

Areas of Application of Health Psychology

Code: 102596
ECTS Credits: 6

| Degree | Type | Year | Semester |
|--------------------|------|------|----------|
| 2502443 Psychology | OT | 4 | 2 |

Contact

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Use of languages

Principal working language: spanish (spa)
Some groups entirely in English: No
Some groups entirely in Catalan: No
Some groups entirely in Spanish: No

Other comments on languages

By default, the classes are done in Spanish. Individual consultations, tutorials, exams and written reports can be made in English or German, when the corresponding students request it.

Teachers

Jordi Moreno Sanchez

Prerequisites

Any.

Objectives and Contextualisation

This course focuses on the study of the most relevant diseases and health issues, from a biopsychosocial perspective. It works the importance of each issue, the study of the biopsychosocial determinants, the psychobiological aspects involved in each organic system and a broad view of the possibilities of psychosocial approach (prevention, intervention, improved quality of life, etc.).

The objectives are:

To know the importance and psychosocial consequences of major health problems
Recognize the main determinants involved in its development
Describe the main psychobiological and social aspects involved
Assess the potential and suitability of different forms of psychosocial intervention in front of these health problems

Content

Health Literacy and Empowerment in Health

- Concept and dimensions of health literacy

- Changes in the health care model: participatory medicine
- Levels of health information
- Patient Empowerment: process and examples
- The e-health

Oncological psychology

- Epidemiological and medical aspects of cancer
- Strategy for the Development of oncological Psychology
- Psychological factors in cancer
- Intervention in Oncological Psychology
- Multidisciplinary teams and psychological therapies in cancer

Palliative care

- Definition, development and characteristics of palliative care
- Processes and psychological models in terminally ill patients
- Intervention in palliative care
- Pros and cons of euthanasia
- The process of bereavement

Overweight and obesity

- Definition and Epidemiology
- Features of the health problem
- Risk factors and protective factors
- Intervention
- Prevention

Diabetes

- Epidemiology
- Definition and basic concepts
- Disease Characteristics
- Intervention
- Prevention

Fibromyalgia and the chronic fatigue syndrome

- Epidemiology and basic concepts
- Assessment and diagnosis

- Psychosocial needs
- Treatments
- Socio-sanitary aspects