

Course Unit	Psychology of Health	Field of study	Psychology
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2021/2022	Year of study	1
Type	Semestral	Semester	1
Workload (hours)	135	Contact hours	T - , TP 30, PL - , TC - , S 15, E - , OT 15, O -
		Level	1-1
		ECTS credits	5.0
		Code	8149-501-1105-00-21

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Ana Maria Nunes Português Galvão

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Know the areas of intervention in Psychology of the Health Psychology and the skills that Healthcare Professional/Nutritionist needs.
2. Describe the health psychosocial determinants and the variables associated to the domains of quality of life and general wellbeing.
3. Know the National Health Plan and the priority health programmes.
4. Know the area of mental health and the life styles of young people.
5. Identify signs and symptoms of chronic diseases.
6. Describe motivational strategies and models for the adoption of healthy lifestyles.
7. Promote health literacy.
8. Show competences in health communication.

### Prerequisites

Before the course unit the learner is expected to be able to:  
None

### Course contents

I - Introduction to health psychology. Areas and models of intervention in health psychology; II - Psychosocial determinants of health. Quality of Life and General Wellbeing; III - Mental health throughout the life cycle; IV - Sleep and Rest Patterns; V - Chronic diseases; VI - Health Communication; VII - Motivational models and strategies for the adoption of healthy lifestyles; VIII - Health literacy.

### Course contents (extended version)

1. Introduction to health psychology. Concepts and definitions.
  - Main historic milestones that contributed to the development of health psychology.
  - Health and well-being as a result of basic conditions. Declaration of Jakarta. Ottawa Charter.
2. Areas and intervention models in health psychology
  - Positive Psychology.
3. Psychosocial Determinants of Health, in the domains of Quality of Life and General Wellbeing
  - Evaluation of life quality
  - Health behaviours and life styles
4. Disease prevention and health promotion
  - Health Literacy.
  - Models and Measurement Instruments of Health Literacy
5. National Health Plan, health priority programmes
6. Psychology and diseases
  - Diabetes. Strategies and coping.
  - Oncological diseases. Oncological psychology.
  - Eating and digestive disorders.
  - Mental Health and Illness. Anxiety, stress and depression disturbances.
  - Sleep and vigilance disturbances.
  - Burnout.
  - Cardiovascular brain diseases
7. Models with evidence of effectiveness in behavior change.
  - The Transtheoretical Model of Change.
  - The theory of self-determination.
  - The motivational interview.
  - Health and wellness coaching. Psychological coaching process applied to health behaviors.
8. Communication in Health
  - Characterisation of health communication. Types of Nonverbal Communication.
  - Communication difficulties between health professionals and patients.
  - Health communication strategies: empathy and assertive communication.
  - Evaluation scales of the health communication process.

### Recommended reading

1. Galvão, A.,..., Tedim, V. (2021). Literacia em saúde e autocuidado: evidências que projetam a prática clínica (A. Galvão (ed.)). EuroMédice Publicações Médicas.
2. Ribeiro, J. P. (2007). Introdução à psicologia da saúde. Coimbra: Quarteto.
3. Teixeira, J. (2007). Psicologia da Saúde: Contextos e áreas e intervenção. Lisboa: Climepsi Editores.
4. Ogden, J. (2004). Psicologia da saúde. Lisboa: Climepsi Editores.
5. Vázquez, I. A. (2014). Manual de psicología de la salud. Madrid: Ediciones Pirámide.

### Teaching and learning methods

Oral transmission of theoretical content, using expository teaching techniques and questioning, with audiovisual support. Promoting opportunities for discussion, reflection, application of knowledge and clarification of doubts, based on practical group exercises and individual exercises proposed. The flipped classroom methodology will be used.

### Assessment methods

1. alternative 1 - (Regular, Student Worker) (Final)
  - Work Discussion - 40% (minimum grade in the work, 8 values the work only counts for the normal season of exam)

**Assessment methods**

- Final Written Exam - 60%
- 2. alternative 2 - (Regular, Student Worker) (Supplementary, Special)
- Final Written Exam - 100%

**Language of instruction**

Portuguese, with additional English support for foreign students.

**Electronic validation**

Ana Maria Nunes Português Galvão	Juliana Almeida de Souza	Maria Cristina Martins Teixeira	Adília Maria Pires da Silva Fernandes
14-11-2021	15-11-2021	16-11-2021	16-11-2021