



## Information about the subject

**Degree:** Bachelor of Science Degree in Psychology

**Faculty:** Faculty of Psychology

**Code:** 292043 **Name:** -Social Support Theory and Strategies

**Credits:** 6,00 **ECTS Year:** The course is not offered this academic year **Semester:** 1

**Module:** OPTIONAL

**Subject Matter:** Community psychology and social intervention **Type:** Elective

**Field of knowledge:** Ciencias de la salud

**Department:** Basic, Social, and Neuropsychology

**Type of learning:** Classroom-based learning / Online

**Languages in which it is taught:**

**Lecturer/-s:**



## Module organization

### OPTIONAL

Subject Matter	ECTS	Subject	ECTS	Year/semester
Health psychology	84,00	-Clinical Neuropsychology	6,00	0, 4/1
		-Disorders of Eating Behavior	6,00	3, 4/1
		-Health Psychology	6,00	3, 4/1
		-Legal Psychology	6,00	0, 4/1
		-Main Models of Intervention in Psychotherapy	6,00	This elective is not offered in the academic year 25/26
		Mediation and familiar orientation	6,00	3, 4/1
		-New Directions in Psychotherapy	6,00	This elective is not offered in the academic year 25/26
		-Prevention and Treatment of Addictive Behavior	6,00	0, 2, 3/1
		-Psychogerontology	6,00	This elective is not offered in the academic year 25/26
		-Psychology of the Chronic Disease and of Rehabilitation	6,00	This elective is not offered in the academic year 25/26
		-Psychology, Grieving and Palliative Care	6,00	4/1



Health psychology		-Psychopharmacology	6,00	4/1
		Sleeping disorders	6,00	4/1
		-Therapy Techniques and Behavior Modification	6,00	This elective is not offered in the academic year 25/26
Transversal psychology	42,00	Anthropology of the Person and Health	6,00	This elective is not offered in the academic year 25/26
		Basic Social and Emotional Skills for Professional Practice of Psychology	6,00	This elective is not offered in the academic year 25/26
		History and Philosophy of the Family	6,00	This elective is not offered in the academic year 25/26
		-Psychology of Religion	6,00	This elective is not offered in the academic year 25/26
		Psychology, and Information and Communication Technologies	6,00	This elective is not offered in the academic year 25/26
		-Qualitative Research Methodology	6,00	This elective is not offered in the academic year 25/26
		Scientific English II	6,00	This elective is not offered in the academic year 25/26



Educational psychology	48,00	-Affective Linkages in the Life Cycle	6,00	This elective is not offered in the academic year 25/26
		Development of Cognitive Skills	6,00	This elective is not offered in the academic year 25/26
		Education for Interculturality	6,00	This elective is not offered in the academic year 25/26
		Educational Intervention for Students with Special Educational Needs	6,00	This elective is not offered in the academic year 25/26
		-Occupational Guidance	6,00	This elective is not offered in the academic year 25/26
		Preventive Intervention and Early Stimulation	6,00	2, 3/1
		-School Psychology	6,00	2, 3/1
		Strategies and Tools for Effective Learning	6,00	This elective is not offered in the academic year 25/26
Psychology of work and human resources	42,00	-Cooperative Work in Interdisciplinary Teams	6,00	This elective is not offered in the academic year 25/26
		-Intervention Techniques in Human Resources	6,00	This elective is not offered in the academic year 25/26



Psychology of work and human resources		Interview and Psychological Counselling	6,00	This elective is not offered in the academic year 25/26
		Management of the Work Climate in Organisations	6,00	3/1
		Mediation and Intervention in Family Businesses	6,00	This elective is not offered in the academic year 25/26
		-Negotiation and Conflict Resolution	6,00	0, 4/1
		-Psychology of Communication	6,00	2/1
Community psychology and social intervention	54,00	Family and Aid to Dependency	6,00	2, 3/1
		Intervention and Organisation of Socio-cultural Events	6,00	This elective is not offered in the academic year 25/26
		-Psychology of Conflict and Violence	6,00	2/1
		-Psychology of Criminality	6,00	3/1
		-Psychology of Physical Activity and Sport	6,00	This elective is not offered in the academic year 25/26
		-Psychology of Social Intervention	6,00	This elective is not offered in the academic year 25/26
		-Psychology of the Media	6,00	This elective is not offered in the academic year 25/26



Community psychology and social intervention		Psychosocial Intervention in Disasters and Emergencies	6,00	3/1
		-Social Support Theory and Strategies	6,00	This elective is not offered in the academic year 25/26
Speech therapy psychology	30,00	Acquisition and Development of Language	6,00	This elective is not offered in the academic year 25/26
		Assessment of Language, Speech and Voice	6,00	0/1
		-Language and Hearing Disorders	6,00	0/1
		Linguistic Analysis of Language Disorders	6,00	This elective is not offered in the academic year 25/26
		-Speech and Voice Disorders	6,00	This elective is not offered in the academic year 25/26

## Recommended knowledge



An unintended consequence of technological changes, digitization, industrialization and the concentration of the population in urban areas is the dissolution and loss of social support networks. The deterioration and impoverishment of social support networks affect the individual's own socialization and social integration process, but also significantly affect their quality of life, their psychological and emotional well-being, and also their physical health. Social support is based on all the supports and provisions, instrumental and expressive, real or perceived, that the community, social networks and family structures offer the subject.

This subject will delve into the different intervention strategies and models that have been proposed from social and community psychology to promote the creation, maintenance and expansion of social support networks, both individually and in groups.

No prior knowledge (theoretical or instrumental) is required, but it is recommended that students are sensitized and aware of social problems and are predisposed to get involved in social development and citizen empowerment. It is also convenient for students to show their commitment to solidarity with individuals and social groups at risk and excluded and their integration and personal and community development.

## Prerequisites

El alumno deberá cursar un mínimo de 30 ECTS de Optatividad, entre las asignaturas activadas en el curso académico.

## Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- |    |   |
|----|---|
| R1 | Knowing the concepts, theories and main models of Psychology in the community and social intervention context.    |
| R2 | Being able to design intervention plans that are adequate to the different contexts of the community environment. |
| R3 | Knowing and acquiring the necessary skills for the correct management of the therapeutic relationship             |



## Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

GENERAL		Weighting			
		1	2	3	4
CG1	The ability to work in interdisciplinary teams.				X
CG4	Being able to evaluate one's personal performance and knowing one's competencies and limitations.			X	
SPECIFIC		Weighting			
		1	2	3	4
CE2	Establishing psychological action goals in different contexts, proposing and negotiating the goals with addressees.				X
CE3	Planning and carrying out interviews.			X	
CE4	Analyzing and measuring variables (personality, intelligence and other aptitudes) and cognitive, emotional, psychobiological and behavioral processes .		X		
CE9	Analyzing and assessing interaction processes, organizational and inter-organizational dynamics and structure.			X	
CE11	Analyzing the context in which personal behaviors, group and organizational processes take place.			X	
CE17	Mastering strategies and techniques to get addressees involved.				X
CE25	To be able to measure and to collect relevant data for the evaluation of the interventions			X	
CE27	Knowing and adapting to the psychology code of ethics.			X	
CE32	To know the psycho-social principles of group operation and of organisations.				X





TRANSVERSAL		Weighting			
		1	2	3	4
CT2	Capacity to organize and plan.			X	
CT6	Capacity to manage information (capacity to look for and analyze information coming from different types of sources)			X	
CT9	Capacity to work in team.				X
CT10	Capacity to work in interdisciplinary teams.			X	
CT13	Understanding multicultural and diverse environment.				X
CT14	Critical capacity.				X
CT15	Ethics.				X
CT24	Taking responsibility			X	
CT30	Social commitment.				X
CT31	Sensitivity to problems facing mankind.			X	
CT32	Sensitivity to personal, environmental and institutional injustices.			X	
CT33	Showing concern for the development of individuals, communities and people.				X



## Assessment system for the acquisition of competencies and grading system

### In-class teaching

Assessed learning outcomes	Granted percentage	Assessment method
R1	50,00%	Oral and/or written tests employed in initial, training and/or summative student assessment.
R2, R3	20,00%	Presentation of practical activities.
R2, R3	10,00%	Attendance and active participation: lessons, group assignments and tutoring sessions. It will be monitored and registered by the teacher.
R2, R3	20,00%	Group assignments.

### Observations

The initial, formative and summative evaluation tests of the student will be written, combining the multiple choice format with short development questions. The practical activities, individual and group, will be evaluated from the submissions requested by the teacher and which will be included in the student's portfolio. All deliveries will be made in the virtual classroom, according to the tasks created for this purpose. Class attendance and active participation in the activities and dynamics developed in the classroom will be assessed through rubrics and follow-up lists, with 50% of the final grade obtained by the student. In case of absence and in second calls, students will develop exercises and complementary practical activities proposed by the teacher.

**REGISTRATION OF HONOR** As a sign of academic exceptionality and according to the critical judgment of the teacher based on the grades obtained by the students and taking into account the participation, involvement and responsibility shown by them, adjusting to the relevant regulatory framework, the teacher may distinguish those students who have obtained global qualifications higher than 9.50 points.

### Online teaching

Assessed learning outcomes	Granted percentage	Assessment method
	70,00%	Final evaluation consisting of essay questions and hypothetical scenarios.
	5,00%	Submitted tasks



0,00%	Periodical assessment through questionnaires
25,00%	Attendance and participation in synchronic communication activities.

## Observations

The initial, formative and summative evaluation tests of the student will be written, combining the multiple choice format with short development questions. The practical activities, individual and group, will be evaluated from the submissions requested by the teacher and which will be included in the student's portfolio. All deliveries will be made in the virtual classroom, according to the tasks created for this purpose. Class attendance and active participation in the activities and dynamics developed in the classroom will be assessed through rubrics and follow-up lists, with 30% of the final grade obtained by the student. In case of absence and in second calls, students will develop exercises and complementary practical activities proposed by the teacher.

## REGISTRATION OF HONOR

As a sign of academic exceptionality and according to the critical judgment of the teacher based on the grades obtained by the students and taking into account the participation, involvement and responsibility shown by them, adjusting to the relevant regulatory framework, the teacher may distinguish those students who have obtained global qualifications higher than 9.50 points.

In accordance with the regulations governing the assessment and grading of subjects in force at UCV, the distinction of "Matrícula de Honor" (Honours with Distinction) may be awarded to students who have achieved a grade of 9.0 or higher. The number of "Matrículas de Honor" (Honours with Distinction) may not exceed five percent of the students enrolled in the group for the corresponding academic year, unless the number of enrolled students is fewer than 20, in which case a single "Matrícula de Honor" (Honours with Distinction) may be awarded.

Exceptionally, these distinctions may be assigned globally across different groups of the same subject. Nevertheless, the total number of distinctions awarded will be the same as if they were assigned by group, but they may be distributed among all students based on a common criterion, regardless of the group to which they belong. The criteria for awarding "Matrícula de Honor" (Honours with Distinction) will be determined according to the guidelines stipulated by the professor responsible for the course, as detailed in the "Observations" section of the evaluation system in the course guide.

## Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 Teacher presentation of contents, competency analysis, explanation and demonstration of capacities, abilities and knowledge in the classroom (presential modality).



- M2 Teacher-supervised groupwork sessions: case studies, diagnostic tests, problems, fieldwork, IT room, visits, data searches, libraries, web, Internet, etc. Building knowledge significantly through interaction and student activities (presential modality).
- M3 Supervised monographic sessions with shared participation.
- M4 Application of interdisciplinary knowledge.
- M6 Personalized attention in small groups. Training and/or orientation period by a teacher aimed at revising and discussing the materials and topics presented in the lessons, seminars, lectures, assignments, etc.
- M7 Set of oral and/or written tests employed in initial, training or summative assessment of the student.
- M8 Group preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be presented or handed in during theory lessons, practical lessons and/or tutoring sessions in small groups. Tasks done on the platform or other virtual spaces.
- M9 Students' independent study: individual preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be presented or handed in during theory lessons, practical lessons and /or small-group tutoring sessions. Tasks on the platform or other virtual spaces.
- M11 Teacher presentation of contents, competencies analysis, explanation and demonstration of capacities, abilities and knowledge on the virtual classroom.
- M12 Group work sessions via chat moderated by the teacher. Case studies –both real and fictional– aimed at building knowledge through interaction and students' activities . Critical analysis of values and social commitment.
- M13 Monographic sessions throughout the course, focused on current aspects and applications of the subject.
- M14 Set of oral and/or written tests employed in initial, training or summative assessment of the student.
- M15 Student's individual study: individual preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be discussed or turned in in electronic format.



- M16 Individualized attention for the monitoring and orientation in the learning process, performed by a tutor in order to revise and discuss the materials and topics, seminars, readings and assignments, etc.
- M17 Group preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be discussed or handed in.
- M18 Participation and contributions to discussion forums related to the subject and moderated by the module's teacher.
- M19 Problem resolution, comments, reports to be handed in according to the deadlines throughout the course.



## IN-CLASS LEARNING

### IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
<b>ON-CAMPUS CLASS</b> Teacher presentation of contents, analysis of competences, explanation and in-class display of skills, abilities and knowledge. M1, M4	R1	40,00	1,60
<b>PRACTICAL CLASSES</b> Group work sessions supervised by the professor. Case studies, diagnostic tests, problems, field work, computer room, visits, data search, libraries, on-line, Internet, etc. Meaningful construction of knowledge through interaction and student activity. M2, M4, M6	R2, R3	40,00	1,60
<b>SEMINAR</b> Supervised monographic sessions with shared participation. M2, M3, M8	R2, R3	10,00	0,40
<b>GROUP WORK EXHIBITION</b> Application of multidisciplinary knowledge. M7, M8	R1	10,00	0,40
<b>OFFICE ASSISTANCE</b> Personalized and small group attention. Period of instruction and/or orientation carried out by a tutor to review and discuss materials and topics presented in classes, seminars, papers, etc. M6	R2	12,00	0,48
<b>ASSESSMENT</b> Set of oral and/or written tests used in initial, formative or additive assessment of the student. M7	R1, R3	4,00	0,16
<b>TOTAL</b>		<b>116,00</b>	<b>4,64</b>



## LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
<b>GROUP WORK</b> Group preparation of readings, essays, problem solving, seminars, papers, reports, etc. to be presented or submitted in theoretical lectures, practical and/or small-group tutoring sessions. Work done on the university e-learning platform M2, M6, M8	R2	24,00	0,96
<b>INDEPENDENT WORK</b> Student study: Individual preparation of readings, essays, problem solving, seminars, papers, reports, etc. to be presented or submitted in theoretical lectures, practical and/or small-group tutoring sessions. Work done on the university e-learning platform. M9	R1, R3	10,00	0,40
<b>TOTAL</b>		<b>34,00</b>	<b>1,36</b>



## ON-LINE LEARNING

### SYNCHRONOUS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
Virtual session (distance learning) M11, M12, M16	R1	40,00	1,60
Virtual practical session (distance learning) M12, M13, M18	R2	40,00	1,60
Seminar and virtual videoconference (distance learning) M12, M13, M16, M18	R1, R2	10,00	0,40
In-person or virtual assessment (distance learning) M14, M19	R1	5,00	0,20
Individual tutoring sessions (distance learning) M16, M17	R3	10,00	0,40
Discussion forums (distance learning) M17, M18	R1, R2, R3	10,00	0,40
Continuous assessment activities (distance learning) M18, M19	R1, R2	5,00	0,20
<b>TOTAL</b>		<b>120,00</b>	<b>4,80</b>

### ASYNCHRONOUS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
Individual work activities (distance learning) M15, M16	R1, R3	15,00	0,60
Teamwork (distance learning) M12, M13, M17, M19	R2, R3	15,00	0,60
<b>TOTAL</b>		<b>30,00</b>	<b>1,20</b>





## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
Conceptual, theoretical and methodological bases of social support	Definitions and theoretical bases. Social support, prevention and participation. Citizenship, family and neighborhood. Social and institutional actors Psychological well-being, mental health and physical health. Healthy lifestyles.
Intervention strategies	Individual, group and community interventions. Community strategies for the development of social support. Instrumental and methodological diversity. Support and self-help groups.
Lifestyles and social support	Health Psychology. Lifestyles and analysis of objective conditions. Economic inequalities. Social perceptions and perception of one's own health. Awareness and promotion. Experiences in Europe and America.

### Temporary organization of learning:

Block of content	Number of sessions	Hours
Conceptual, theoretical and methodological bases of social support	10,00	20,00
Intervention strategies	33,00	66,00
Lifestyles and social support	15,00	30,00



## References

- Barrón, A. (1998). Apoyo social. Aspectos teóricos y aplicaciones. Siglo XXI.
- Blanco, A. y Rodríguez, J. (Coords) (2007). Intervención psicosocial. Pearson/Prentice Hall.
- Fernández, I., Morales, J. F. y Molero, F. (2011). Psicología de la intervención comunitaria. Desclée de Brouwer.
- Gil, M. (2000). Salud y fuentes de apoyo social. Análisis de una comunidad. CIS.
- Gómez, F.; Munuera, M.P.; Domínguez, M.C. (2014). Trabajo Social con comunidades. Certeza.
- Gracia, E. (1997).
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- Hombrados, M.I.; García, M.A.; López, T. (2006): Intervención social y comunitaria. Aljibe.
- Hombrados, M.I.; García, M.A.; López, T. (2006): Intervención social y comunitaria. Aljibe.
- Marchioni, M. (2004). La acción social en y con la comunidad. Certeza.
- Pastor, E. (2015). Trabajo Social con Comunidades. Universitat.
- Sánchez, A. (2007). Manual de psicología comunitaria. Pirámide.
- Ubieta, J.R. (2009). El trabajo en red: usos posibles en educación, salud mental y servicios sociales. Gedisa.