

**48SJ-HPSYCH****ECTS: 2,5****YEAR: 2021Z****HEALTH PSYCHOLOGY****HEALTH PSYCHOLOGY****COURSE CONTENT
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.

LECTURES

1. Psychological aspects of obesity and eating disorders. 2. Addictions to nicotine and alcohol: development, prevention and therapy. 3. Psychological factors in illness initiation and course (on examples of AIDS and cancer) 4. Interpersonal communication: recommendations for improvement. 5. Illness as a life crisis.

EDUCATIONAL OBJECTIVE:

Presentation of psychological and social factors contributing to the maintenance of health and to the development of disease (especially the risk factors of obesity, smoking and alcohol abuse). Analysis of coping process, personality factors and social support in the course of chronic and terminal diseases (on the examples of diabetes, AIDS and cancer). Examining mechanisms of burnout in medical professions. Training of psychological skills of recognizing emotions and appropriate reactions to them, effective communication in difficult situations, team work, stress management.

**DESCRIPTION OF LEARNING OUTCOMES FOR THE COURSE IN RELATION TO FIELD AND MAJOR
LEARNING OUTCOMES**

Codes of learning outcomes in a major field of study: M/NM+++,

Codes of learning outcomes in a major area of study: D.U10.+, D.U11.+, D.U12.+, D.U5.+, D.U6.+, D.W1.+, D.W12.+,
D.W19.+, D.W2.+, D.W7.+, D.W9.+, K.1.+, K.9.+,

LEARNING OUTCOMES:**Knowledge**

W1 - Identifies the biopsychosocial concepts of health and illness, describes psychosocial consequences of illness and hospitalization, understands concepts such as: addiction, social support, coping style, personality. Understands models of prohealth and risk behaviours. Explains model of psychological stress and its influence on health status

Skills

U1 - Is able to get in personal contact with a patient and his/her family, precisely and clearly communicates information about a treatment and its outcomes. Recognizes symptoms of overwhelming stress in a patient and is able to prevent it. Effectively interacts with and motivates a patient. Is capable of delivering "bad news" to patient. Effectively communicates and cooperates in a team

Social competence

K1 - Is able to get in personal contact with a patient and his/her family, precisely and clearly communicates information about a treatment and its outcomes. Recognizes symptoms of overwhelming stress in a patient and is able to prevent it. Effectively interacts with and motivates a patient. Is capable of delivering "bad news" to patient. Effectively communicates in a team

BASIC LITERATURE

1) Ogden Jane, "Health Psychology", wyd. McGrawHill, 2012 ; 2) Buckman R., "How to break bad news: a guide for health care professionals", wyd. Papermac, 1994 ; 3) Ayers, S. de Visser, R., Psychology for medicine, wyd. Sage, 2008

SUPPLEMENTARY LITERATURE

1) West, R., "Theory of addiction", wyd. Blackwell, 2006 ; 2) Barraclough, J., "Cancer and emotion: a practical guide to psycho-oncology", wyd. Wiley, 2000 ; 3) Ogden J., "The psychology of eating: from health to disordered behaviour.", wyd. Blackwell, 2010

Course/module:

Health Psychology

Fields of education:**Course status:** mandatory**Course group:** A - przedmioty podstawowe**ECTS code:****Field of study:** Medicine**Specialty area:** Medicine**Educational profile:** General academic**Form of study:** full-time**Level of study:** uniform master's studies**Year/semester:** 2 / 3**Type of course:**

Classes, Seminar, Lecture

Number of hours per semester/week: Classes: 10, Seminar: 15, Lecture: 5**Teaching forms and methods**

Classes(K1, U1) : interpersonal exercises, team exercises, presentations in pairs, Seminar(U1, W1) : powerpoint presentations, group discussions, Lecture(W1) : powerpoint presentations, fragments of educational films

Form and terms of the verification results:

CLASSES: Presentation - preparation of powerpoint presentation in pairs(U1) ; CLASSES: Evaluation of the work and cooperation in the group - active participation in exercises, critical reflection on these experiences(K1, U1) ; SEMINAR: Part in the discussion - preparation and participation in a group discussion(K1, U1) ; LECTURE: Essay - preparation of a written assignment on a given topic(W1)

Number of ECTS points: 2,5**Language of instruction:** English**Introductory courses:**

none

Preliminary requirements:

none

Name of the organizational unit offering the course:**Person in charge of the course:****Course coordinators:****Notes:**

none

Detailed description of the awarded ECTS points - part B

**48SJ-
HPSYCH
ECTS: 2,5
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HEALTH PSYCHOLOGY HEALTH PSYCHOLOGY

The awarded number of ECTS points is composed of:

1. Contact hours with the academic teacher:

- participation in: classes	10 h.
- participation in: seminar	15 h.
- participation in: lecture	5 h.
- consultation	2 h.
	32 h.

2. Student's independent work:

- assigned reading	20,5 h.
- preparation of power point presentation	10 h.
	30,5 h.

1 ECTS point = 25-30 h of the average student's work, number of ECTS points = 62,5 h : 25 h/ECTS = 2,50 ECTS

on average: **2,5 ECTS**

- including the number of ECTS points for contact hours with direct participation of the academic teacher:	1,28 ECTS points,
- including the number of ECTS points for hours completed in the form of the student's independent work:	1,22 ECTS points,