



**Course: Work Psychology**

**Credits: 9**

**Main language of instruction: Italian**

**Other language of instruction: English**

**Head instructor**

**Professor Renato Pisanti**

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**Objectives**

By the end of the course, students are able to:

1. Describe social, health, and organization-based interventions and reflect upon them according to a systematic intervention approach, by using theoretical knowledge from the field of social, health, and organizational psychology.
2. Identify criteria for successful social, health, and organization-based interventions and reflect upon them.
3. Develop a behavior change intervention based on a systematic approach.
4. Adequately report their theoretical analysis and proposed evidence-based intervention for a social, health, or organizational issue.

**Course structure**

Students must study the materials provided by the teacher in the "Erasmus Materials" folder.

**Competencies**

Students will be introduced to theory development, practical applications and legislation in the field of work, organisation and health. There is focus on the three specific areas of occupational health psychology, work psychology and organisational psychology. Students will discover how these three specific areas intertwine with each other. Moreover, module explores how work relates to individual and organisational well-being by considering the role of work and employment. It will cover areas related to the employment lifecycle, patterns of work, occupational



health, stress and emotions, the causes, symptoms, assessment, prevention and management of stress, bullying and harassment, positive psychological perspectives and the promotion of wellbeing. Individual differences and diversity in responses will be considered. Critical evaluation of the psychological evidence base for relevant interventions and how these might be implemented and evaluated in practice will also be discussed.

Students also actively participate in practical assignments and cases, learn how to successfully apply their theoretical knowledge to an actual case in the work field, and are able to obtain a realistic view of the job content and opportunities within the field of work and organisational psychology.

### **Evaluation system and criteria**

The exam consists of an oral test aimed at ascertaining the ability to analyze and rework the concepts acquired.

### **Bibliography and resources**

Materials provided by the teacher in the "Erasmus Materials" folder