



Information about the subject

Degree: Official Master's Degree in General Health Psychology

Faculty: Faculty of Psychology

Code: 1430019 **Name:** Promotion and Intervention in Health Psychology

Credits: 6,00 **ECTS Year:** 1 **Semester:** 2

Module: Specific module: Evaluation, diagnosis and intervention in health psychology.

Subject Matter: XI. HEALTH PSYCHOLOGY PROMOTION AND INTERVENTION **Type:**

Compulsory

Department:

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Universidad
**Católica de
Valencia**
San Vicente Mártir

Course guide

Year 2023/2024

1430019 - Promotion and Intervention in Health Psychology

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Module organization

Specific module: Evaluation, diagnosis and intervention in health

Subject Matter	ECTS	Subject	ECTS	Year/semester
VI. PSYCHOPATHOLOGY OF PHYSIOLOGICAL FUNCTIONS	6,00	Psychopathology of Physiological Functions	6,00	1/1
VIII. PSYCHOPATHOLOGY AND FAMILY THERAPY	3,00	Psychopathology and Family Therapy	3,00	1/2
VII. PERSONALITY AND HEALTH	3,00	Personality and Health	3,00	1/2
IV. EVALUATION, DIAGNOSIS AND INTERVENTION FOR CHILDREN AND ADOLESCENTS	9,00	Assessment, Diagnosis and Intervention in Children and Adolescents	9,00	1/1
V. EVALUATION OF AND INTERVENTION IN ANXIETY AND DEPRESSIVE DISORDERS	6,00	Assessment, Diagnosis, and Intervention in Anxiety and Depressive Disorders	6,00	1/1
IX. EVALUATION, DIAGNOSIS AND INTERVENTION IN SEVERE MENTAL DISORDERS	3,00	Assessment, Diagnosis and Intervention in Severe Mental Disorder	3,00	1/2
X. CLINICAL NEUROPSYCHOLOGY	3,00	Clinical Neuropsychology	3,00	1/2



XI. HEALTH
PSYCHOLOGY
PROMOTION AND
INTERVENTION

6,00

Promotion and
Intervention in Health
Psychology

6,00

1/2

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 The ability to use clinical information sources, using information technology.
- R2 Command of the necessary interpersonal communication and emotion management skills in the context of health psychology.
- R3 The ability to properly conduct or supervise the psychological evaluation process in the context of health prevention and intervention in a disease context.
- R4 The ability to design, implement, monitor and evaluate psychological intervention programs in the context of health and illness.



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
CG8	Ability to develop and remain updated on the competences, knowledge and skills according to the standards of the profession.				X

SPECIFIC		Weighting			
		1	2	3	4
CE3	To show interpersonal communication skills and appropriate emotional management for an effective interaction with patients, families and caregivers during the process of problem identification, evaluation, and when communicating the psychological diagnosis, intervention and follow up plans.				X
CE17	Plan, implement and, when appropriate, monitor the process of psychological evaluation of human behavior and psychological factors associated with health problems to establish the evaluation of them.				X
CE18	To design, develop and evaluate the appropriate plans and programs of psychological intervention, depending on the psychological assessment and individual and social variables competing in each case.				X
CE21	Undertaking activities of education and health promotion for individuals and communities in relation to psychological health.				X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R2, R3, R4	60,00%	Evaluation through objective multiple-choice test(s) or essay tests.
R1, R2, R3, R4	30,00%	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.
R1, R2	10,00%	Positive attendance and active participation in class and/or tutorials: Attendance and intervention in class or tutorials with a positive and active attitude.

Observations

The completion of internships will be mandatory to pass the course. As well as the attendance to 70% of the classes.

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.
- M3 Supervised monographic sessions with shared participation.
- M4 Written test, delivery of synthesis and research work on the contents learned in the sessions.



- M5 Group 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.
- 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, M2, M3	R1, R2, R3	30,00	1,20
PRACTICAL CLASSES M2, M3, M5	R1, R2, R3	24,00	0,96
EVALUATION M4	R1, R2, R3	2,00	0,08
TUTORIALS M1	R2	4,00	0,16
TOTAL		60,00	2,40

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
INDIVIDUAL WORK M5, M6	R1, R2, R3, R4	90,00	3,60
TOTAL		90,00	3,60



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
1. Intervention Programs in Psycho-oncology.	Psychological Adjuvant Therapy, Mindfulness, cognitive-behavioral therapies, coping, psychotherapy programs based in positive psychology, etc.
2. Intervention with the family.	Bereavement
3. Palliative care	Interventions with palliative care patients
4. Intervention programs in drug and other addictions	4. Intervention programs in drug and other addictions (addition to new technologies, sexting, sex addition, and so on)
5. Intervention program in chronic pathologies	different intervention programs in different chronic medical pathologies and health promotion



Temporary organization of learning:

Block of content	Number of sessions	Hours
1. Intervention Programs in Psycho-oncology.	5,00	10,00
2. Intervention with the family.	5,00	10,00
3. Palliative care	5,00	10,00
4. Intervention programs in drug and other addictions	8,00	16,00
5. Intervention program in chronic pathologies	7,00	14,00



References

Basic References:

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- Fernández-Abascal E, Martín Díaz MD y Domínguez Sánchez FJ (2003): Factores de riesgo e intervenciones psicológicas eficaces en los trastornos cardiovasculares. Psicothema. Vol. 15, nº 4, pp. 615-630 ISSN 0214 - 9915 CODEN PSOTEG
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·Arranz,P., Barbero, J.J., Barreto,P., Bayés,R. (2003). Intervención emocional en cuidados paliativos. Modelo y Protocolos. Barcelona: Ariel Ciencias Médicas.

·Worden,W.W. (2013): El tratamiento del duelo. Asesoramiento psicológico y terapia. Barcelona: Paidós.

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·Segal ZV; Williams MG & Teasdale JD (2015): Terapia Cognitiva basada en mindfulness para la depresión. Kairós. ISBN: 978-84-998-8444-8

Bibliography about suicide:

·Courtet, P. (Ed.). (2016). Understanding Suicide: From Diagnosis to Personalized Treatment. Springer. DOI 10.1007/978-3-319-26282-6_1

·Gratz, KL., & Chapman, AL. (2009). Freedom from self-harm. Overcoming self-injury with skills from DBT and other treatments. Oakland, CA, New Harbinger Publications.

·Houston, M.N. (2017). Treating suicidal clients & self-harm behaviours . Assessment, worksheets and guides for interventions and long term care. EAU Clare, WI. Pesi Publishing.

Complementary bibliography

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·Pascual, L.M. (1997). La práctica de la psicología de la salud: programas de intervención. Valencia. Promolibro.

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Complementary bibliography about addictive behaviours:

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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: