



Course syllabus - part A Health Psychology

48SJO-HEALPSY
ECTS: 2.00
CYCLE: 2024

SUBJECT MATTER CONTENT

LECTURE

1. The biopsychosocial model of health and disease. 2. Psychological definitions of health and risk behavior: beliefs, motivation, personality, social norms. 3. Psychological theories AND mechanisms of stress. Coping styles. 4. Practical techniques to reduce stress: cognitive-rational, emotional, behavioral, relaxation techniques, breathing, yoga, self-massage, mental hygiene, importance of social support. 5. Burnout in the medical profession: mechanisms of formation AND prevention.

SEMINAR

Models of modification of health-seeking behavior. Psychological interventions to reduce risk behaviors. Assumptions of motivational interviewing. Psychosocial determinants and consequences of selected somatic diseases: oncological, cardiovascular, respiratory, gastrointestinal diseases.

CLASSES

Practical exercises in recognizing emotions AND coping with them (reactions to anger, anxiety depression). Communication exercises, recognizing communication barriers, opportunities for improvement, conveying bad news, information about an unfavorable prognosis. ABCs of providing psychological assistance. Practical relaxation exercises.

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:**

Legal acts specifying learning outcomes:
311/2023

Disciplines: medical sciences
Status of the

course:Obligatoryjny

Group of courses:A - przedmioty podstawowe

Code: ISCED 0912

Field of study:Medicine

Scope of education:

Profile of education:

General academic

Form of studies: full-time

Level of studies: uniform

master's studies

Year/semester: /2

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 Wesołowska,

prof. UWM, dr hab. n. med.

Michał Majewski, prof. UWM

e-mail:

michal.majewski@uwm.edu.pl

ewesolowska@uwm.edu.pl

Additional remarks:

Symbols for outcomes related to the discipline:

M/NMA_P7S_WG+++ , M/NMA_P7S_KR+

Symbols for outcomes related to the field of study:

D.W11.+ , E.W15.++ , D.U1.++ , D.W9.+++ , D.W19.+ , D.W5.+ , G.W4.+ , KA7_KR1+ , D.W13.++ , D.W10.+ , K.2.+ , D.U8.+ , D.W2.+ , D.U5.+ , D.U11.++ , K.6.+ , D.U12.++ , D.U9.+ , D.U10.+ , D.W1.++ , D.W4.+ , C.W47.+ , D.W12.+ , K.9.++ , K.1.+ , D.U4.+

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 -

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 - Is ready to respect rules and limitations of interpersonal conduct with patients and their families.

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;W3;W4;U1;U2;U3;U4;K1;K2;K3;):Informative lecture, problematic lecture, powerpoint presentations, films, discussion.

Seminar(W1;W2;W3;W4;U1;U2;U3;U4;K1;K2;K3;):powerpoint presentations, films, discussion.

Classes(W1;W2;W3;W4;U1;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 (Presentation) - 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

**48SJO-
HEALPSY
ECTS: 2.00
CYCLE: 2024**

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: