



48SJO-HEALPSY
2025
ECTS: 3.00

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:

Legal acts specifying learning outcomes:

467/2024 (Medicine),

Status of the course: None

Group of courses: None

Discipline: Medical Sciences

Classes:

Lecture (5 h)

Seminar (15 h)

Classes (10 h)

Step: Kierunek lekarski drugi rok (oferta w jęz. angielskim dla obcokrajowców)

Program: Medicine

Form of studies: full-time

Level of studies: uniform master's studies

Introductory subject: none

Prerequisites: none

Coordinators:

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Michał Majewski, michal.majewski@uwm.edu.pl

Symbols for outcomes related to the discipline:

Symbols for outcomes related to the field of study:

K.1.+, K.2.+, K.3.+, K.4.+, K.5.+, K.6.+, K.7.+, K.8.+, K.9.+, K.10.+, D.U1.+, D.U3.+, D.U7.+, D.U8.+, D.U9.+, D.U10.+, E.U27.+, E.U28.+, KA7_UK1+, KA7_UK2+, KA7_UK3+, D.W1.+, D.W2.+, D.W3.+, D.W4.+, D.W5.+, D.W6.+, D.W7.+, D.W8.+, D.W9.+, D.W10.+, D.W11.+, D.W12.+, D.W13.+, D.W14.+, E.W19.+, E.W18.+

LEARNING OUTCOMES (Knowledge, Skills, Social competence):

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.
Explains psychological mechanisms of stress reaction and its physiological consequences.
Explains mechanism of addiction development. Recognizes psychosocial symptoms of addictions.

U1

Is able to apply psychological concepts (beliefs, social norms, personal values, personality) in the medical context. Is capable of providing social support to patients and their families.
Recognizes symptoms of destructive coping strategies.
Communicates effectively in medical context. Applies psychological recommendations concerning communication in difficult situations, talking about personal, intimate and threatening issues

K1

Is ready to respect rules and limitations of interpersonal conduct with patients and their families.
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.
Is ready to respect rules and psychosocial limitations of team work.

TEACHING FORMS AND METHODS:

Lecture-['K1', 'U1', 'W1']-Informative lecture, problematic lecture, Powerpoint presentations, films, discussion.

Seminar-['K1', 'U1', 'W1']-Power-point presentations, films, discussion.

Classes-['K1', 'U1', 'W1']-Workshops of psychological skills, role playing, scenarios, group discussions.

FORM AND CONDITIONS OF VERIFYING LEARNING OUTCOMES:

Lecture-(Presentation)-['U1']-Individual presentation of a chosen topic.

Lecture-(Evaluation of the work and cooperation in the group)-['K1']-Active participation in discussions on topics presented by other students. Active participation in workshop activities. Critical reflection on the classes.

Lecture-(Colloquium test)-['W1']-Multiple choice short test.

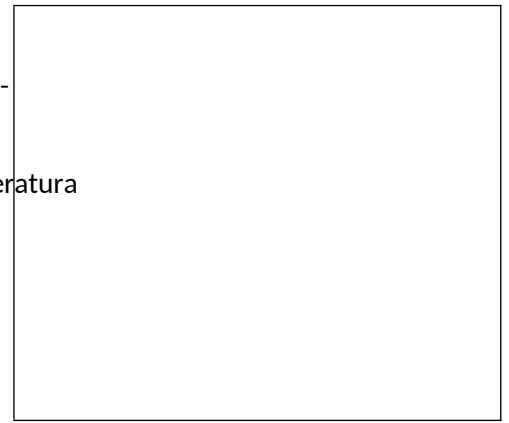
Literature:

1. **Health Psychology**, Ogden, J., Wyd. McGrawHill, 2022, Strony: -, Tom:- (literatura

podstawowa)

2. ***Psychology for medicine***, Ayers,S. i de Visser, Wyd. Sage,, 2022, Strony: -, Tom:-
(literatura podstawowa)

3. ***How to break bad news***, Buckman, R.,, Wyd. Willey, 2018, Strony: -, Tom:- (literatura
podstawowa)





Detailed description of ECTS credits awarded - part B
Health Psychology

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The number of ECTS credits awarded consists of:

1. Contact hours with the academic teacher:

- participation in: Lecture	5 h
- participation in: Seminar	15 h
- participation in: Classes	10 h
- consultation	2 h
Total:	32 h

2. Independent work of a student:

0.00 h
Total: 0.00 h

Total (contact hours + independent work of a student): 32.00 h

1 ECTS credit = 25-30 h of an average student's work, number of ECTS,
ECTS Points = 32.00 h : 25 h/ECTS = **3.00** ECTS

Average: 3.00 ECTS

- including the number of ECTS credits for contact hours with the direct participation of an academic teacher	3.00 ECTS
- including the number of ECTS credits for hours of independent work of a student	0.00 ECTS