



Information about the subject

Degree: Official Master's Degree in General Health Psychology

Faculty: Faculty of Psychology

Code: 1430002 **Name:** Scientific Fundamentals of Health Psychology

Credits: 3,00 **ECTS Year:** 1 **Semester:** 1

Module: Basic module: the scientific and professional fundamentals of health psychology.

Subject Matter: II. SCIENTIFIC FOUNDATIONS OF HEALTH PSYCHOLOGY **Type:** Compulsory

Department:

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Module organization

Basic module: the scientific and professional fundamentals of health

Subject Matter	ECTS	Subject	ECTS	Year/semester
I. PROFESSIONAL FOUNDATIONS OF HEALTH PSYCHOLOGY	3,00	Professional Fundamentals of Health Psychology	3,00	1/1
II. SCIENTIFIC FOUNDATIONS OF HEALTH PSYCHOLOGY	3,00	Scientific Fundamentals of Health Psychology	3,00	1/1

Recommended knowledge

No required.

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 Knowledge of the main resources, studies, guidelines, etc. to obtain empirically supported information to approach the various treatments in the area of health psychology.
- R2 Formulating objectives, hypotheses and research designs based on the scientific analysis of empirically supported information.



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
CG5	Ability to make decisions with maturity and in accordance with professional ethics.		X		

SPECIFIC		Weighting			
		1	2	3	4
CE4	Critically analysing and use the sources of clinical information.			X	
CE5	Using the information and communication technologies in the professional performance.			X	
CE7	Formulating working hypotheses in research and collecting and critically evaluating information for problem solving, applying the scientific method.				X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1	30,00%	Evaluation through objective multiple-choice test(s) or essay tests.
R2	70,00%	Delivery of practical activities (problem solving, case studies, diagnostic analyses, etc.) at the end of each session or by the time stipulated by the professor via the platform.

Observations

Learning activities

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

- M1 Presentation of contents by the professor, analysis of competencies, explanation and demonstration of abilities, skills and knowledge in the classroom.
- M2 Group work sessions supervised by the professor. Case studies, diagnostic analyses, problems, field study. Significant construction of knowledge through student interaction and activity.
- M4 Written test, delivery of synthesis and research work on the contents learned in the sessions.
- M6 Individual preparation of readings, essays, problem solving, seminars, papers, reports, etc. to be presented or delivered in theory classes, practical classes and/or small group tutorials. Work done on the platform or other virtual spaces.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
IN-PERSON CLASS M1	R1, R2	18,00	0,72
PRACTICAL CLASSES M2	R1, R2	4,00	0,16
EVALUATION M4	R1, R2	2,00	0,08
TUTORIALS M2	R1, R2	6,00	0,24
TOTAL		30,00	1,20

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
INDIVIDUAL WORK M6	R1, R2	45,00	1,80
TOTAL		45,00	1,80



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
Research methodology in general health psychology	Sources and search of scientific information: Obtaining empirically supported information for the approach of the diverse treatments in the area of health psychology. Scientific method: Formulation of objectives, hypotheses and research designs based on the scientific analysis of empirically supported information.

Temporary organization of learning:

Block of content	Number of sessions	Hours
Research methodology in general health psychology	15,00	30,00



References

- American Psychological Association (2020). *Publication Manual of the American Psychological Association (Spiral Bound)*. Washington: American Psychological Association.
- Ato, M. y Vallejo, G. (2015). *Diseños de Investigación en Psicología*. Madrid: Pirámide.
- Fontes de Gracia, S., García Gallego, C., Quintanilla Cobián, L., Rodríguez Fernández, R., Rubio de Lemus, P. y Sarriá Sánchez, E. (2010). *Fundamentos de investigación en psicología*. Madrid: UNED
- García, C., Quintanilla, L., Garriga, A., Fontes, F., Pérez-Llantada, M.C., Sarriá, E. (2007). *Diseños de investigación en Psicología. Cuaderno de prácticas*. Madrid: UNED
- Martínez, R., Castellanos, M. A. y Chacón, J. C. (2014). *Métodos de Investigación en Psicología*. Eos Universitaria.
- Labrador, F.J. y Crespo, M. (2012). *Psicología clínica basada en la evidencia*. Madrid: Pirámide.
- Somoza Fernandez, M. (2015). *Búsqueda y recuperación de información en bases de datos de bibliografía científica*. Gijón: Trea.



Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

Situation 1: Teaching without limited capacity (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

Situation 2: Teaching with limited capacity (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

☒ Microsoft Teams

☒ Kaltura



Situation 3: Confinement due to a new State of Alarm.

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

☒ Microsoft Teams

☒ Kaltura

Explanation about the practical sessions:



2. System for Assessing the Acquisition of the competences and Assessment System

ONSITE WORK

Regarding the Assessment Tools:

☒

The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

☐

The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

Comments to the Assessment System: