

Course Unit	Psychology of Health		Field of study	Psichology	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2022/2023	Year of study	1	Level	1-1
Type	Semestral	Semester	1	ECTS credits	5.0
Workload (hours)			135	Contact hours	
			T	-	TP
			30	PL	-
			TC	-	S
			15	E	-
			OT	15	O
			-	-	-
Code 8149-501-1105-00-22					

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 - Psychology and health V - Health Communication; VI - Motivational models and strategies for the adoption of healthy lifestyles; VII - Health literacy.

### Course contents (extended version)

1. Introduction to health psychology. Concepts and definitions.
  - Definitions and concepts
  - Main historic milestones that contributed to the development of health psychology.
2. Psychosocial Determinants of Health. Quality of Life and General Wellbeing
  - The health continuum model and its determinants. Health and wellbeing as a result of basic conditions
  - Concepts and evaluation
  - Jakarta Declaration. Ottawa Charter
  - Health behaviours and lifestyles
3. Mental health along the vital cycle
  - Stigma about mental health
  - Health and mental illness
  - Anxiety, stress and depression disorders
  - Burnout
4. Psychology and diseases
  - Diabetes. Strategies and coping.
  - Oncological diseases. Oncological psychology.
  - Eating and digestive disorders.
  - Sleep and vigilance disturbances.
  - Cardiovascular brain diseases
  - Models with evidence of effectiveness in behavioral 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.
6. 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.
7. Health literacy
  - Health literacy models and concepts
  - Disease prevention and health promotion
  - Interaction between health literacy, health and education
  - Health Literacy Assessment Instruments
  - National Health Plan, priority health programs
  - Analysis of the Health Education Framework. The model of Health Promoting Schools
  - 2030 Agenda and the context of health promotion for sustainable development

### 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. Darlington, E., Bada, E., Masson, J., & Santos, R. M. (2021). European Standards & Indicators for Health (A. Schulz (ed.); Issue December). Schools for Health in Europe Network Foundation.
3. Leal, I., & Pais-Ribeiro, J. L. (2021). Manual de Psicologia da Saúde. Pactor.
4. Okan, O., Paakkari, L., & Dadaczynski, K. (2020). SHE factsheet n.º 6 - Literacia em saúde nas escolas - Estado da arte (Issue 6).
5. Sørensen, K., & Okan, O. (2020). Health Literacy. Health Literacy of children and adolescents in school settings.

### 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

**Teaching and learning methods**

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)
  - 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
12-02-2023	28-02-2023	08-03-2023	08-03-2023