

**COURSE DATA****Data Subject**

Code	33344
Name	Health psychology
Cycle	Grade
ECTS Credits	4.5
Academic year	2022 - 2023

Study (s)

Degree	Center	Acad. Period	year
1319 - Degree in Psychology	Faculty of Psychology and Speech Therapy	4	First term

Subject-matter

Degree	Subject-matter	Character
1319 - Degree in Psychology	43 - Health psychology	Optional

Coordination

Name	Department
AMIGO BORRAS, SALVADOR	295 - Personality, Evaluation and Psychological Treatment

SUMMARY

English version is not available

La asignatura de *Psicología de la Salud* se ubica en el *cuarto curso* del Plan de Estudios de Grado de Psicología. Su carácter es *optativo* (4,5 créditos) y forma parte de uno de los cuatro itinerarios contemplados en el verfica, concretamente en el de *Introducción a la Psicología Clínica y de la Salud*. Como asignatura optativa, los contenidos psicológicos seleccionados para la disciplina de Psicología de la Salud cubren dos objetivos generales. El *primero* de ellos pretende dotar al estudiante de las herramientas conceptuales básicas de la disciplina de la Psicología de la Salud a través de su historia, de su definición y de aspectos metodológicos puntualmente concretos y que buscan no solaparse con otras asignaturas del Plan de Estudios de Grado. Es por ello por lo que se limitan los aspectos metodológicos a la adquisición de nociones básicas de epidemiología. Bajo el mismo argumento de la no solapación con otras asignaturas, la evaluación se restringe principalmente a un constructo nuclear en Psicología de la Salud: la Calidad de Vida Relacionada con la Salud y a los principios básicos a tener en cuenta en la parte



correspondientes a la valoración de programas. Este objetivo se completa finalmente con los conceptos y modelos que ponen en relación el comportamiento del ser humano y los procesos de salud y enfermedad y con algunas cuestiones sobre las diferencias relacionadas con el género en salud. El *segundo objetivo* recoge una dimensión más aplicada, dirigiéndose el enfoque principalmente hacia problemas relacionados con la salud, relativamente cotidianos en la población general (aunque podrían seleccionarse otros), y que permiten ilustrar la aportación del psicólogo a su alivio/solución. Cada uno de los temas seleccionados comienza con un marco introductorio general, pero sobre todo interesa en cada uno de ellos el tipo de recursos adecuados que desde la Psicología se pueden utilizar para la solución de esos problemas. Finalmente, los aspectos relativos a lo que significa la promoción de la salud y la prevención de la enfermedad aparecen diluidos a lo largo de diferentes temas, sobre todo, aunque no únicamente, en aquellos en los que se insiste más en la dimensión social del comportamiento humano en los procesos de salud y enfermedad.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

COMPETENCES (RD 1393/2007) // LEARNING OUTCOMES (RD 822/2021)

1319 - Degree in Psychology

- Be able to identify differences, problems and needs.
- Be able to establish the goals of intervention and develop a basic work plan according to its purpose (prevention, therapy, rehabilitation, insertion, guidance, etc.).
- Be able to use strategies and techniques to involve patients in the intervention.
- Be able to plan the assessment of programmes and interventions.
- Be able to measure and obtain relevant data for the assessment of interventions.
- Promote and contribute to the health, quality of life and well-being of individuals, groups, communities and organisations.
- Ability to apply comparative designs and to use scientific terminology in research on Health Psychology.
- Know the different models that relate personality and health.
- Be able to identify health risk behaviours.
- Be able to design an intervention programme in Health Psychology.
- Be able to assess an intervention programme in Health Psychology.



- Be able to identify health problems in the general population that require psychological attention.
- Understand the general health-disease models throughout history in order to understand the interdisciplinarity of Health Psychology.

LEARNING OUTCOMES (RD 1393/2007) // NO CONTENT (RD 822/2021)

- To identify and define the different models and central concepts in Health Psychology.
- To develop methods, designs and strategies of investigation in the link between behaviour, health, illness and personality, health.
- To evaluate and implement programs of intervention in Health Psychology: promotion of the health and prevention of the illness.

WORKLOAD

ACTIVITY	Hours	% To be attended
Theoretical and practical classes	45,00	100
Development of group work	10,00	0
Study and independent work	23,00	0
Readings supplementary material	4,50	0
Preparation of evaluation activities	15,00	0
Preparing lectures	5,00	0
Preparation of practical classes and problem	5,00	0
Resolution of case studies	5,00	0
TOTAL	112,50	

TEACHING METHODOLOGY

English version is not available

EVALUATION

ASSESSMENT SYSTEMS

The evaluation of the students will be based on the following sections, both in the first and second call:



SE1.- Objective test for assessment of theory and practical contents.

SE2.- Written and/or oral presentation of reports, individual or group projects.

WEIGHTING

- Assessment of theory and practical contents through written tests (80%).
- Written and/or oral presentation of reports, individual or group projects, in form and date (or dates) indicated by their professor (20%). The activities of continuous evaluation pertaining to this evaluation section involve handle of data elaborated during the classes, correction-discussion in the heart of the group, realisation of work in group and/or his oral exposure, etc. Will value so much the assistance to this type of activities, that will be programmed and announced by the professor, like the quality of the same. This section is of character no recoverable. The note obtained in this section will be maintained at the second call.

MINIMUM REQUIREMENTS

In order to pass the subject, it is compulsory, both in the first and second call, to obtain a minimum score of 4 (scale 0-8 points) in the exam and to get an overall score of 5 out of 10 in the sum of the exams' qualification and the score obtained through continuous assessment (practical activities, reports, group work, oral presentations, etc.). Obviously, the lower the score in the continuous assessment, the higher the minimum score needed in the exam.

ADVANCE OF CALL

In case of availing of the current regulations regarding the advancement of the call, the evaluation will consist of an exam of the theoretical and practical content of the subject (this exam will represent 80% of the final grade) and, if applicable, the performance of a report, whose specific content and way of presentation will be determined by the professors.

WARNING

Evidence of copying or plagiarism in any of the assessable tasks will result in failure to pass the subject and in appropriate disciplinary action being taken.

Please note that, in accordance with article 13. d) of the Statute of the University Student (RD 1791/2010, of 30 December), it is the duty of students to refrain from using or participating in dishonest means in assessment tests, assignments or university official documents.

During tutorials, lecturers may require individual or group interviews in order to verify the degree of participation and achievement of goals for any given task. Failure to accept the verification will result in such task or activity being failed.



GRADING SCHEME

The qualification of the subject will abide to what is stipulated in the *Reglament d'Avaluació i Qualificació de la Universitat de València per a títols de Grau i Màster* (ACGUV 108/2017 of May 30, 2017).

http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf

According to this, it is specified in numerical expression from 0 to 10 with a decimal, using the following scale of qualification:

- From 0 to 4.9: failed
- From 5 to 6.9: pass
- From 7 to 8.9: merit
- From 9 to 10: excellent or excellent with honor

The two sections of the assessment system of the subject (exam and continuous activities) will be added only when the minimum requirement established for the exam and the activities are obtained.

Both in first and second official call, the grade obtained in accordance with the following rules will be included in the expedient of the subject:

- If there is no qualification in the assessment section with greater weighting (the exam), the qualification will be NOT PRESENTED, regardless of the other assessment section (continuous activities)
- If there is a qualification in the assessment section with the highest weighting (the exam) but it does not achieve the minimum requirements, FAILED and the numerical note based on a scale of 0-10 of this section will be recorded.
- If there is a qualification in the assessment section with the highest weighting (the exam), and it gets the minimum requirements established, but the score of 5 is not achieved when the score obtained in the other assessment section (continuous activities) is added, FAILED and a numerical note based on the scale of 0-10 for the assessment section where the subject is not passed, will be recorded.
- If there is a qualification in the assessment section with the highest weighting (the exam), and it gets the minimum requirements established, and the score of 5 is reached or exceeded, adding the score obtained in the rest of assessment activities, the numerical note in base 10 and the corresponding qualification of PASS, MERIT OR EXCELLENT will be computed.

In the event of fraudulent practices, the Action Protocol for fraudulent practices at the University of Valencia will be applied (ACGUV 123/2020): <https://www.uv.es/sgeneral/Protocols/C83sp.pdf>

In order to challenge the allotted qualification the provisions of the *Reglament d'Avaluació i Qualificació de la Universitat de València per a títols de Grau i Màster* (ACGUV 108/2017 of May 30, 2017).
http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf



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Additional

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