Information about the subject

Degree: Official Master's Degree in General Health Psychology

Faculty: Faculty of Psychology

Code: 1430023 **Name:** Assessment, Diagnosis, and Intervention in Anxiety and Depressive

Disorders

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

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

Subject Matter: V. EVALUATION OF AND INTERVENTION IN ANXIETY AND DEPRESSIVE

DISORDERS **Type:** Compulsory

Department:

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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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

not necessary

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 evaluation and intervention strategies specific to anxiety and depressive disorders.
R2	The ability to plan, integrate and adapt intervention programs for anxiety and depressive disorders to the individual characteristics of each patient.

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
CG2	Ability to show interest in providing help through a committed and mature attitude, in accordance with professional ethics.				x
CG8	Ability to develop and remain updated on the competences, knowledge and skills according to the standards of the profession.				x
CG9	Ability to assume responsibilities and to adequately respond to the requirements that arise in the context of the classroom or the external work placement,				x

SPECIFIC		Weighting			
		1	2	3	4
CE1	Acquire, develop and implement a comprehensive concept of health, do have a place n the biopsychosocial components thereof, in accordance with guidelines established by WHO.				x
CE12	To know in depth the psychological nature of human behavior and the social and biological factors that can affect it.				x
CE14	Learn more about the psychosocial factors associated with health problems and disease.				x
CE15	To know in-depth the biological and psychosocial factors associated with health problems and disease, especially those related to mental health.				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
R1, R2	90,00%	Evaluation through objective multiple-choice test(s) or essay tests.
R1, R2	10,00%	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	0,00%	Positive attendance and active participation in class and/or tutorials: Attendance and intervention in class or tutorials with a positive and active attitude.

Observations

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, M5	R1, R2	24,00	0,96
PRACTICAL CLASSES M1, M2, M3, M4, M5, M6	R1, R2	20,00	0,80
SEMINAR M1, M2, M3, M4, M5, M6	R1, R2	6,00	0,24
EVALUATION M1, M2, M3, M4, M5, M6	R1, R2	2,00	0,08
TUTORIALS M1, M2, M3, M4, M5, M6	R1, R2	8,00	0,32
TOTAL		**60,00**	**2,40**

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
INDIVIDUAL WORK M1, M2, M3, M4, M5, M6	R1, R2	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
UNIT 1. ANXIETY DISORDERS	1.1.Pánic disorder. Assessment and Treatment 1.2.Social phobia. Assessment and Treatment 1.3.Obsessive compulsive disorder. Assessment and Treatment 1.4.Generalized anxiety disorder. Assessment and Treatment
UNIT 2. DEPRESSIVE DISORDERS	2.1. Assessment and Treatment
UNIT 3. SELF INJURIOURS BEHAVIOUR	3.1. Assessment and Treatment of self-injurious behavior with and without suicidal intent.

Temporary organization of learning:

Block of content	Number of sessions	Hours
UNIT 1. ANXIETY DISORDERS	15,00	30,00
UNIT 2. DEPRESSIVE DISORDERS	7,50	15,00
UNIT 3. SELF INJURIOURS BEHAVIOUR	7,50	15,00

References

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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:

X	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:

| X | Microsoft Teams |

| | Kaltura |

Explanation about the practical sessions:

They will be made through Blackboard platform determined by the teacher.

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

ONSITE WORK

Regarding the Assessment Tools:

| X | 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: