

## ECTS Syllabus

<b>Course title</b>	Psychosocial Aspects of Rehabilitation				
<b>Course code</b>	MPTR-554				
<b>Course type</b>	Face to face				
<b>Level</b>	2 <sup>nd</sup> Cycle				
<b>Year / Semester</b>	2 <sup>nd</sup> /3 <sup>rd</sup>				
<b>Teacher's name</b>	Dr Christina Michailidou (Module leader), Interdisciplinary team of Psychologists and other experts				
<b>ECTS</b>	5	<b>Lectures / week</b>	2hrs	<b>Laboratories / week</b>	0hrs
<b>Course purpose and objectives</b>	<p>This course aims to develop the necessary competencies to assess and address psychosocial determinants of rehabilitation outcomes across musculoskeletal and sports contexts. Students learn behavior change frameworks, motivational interviewing, resilience and stress management strategies and culturally responsive communication. Emphasis is placed on safe screening for psychosocial risk, shared decision making, outcome measurement, and integration of the biopsychosocial model into criterion-based rehabilitation planning, including return to work and return to sport decisions.</p>				
<b>Learning outcomes</b>	<p>After completion of the course, students are expected to be able to:</p> <ol style="list-style-type: none"> <li>1. Appraise psychosocial and contextual determinants of function using validated brief measures and integrate findings with the ICF framework.</li> <li>2. Apply behavior change theory, for example COM-B and the Behavior Change Wheel, to select and justify behavior change techniques that improve adherence.</li> <li>3. Demonstrate motivational interviewing micro-skills, such as OARS, readiness rulers, and Elicit-Provide-Elicit, that elicit change talk and support shared goal setting.</li> <li>4. Design resilience-informed rehabilitation plans that embed pacing, graded exposure, sleep and stress management, and values-based actions.</li> <li>5. Formulate and defend a biopsychosocial case plan that integrates best evidence, patient preferences, and risk management, with measurable outcomes and decision checkpoints.</li> <li>6. Communicate effectively with patients from diverse backgrounds, address stigma and health literacy, and adapt plans to social determinants of health.</li> </ol>				

	<p>7. Recognize red flags and psychological distress, apply scope-appropriate responses, and implement referral and escalation pathways.</p> <p>8. Reflect on encounters to identify learning needs and document specific, time-bound actions for professional growth.</p>																		
<b>Prerequisites</b>	None	<b>Required</b>	None																
<b>Course content</b>	<ul style="list-style-type: none"> <li>• Biopsychosocial model and ICF in rehabilitation</li> <li>• Screening and brief measures (PSEQ, TSK, PCS, HADS and other PROMs), including tool selection and justification for a chosen case</li> <li>• Behavior change foundations (COM-B and BCT Taxonomy v1 quick guides) and selection of behavior change techniques</li> <li>• Motivational interviewing micro-skills (Short MI skills videos and recorded MI simulation with self-reflection)</li> <li>• Fear-avoidance and graded exposure (build an education micro-session and exposure plan)</li> <li>• Resilience and stress management in rehab</li> <li>• Sleep health basics, pacing principles</li> <li>• Social determinants of health, culture, educational level and communication</li> <li>• Mental health comorbidity, safety, and referral</li> <li>• Distress and risk cues, local referral pathways and escalation protocol</li> <li>• Return to work and return to sport decisions (checkpoints and communication with employers or coaches)</li> <li>• Interprofessional management of complex cases</li> </ul>																		
<b>Teaching methodology</b>	Lectures, Simulations, Case presentations and reflective discussions																		
<b>Bibliography</b>	<p><b>Required Textbooks / Readings:</b></p> <table border="1"> <thead> <tr> <th>Title</th> <th>Author(s)</th> <th>Publisher</th> <th>Year</th> <th>ISBN</th> </tr> </thead> <tbody> <tr> <td>Psychological Perspective in Physiotherapy: A Guide to Mental Wellbeing in Physical Recovery</td> <td>Dr. Urvesh S. Chauhan</td> <td>Wordly Wise Publishers</td> <td>2024</td> <td>9394075445</td> </tr> <tr> <td>Psychologically Informed Physiotherapy:</td> <td>Porter, S. B. (Ed.).</td> <td>Elsevier.</td> <td>2017</td> <td>9780702068171</td> </tr> </tbody> </table>				Title	Author(s)	Publisher	Year	ISBN	Psychological Perspective in Physiotherapy: A Guide to Mental Wellbeing in Physical Recovery	Dr. Urvesh S. Chauhan	Wordly Wise Publishers	2024	9394075445	Psychologically Informed Physiotherapy:	Porter, S. B. (Ed.).	Elsevier.	2017	9780702068171
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	Embedding psychosocial perspectives within clinical management.													
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<b>Assessment</b>	Assignment, mid-term exam, final examination													
<b>Language</b>	English													