



48SJ-HPSYCH
ECTS: 2.00
CYCLE: 2023Z

Course syllabus - part A Health Psychology

SUBJECT MATTER CONTENT

LECTURE

1) Biopsychosocial model of health and disease. 2) Psychological definitions of health and risk behaviours: beliefs, motivation, personality, social norms. 3) Psychological theories and mechanisms of stress. Coping styles. 4) Practical strategies of lowering stress: cognitive restructuring, emotional, behavioural, relaxation techniques, deep breathing, selfmassage, social support. 5) Burnout in medical professions: mechanisms and prevention.

SEMINAR

Behaviour change models with reference to health. Psychological interventions aimed at reducing risk behaviours. Motivational interviewing- assumptions. Psychosocial preconditions and consequences of various somatic diseases: oncological, cardiovascular, respiratory and GI tract diseases.

CLASSES

Practice in recognizing emotions, adequate reactions to emotional state (dealing with anger, anxiety). Communication exercises (recognizing communication barriers, "telling the bad news"). Basics of psychological help. Practicing of relaxation techniques.

TEACHING OBJECTIVE

Getting acquainted with basic psychological concepts relevant to health related behaviours and risk behaviours (including beliefs, motivation, emotions, personality, social influence, classical and instrumental conditioning, social support). Introducing basic information about psychological and social factors contributing to health maintenance and risk factors for developing diseases (including smoking, alcohol consumption and obesity). Highlighting the importance of adaptation process to chronic and terminal conditions with its psychological and social conditions. Analysis of stress mechanisms, psychosocial stressors, different techniques of coping with stress. Familiarizing with basic techniques of psychological help in medical contexts. Practising skills of making contact with patients and their families (especially in difficult situations including delivery of bad news). Practising team work skills.

DESCRIPTION OF THE LEARNING OUTCOMES OF THE COURSE IN RELATION TO THE DESCRIPTION OF THE CHARACTERISTICS OF THE SECOND LEVEL LEARNING OUTCOMES FOR QUALIFICATIONS AT LEVELS 6-8 OF THE POLISH QUALIFICATION FRAMEWORK IN RELATION TO THE SCIENTIFIC DISCIPLINES AND THE EFFECTS FOR FIELDS OF STUDY:

Symbols for outcomes

M/NM+++, M/NMA_P7S_KR+++,

Legal acts specifying learning outcomes: 672/2020, 3112022
Disciplines: medical sciences
Status of the course: Obligatoryjny
Group of courses: A - przedmioty podstawowe
Code: ISCED 0912
Field of study: Medicine, Medicine
Scope of education:
Profile of education: General academic
Form of studies: full-time
Level of studies: uniform master's studies
Year/semester: 2/3

Types of classes: Lecture, Seminar, Classes
Number of hours in semester: Lecture: 5.00, Seminar: 15.00, Classes: 10.00
Language of instruction: English
Introductory subject: none
Prerequisites: none

Name of the organisational unit conducting the course: Katedra Farmakologii i Toksykologii
Person responsible for the realization of the course: dr hab. Elżbieta Wesółowska, prof. UWM, dr hab. n. med. Michał Majewski, prof. UWM
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Additional remarks:

related to the discipline:

M/NMA_P7S_KO+++ , M/NMA_P7S_WG+++ ,
M/NMA_P7S_UW+++

**Symbols for outcomes
related to the field of study:**

M/NM_D.W1.+ , M/NM_D.W10.+ , D.U8.+ , K.5.+ ,
D.U5.+ , D.U4.+ , D.U11.+ , M/NM_D.W13.+ ,
KA7_KR2+ , M/NM_D.W12.+ , D.U1.+ , D.U2.+ ,
K.1.+ , M/NM_D.W11.+ , M/NM_K.6.+ ,
M/NM_D.W2.+

LEARNING OUTCOMES:**Knowledge:**

W1 - Understands biopsychosocial model of health and disease. Recognizes and explains mutual interaction of personality, emotions, motivation and social influences in shaping health and risk behaviours.

W2 - Explains the meaning of basic psychological concepts (beliefs, personality, emotions, adaptation) in medical context.

W3 - Explains psychological mechanisms of stress reaction and its physiological consequences.

W4 - Explains mechanism of addiction development. Recognizes psychosocial symptoms of addictions.

Skills:

U1 - Is able to apply psychological concepts (beliefs, social norms, personal values, personality) in the medical context.

U2 - Is capable of providing social support to patients and their families. Recognizes symptoms of destructive coping strategies

U3 - Communicates effectively in medical context.

U4 - Applies psychological recommendations concerning communication in difficult situations, talking about personal, intimate and threatening issues.

Social competence:

K1 -

K2 - Is ready to analyse his/her own personal strategies of coping with stress and dealing with negative emotions. Notices perspectives for self-development and improvement in these areas.

K3 - Is ready to respect rules and psychosocial limitations of team work.

TEACHING FORMS AND METHODS:

Lecture(W1;W2;W4;):Informative lecture, problematic lecture, powerpoint presentations, films, discussion.

Seminar(W3;U1;U3;U4;):powerpoint presentations, films, discussion.

Classes(U2;U3;U4;K1;K2;K3;):Workshops of psychological skills, role playing, scenarios, group discussions.

FORM AND CONDITIONS OF VERIFYING LEARNING**OUTCOMES:**

Lecture (Competention test) - Multiple choice short test. -

Seminar (Prezentation) - Individual presentation of a chosen topic.

Active participation in discussion of topics presented by other students. -

Classes (Evaluation of the work and cooperation in the group) - Active participation in workshop activities. Critical reflection on the activities. -

BASIC LITERATURE:

1. Ogden, J., *Health Psychology*, Wyd. McGrawHill, R. 2022
2. Ayers, S. i de Visser, *Psychology for medicine*, Wyd. Sage, R. 2012
3. Buckman, R., *How to break bad news*, Wyd. Willey, R. 2018

SUPPLEMENTARY LITERATURE:

Detailed description of ECTS credits awarded - part B

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Health Psychology

The number of ECTS credits awarded consists of:

1. Contact hours with the academic teacher:

- participation in: Lecture	5.0 h
- participation in: Seminar	15.0 h
- participation in: Classes	10.0 h
- consultation	2.0
	Total: 32.0 h.

2. Independent work of a student:

Reading of the assigned literature	15.00 h
Preparation of power point presentation	3.00 h

Total: 18.0 h

contact hours + independent work of a student Total: 50.0 h

1 ECTS credit = 25-30 h of an average student's work, number of ECTS credit = 50.0 h : 25.0 h/ECTS = 2.00 ECTS on average: 2.0 ECTS

- including the number of ECTS credits for contact hours with the direct participation of an academic teacher: 0,00 ECTS points,

- including the number of ECTS credits for hours of independent work of a student: