

Course title: Health Psychology

ECTS credit allocation (and other scores):

Semester: spring

Level of study: ISCED-7 - second-cycle programmes (EQF-7)

Branch of science: Social sciences

Language: English

Number of hours per semester: 30

Course coordinator/ Department and e-mail: dr hab.Elżbieta Wesołowska/
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Type of classes: classes and lectures

Substantive content

CLASSES: Practice in recognizing emotions in people in medical settings, adequate reactions to different emotional states (dealing with anger, anxiety and distress). Introduction to motivational interviewing (MI) techniques of modifying health related behaviours such as smoking and alcohol consumption. Communication exercises (recognizing communication barriers, improving explanation skills in medical settings, telling the bad news). Basics of psychological help. Dealing with stress. Stress management techniques. Problems of team work.

LECTURES: Assumptions, goals and main research findings in health psychology. Mechanisms of stress reactions, psychosocial aspects of coping with stress. Psychological aspects of health related behaviours such as eating, substance use. Addictions to nicotine and alcohol: development, prevention and therapy. Psychological factors in illness initiation and course (on examples of AIDS, cancer, coronary and respiratory diseases) Interpersonal communication: recommendations for improvement. . Illness as a life crisis. Mechanisms of burnout in medical professions

Learning purpose: Presentation of psychosocial factors contributing to the maintenance of health and development of disease. Analysis of coping process, personality factors and social support in the course of different diseases.

Training of psychological skills important for medical practice.

On completion of the study programme the graduate will gain:

Knowledge: 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.

Skills: Explains model of psychological stress and its influence on health. Precisely and clearly communicates information about a disease and treatment for patients. Applies a variety of stress management techniques in personal and professional areas.

Social Competencies:

is able to effectively interact with a patient and his/her family. Recognizes symptoms of overwhelming stress in a patient and is able to prevent it. Effectively interacts with



and motivates a patient. I capable of delivering "bed news" to patient. Effectively communicates in a team

Basic literature:

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

Supplementary literature:

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

Contact hours with an academic teacher: 32

Student's independent work:30