 6
Ev3. Virtual test	30%	0	0	10, 13, 16, 3, 1, 4, 8, 2, 5

The final grade will consist of:

- Ev 1. Assignment. Weight: 45%. Group project requiring the collection and critical analysis of information on a specific aspect of general healthcare, integrating the bio-psycho-social perspective (Conceptual Foundations of Health Psychology). Mandatory submission via Moodle. Week 10.
- Ev 2. Synthesis Test. Weight: 25%. Written test consisting of solving a practical case involving various aspects covered in Topic 3 (Professional Foundations of Health Psychology). In-person test. Week 11.
- Ev 3. Non-presential Test. Weight: 30%. Mandatory submission via Moodle. Content covered in Methodological Foundations of Health Psychology: Risk of bias assessment, literature search, systematic reviews, and meta-analysis. Mandatory submission via Moodle. Week 15.

Type of Feedback	EV and Type	Week
Written		
Digital Tool	Ev1-vía moodle	10
	Ev3- via moodle	15
In the Classroom		
Tutorial	Ev2-revisió	15

### About the use of AI

For Ev1 and Ev3: The AI use is permitted, provided that the final result clearly reflects a significant contribution from the student in terms of analysis and personal reflection. It must be clearly identified which parts have been generated using this technology, specify the tools used, and include a critical reflection on how these tools have influenced the process and the final outcome of the activity. Lack of transparency in the use of AI will be considered academic dishonesty and may result in a penalty in the activity grade, or more severe sanctions in serious cases.

For Ev2: The AI use is prohibited. Any work that includes AI-generated content will be considered academic dishonesty and may result in a partial or total penalty in the activity grade, or more severe sanctions in serious cases.

and the final outcome of the activity. Lack of transparency in the use of AI will be considered academic dishonesty and may result in a penalty in the activity grade or more severe sanctions in serious cases. PASS: Final grade equal to or higher than 4,85. There are no procedures to improve grade.

NOT ASSESSED: Students who have done evidences with a weight of less than 40% of the total will be "Not assessed."

RESIT: Students who have not reached a final grade of 5 or more, and have completed evidences with a weight of at least 2/3 of the total. The resit will consist on complementary activities or a synthesis test, according to coordinator teacher criteria. Maximum grade that can be obtained is 5.

Faculty of Psychology assessment guidelines (2025-26) will be applied: [Pautes d'avaluació de les titulacions. Facultat de Psicologia curs 2025-26](#)

#### UNIQUE ASSESSMENT

IT MUST BE REQUESTED ONLINE (E-FORM) DURING THE SPECIFIED PERIOD (more information on the Faculty website)

Conditions for students who have indicated to Gestió Acadèmica that they are enrolled in the single assessment:

- The assessment week will be held on January 12, 2026.
- It will consist of three tests; a) reflection and/or analysis test referring to the Conceptual Foundations of Health Psychology b) analysis test referring to the Professional Foundations of Health Psychology c) practical test on the methodological foundations of health psychology
- The weight of each test will be the same as that set by the continuous assessment.
- The estimated duration of the single assessment is 3.30 hours.

#### Bibliography

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## **Software**

No specific software is required in this course

## **Groups and Languages**

Please note that this information is provisional until 30 November 2025. You can check it through this [link](#). To consult the language you will need to enter the CODE of the subject.