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| Education | **Health Psychology a.c.** |
| Level and course of study | Master's degree programme Psychology of work and organisations (biennial- class LM-51) |
| Disciplinary scientific field/ sector (SSD) | M-PSI/08 |
| Course year | 1 |
| Academic year | 2024-2025 |
| Total number of credits | 9 CFU |
| Propaedeuticities | None |
| Lecturer | **Lorenzo Campedelli**  Master's degree in psychology LM-51  Nickname: lorenzo.campedelli  Email: [lorenzo.compedelli@unicusano.it](mailto:lorenzo.compedelli@unicusano.it)  Reception hours: consult the calendar by checking the Videoconference times |
| Presentation | The course aims to provide students with knowledge of the different axes that constitute Health Psychology, starting from the main theoretical models up to the study of application projects of this branch of psychology. Special attention will be given to health and disease behaviours, with emphasis on psychological and social aspects related to the situation of illness and the therapeutic framework. The various forms of intervention of health psychology in the multiple contexts in which this discipline operates will be analysed, in particular health education and health promotion pathways. |
| Formative objectives | The Health Psychology A.C. course has the following training objectives:   1. Acquiring knowledge about different theoretical models. 2. Acquire knowledge on the application of different theoretical models in health behaviour. 3. Developing a Health Promotion Project. 4. Acquire knowledge of health and well-being assessment tools. 5. Acquire knowledge on conducting an interview in health psychology. 6. Acquire knowledge of assessment tools and analysis skills in the field of health psychology in the work context. |
| Pre-requisites | Knowledge of the basic concepts of general psychology, social, clinical and labour psychology; for this purpose, the texts already consulted in preparation for examinations in the psychology area taken previously may be used. |
| Expected Learning Outcomes | **Knowledge and comprehension skills**  By the end of the course, the student will have demonstrated knowledge of the various theoretical models in the field of health psychology, having acquired the ability to analyse them.  **Application of knowledge**  The student will know how to apply the knowledge obtained on different health and illness behaviours with reference to the indications and postulates of different theoretical models.  **Ability to draw conclusions**  The student will be able to analyse a context (social, work, care) obtaining an objective evaluation that will allow him to study then an intervention plan.  **Communication skills**  The student will have acquired good communication skills also in relation to the subject of doctor-patient relationship and compliance.  **Learning skills**  The student will have learned how to move in the context of health psychology, also acquiring specific and characteristic concepts on the themes of health promotion and education. |
| Organisation of education | The course is developed through **audio-video pre-recorded lectures** that make up, together with **slides and handouts**, the study materials available on the platform.  Asynchronous **self-report tests** are also proposed, which accompany the pre-recorded lessons and allow students to assess both their understanding and the degree of knowledge acquired about the contents of each lesson.  In particular, the Course in Health Psychology A.C. provides 9 training credits. The total study load for this teaching module is between 220 and 250 hours divided as follows: approximately 200 hours for viewing and studying the video material. Approximately 40 hours of Interactive Teaching spread out between e-tivity and self-report tests. The subject should be spread evenly over a period of 11 weeks, with 20 to 30 hours of study per week. |
| Course contents | The main topics covered in the course are:   * **Module 1. The origins of Health Psychology, theoretical models and research:** (Video-recorded theory lessons for a commitment of about 20 hours – week 1). The history of health psychology: from the origins of medical knowledge to today. The state of health. Research in health psychology. * **Module 2. Health behaviour, health promotion and health education: models and theories:** (Video-recorded theory lessons for a commitment of about 20 hours – week 1). Health behaviors and the representation of disease in an individual and social perspective. Health promotion and health education. * **Module 3. Health in the family life cycle** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Health behaviors and the representation of disease in an individual and social perspective. * **Module 4. Studies and projects on psycho-physical health and well-being** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Maternity and childhood: breast-feeding and Kangaroo Therapy in neonatal intensive care. Nutrition and nutrigenesis. *Pet Therapy, Doll Therapy* e *Lego Play Therapy. Parent Training* and other support techniques. * **Module 5. Diseases: severity and chronicity** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). The serious illness. The chronic illness. Pain. * **Module 6. Stress, the microbiota and the immune system** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Stress. Coping strategies. The immune system and stress. * **Module 7. Stress at work, health, caregiving and emergencies** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Work-related stress. Distress in health care and caregiving. Emergencies and post-traumatic stress disorder. * **Module 8. Ethics, bioethics and deontology in the service of well-being. Death and spirituality** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Ethics in medicine and ethics in psychology. The experience of death. Religion and spirituality. * **Module 9. Sexuality: between gender identity and disability** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Sexuality and gender identity. Sexuality and disability.   **Exercises and self-report (20 hours week 11)**  **CORSO 6 CFU**: per gli studenti che dovranno conseguire 6 CFU il programma del corso prevede lo studio dei moduli da 1 a 6. |
| Study materials | **Handouts and teaching materials on the platform by the lecturer.**  The content of the modules has been formulated and reworked on the basis of information, data, theories and postulates, including bibliographical references indicated by the authors. For further information, we recommend reading the full text of the above texts:  For further information, the following texts are recommended:  *- Fisher, G.N., Trattato di Psicologia della Salute, ed. Borla*  *- Zani, B., Cicognani, E., Psicologia della salute, ed. Il Mulino.* |
| Modalities of learning verification | The course structure includes some in progress tests for self-report of learning, consisting of multiple-choice questions and exercises on basic concepts.  The end-of-course examination may be taken in written or oral form:  The **written test** is structured in the same way as the multiple-choice questions (4 answer options) and is divided into 30 closed-ended questions. Each correct answer is scored "1", without any deduction of the score for any incorrect answers.  The **oral test**, to be held at the headquarters of the Niccolò Cusano University in Rome, consists of an interview to determine the level of preparation of the student, through at least three questions. The adequacy of the answers will be assessed on the basis of the following criteria: completeness of arguments, ability to deepen links between different themes, clarity of presentation, mastery of technical language. |
| Criteria for the Assignment of the final Paper | The assignment of the final paper is based on an interview (also via  messages on the platform) where the student must indicate at least 3  different proposals relating to the scope of Health Psychology and their specific interests in relation to the topics he or she wishes to investigate. The final decision will be taken by the professor on the basis of considerations of appropriateness and originality of the subject. There is no exclusion from the request for assignment of the thesis and there is no special average to be able to ask for it. |