

Degree programme	Type	Course
General Health Psychology	OB	1

Contact lecturer

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Group languages

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

Prerequisites

There are no prerequisites

Objectives

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.

Learning outcomes

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

Contents

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 an intersectional gender perspective.
- c. Health from a family perspective.
- d. Health from a bio-psycho-social perspective.

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.

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.

Learning activities and methodology

Title	Hours	ECTS	Learning outcomes
Study and reading	60	2.4	
Conferences and classroom activities	40	1.6	
Exercises	20	0.8	
Course work	25	1	
Individual and group tutorials	3	0.12	

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, cases 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	Weight	Hours	ECTS	Learning outcomes
Ev2. Written synthesis test	25%	2	0.08	3, 6, 7, 10, 11, 13, 17, 18
Ev1. Case Analysis Assessment	45%	0	0	1, 2, 3, 4, 5, 10, 12, 14, 16
Ev3. Virtual test	30%	0	0	1, 8, 9, 11, 12, 13, 14, 15, 16

The final grade will consist of:

Ev 1. Case analysis test. Weight: 45%. Holistic analysis of a case integrating the bio-psycho-social

perspective. This analysis requires having worked through the content and activities from previous sessions, as well as the recommended readings. The test will take place in week 9 (assessment week). Feedback will be provided starting in week 11, through the virtual classroom and any necessary tutorials.

Ev 2. Synthesis test. Weight: 25%. A written test consisting of solving a practical case involving various aspects covered in the section on Professional Foundations of Health Psychology. In-person test. Week 11. Feedback will be provided starting in week 14, through the virtual classroom and any necessary tutorials.

Ev 3. Remote (non-in-person) test. Weight: 30%. The methodological content of the test will be based mainly on: risk of bias assessment, literature searching, systematic reviews, and meta-analysis. Mandatory submission through Moodle. Week 15. Feedback will be provided between weeks 15-16.

On the use of AI:

For Ev1 and Ev3; Restricted use: "For this course, the use of Artificial Intelligence (AI) technologies is permitted exclusively for [support tasks, such as bibliographic or information searches, text correction, or translations ... (others?) ...], [activities xxx], [other specific situations where deemed appropriate]. The student must clearly identify which parts have been generated with this technology, specify the tools used, and include a critical reflection on how they have influenced the process and final result of the activity. Lack of transparency regarding the use of AI in this assessable activity will be considered a breach of academic honesty and may result in

For Ev2, the use of AI is prohibited. Any work that includes AI-generated content will be considered a breach of academic honesty and may result in a partial or total penalty on the activity's grade, or greater sanctions in serious cases.

Criteria for passing

To pass the course, the following criteria must be met:

1. Obtain a grade equal to or higher than 4 on each of the three pieces of evidence.
2. The average of the grades obtained on the three pieces of evidence must be equal to or higher than 5.

Once the course has been passed (grade ≥ 5), no arrangements can be made to improve the final grade.

Anyone who has submitted learning evidence with a weight equal to or greater than 4 points (40%) will be recorded as having been assessed.

Criteria for resit

To be eligible for the resit, a student must have been assessed on a minimum of 2/3 of the total grade (necessarily Ev1 and either Ev2 or Ev3), and the total grade obtained must fall between 3.5 and below 5.

The resit test will consist of complementary activities or a synthesis exam assigned to each student by the module coordinator. The maximum grade obtainable on the resit test is a 5.

In any case, the Assessment Guidelines of the degree programs of the Faculty of Psychology 2026-27 will apply: link <https://www.uab.cat/web/estudiar/calendaris-1345721956986.html>

SINGLE ASSESSMENT

Conditions for students who have registered with Academic Management for enrollment in the single assessment. IT IS REQUESTED ONLINE (E-FORM) DURING THE SPECIFIC PERIOD (more information on the Faculty's website)

It will be scheduled during assessment weeks 18-19-20 of January 2027.

It will consist of carrying out the three pieces of evidence described for continuous assessment.

The weight of each test will be the same as that set for continuous assessment.

The estimated duration of the single assessment is 3h30.

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Software

No specific software is required in this course

Course groups and languages

The information provided is provisional until November 30. After this date, you will be able to consult the language of each group through this [link](#). To access the information, you will need to enter the course CODE

Type of teaching	Group	Language	Semester	Shift
(PAULmRD) Pràctiques d'aula (màster RD)	11	Catalan/Spanish	first semester	afternoon
(PAULmRD) Pràctiques d'aula (màster RD)	12	Catalan/Spanish	first semester	afternoon