



Course Syllabus

Course Code	Course Title	ECTS Credits
PSY-385	Health Psychology	6
Prerequisites	Department	Semester
PSY-110, PSY-111	Social Sciences	Spring
Type of Course	Field	Language of Instruction
Required	Psychology	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Dr. Nuno Ferreira	3 rd
Mode of Delivery	Work Placement	Co-requisites
Face-to-face	N/A	None

Course Objectives:

This course aims to familiarize students with a more holistic view of patients taking into account their biological, psychological and social processes in a health context. The course will focus on methods and issues relevant to the application of psychology to health-related interventions like: the way people are affected psychologically by illness and disease and, various behaviors and cognitions affecting health and illness. This course will acquaint students with psychological theories and techniques of psychotherapy to improve the psychological and physical health of patients using behavior modification, cognitive restructuring, interpersonal relationships, family work, and life-style changes.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Distinguish the complex interactions of biological, psychological, and social, factors as they impact human health and disease
2. Identify the broad background of knowledge in health psychology, including the field's history and research and methods

3. Explain the biopsychosocial model and its relevance for the prevention, etiology, and treatment of disease & apply that model to specific health issues
4. Explain research on the factors involved in causing, maintaining, contributing to, preventing, and treating a specific health issue
5. Discuss methods and issues in Health Psychology

Course Content:

1) The biopsychosocial model 2) Health Behaviours 3) Protective vs Risk behaviours 4) Psychosocial impact of becoming ill 5) Healthcare systems 6) Specific populations: a) Chronic Pain b) HIV/AIDS c) Cancer d) Diabetes e) Chronic Obstructive Pulmonary Disorder (COPD) f) Cardiovascular Diseases g) GI h) Medically Unexplained Syndromes (MUS) 7) Anxiety and Depression in Health Contexts 8) Management of Chronic Illness 9) Measuring outcomes

Learning Activities and Teaching Methods:

Lectures, Assignments

Assessment Methods:

Mid-term, Final exam

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Health Psychology – a textbook	Ogden, J.	McGraw-Hill	2023	9780335251865
Psychology and Sociology Applied to Medicine	Edwin Roland van Teijlingen, Gerald M Humphris	Elsevier	2018	9780702062988