

**COURSE DATA****DATA SUBJECT**

**Code:** 33004  
**Name:** Disability psychology  
**Cycle:** Undergraduate Studies  
**ECTS Credits:** 6  
**Academic year:** 2025-26

**STUDY (S)**

Degree	Center	Acad. year	Period
1202 - Degree in Physiotherapy	Facultat de Fisioteràpia	1	Second quarter

**SUBJECT-MATTER**

Degree	Subject-matter	Character
1202 - Degree in Physiotherapy	Psychology	BASIC

**COORDINATION**

ORTEGA BARON JESSICA

**SUMMARY**

This subject is located in the first academic year of the degree in Physiotherapy. In this subject, it will be considered the issues and theories of social psychology that can be relevant to analyze and understand the psychosocial dimensions involved in disability as human and social phenomenon. Also are discussed issues related to social interaction between therapist-patient and even inside the rehabilitation team, because these are important for their implications in the therapeutic process.

Definitively it aims to motivate students to learn the basic content of social psychology that can be applied to physical disability and to the different types of interactions that occur around the physiotherapy treatment. This knowledge will contribute to the formation of qualified professionals for the functions that society demands.

**PREVIOUS KNOWLEDGE****RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE**

There are no specified enrollment restrictions with other subjects of the curriculum.

**OTHER REQUIREMENTS**

Academic prerequisites are not necessary



## COMPETENCES / LEARNING OUTCOMES

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Have the ability to organise and plan work.

Know communication theories and interpersonal skills.

Know how to face stress (self-control and control of external environment in stressful situations).

Know how to motivate other people.

Know the behaviour changes that may occur as a consequence of the application of Physiotherapy.

Know the factors involved in teamwork and in leadership situations.

Know the psychological and social factors that affect the health/disease processes of individuals, families and communities.

Recognise diversity, multiculturalism, democratic values and peace culture.

Recognise equal opportunity and accessibility for people with disability.

Respect fundamental rights and equality between men and women.

Understand the psychological aspects involved in the physiotherapist-patient relationship.

Work in teams.

## DESCRIPTION OF CONTENTS

### 1. Psychosocial aspects of physical disabilities

- Concept and object of psychology. Aims of Psychology. Perspectives in Psychology. Fields of Psychology. Historical development. Scientific psychology. Research Methods. Social Psychology.

- Disability: Different models for the treatment of disability. The concept of disability. Psychosocial aspects of physiotherapy on disability.

- Loss: Introduction to the concept of mourning and death. Diagnosis and evaluation. Intervention in mourning.

- Stress and coping: Stress concept. Sources of stress. Levels of stressors. Factors that determine the evolution of an event as stressful. Stress response. Coping with stress.



## 2. Psychosocial approach to health and illness

- The concept of health: Historical approach to the concepts of health and illness Health Psychology. Theoretical and strategies of intervention for changing health behaviors.
- Compliance (adherence) of therapeutic prescriptions: Statement of the problem. Concepts and theories. Assessment of adherence. Factors associated with adherence. Functional analysis of adherence. Strategies to promote adherence.
- The hospital and the psychosocial aspects of hospitalization: hospital organizations. Consequences of hospitalization. Psychosocial Action of the hospital on the patient. Forms of patient response to hospitalization. Improving effects of hospitalization.

## 3. Communication and relationships between healthcare personnel and patients

- Interpersonal communication: Concept of communication and elements. The systemic school. Types of communication. Problems and barriers to communication. Nonverbal communication. Active listening. Public speaking skills. Assertive communication.
- Communication between health professionals and patients: Functions and forms of communication. Factors influencing communication. Improving communication between clinicians and patients.
- Monitoring and evaluation techniques: Observation. Self-observation. Questionnaire. The interview.

## 4. Basic psychosocial processes

- Attitudes: Concept. Components. Functions.
- Stereotypes: Definition of stereotype. Relationship between stereotype and prejudice and discrimination. Controversial issues in the conceptualization of stereotypes.
- Social Perception: Definition and types of social perception. Factors influencing impression formation.
- Processes of social attribution: How do we explain the behavior of others?. The fundamental error of attribution.

## 5. Labour aspects of healthcare professionals

- Burnout in health care workers: Sources of occupational stress in healthcare background. Responses to occupational stress.
- Group processes and teamwork: Group definition. Characteristics. Types of groups. Group functions. Structure and dynamics of group. Groups and work. Strategies to promote group productivity. Work teams.

# WORKLOAD

## PRESENCIAL ACTIVITIES

Activity	Hours
Theory	40,00
Classroom practices	20,00
<b>Total hours</b>	<b>60,00</b>

**NON PRESENCIAL ACTIVITIES**

Activity	Hours
Attendance at other activities	2,00
Individual or group project	15,00
Independent study and work	30,00
Preparation of lessons	15,00
Preparation for assessment activities	20,00
Resolution of case studies	8,00
<b>Total hours</b>	<b>90,00</b>

**TEACHING METHODOLOGY**

The teaching-learning methodology, will be framed in the cognitive-constructivist theory of learning that emphasizes the active behaviour of the student. The students will be the protagonist of their education and he or she will seek to develop meaningful learning based on prior knowledge. The professor will act as mediator and facilitator of the learning process using motivational techniques, modeling, maieutics, introspection and problem-solving.

Specifically, the following types of activities will be carried out:

**Lectures.** The method used will be the participatory lecture to present the contents of the subject. For this, each session will start with an schema of the contents to be addressed, and will end by highlighting the relevant aspects covered. Participatory intervention of the studentes will be enhanced.

**Practices.** Activities consisting of exercises, analysis of clinical cases, simulations,role paying, group dynamcs and video analysis will be carried out in order to deepen and practice the concepts presented in the theoretical classes. These activities will be both individual and group

Individualized or group tutoring sessions will be scheduled for the appropriate follow-up of training activities.

**EVALUATION**

The evaluation of the competences acquired by students will be based on marks of the final exam and Individual and group activities. There will be also a continuous assessment of students based on their attendance and observation of their attitude and participation in various training activities. The mark for the subject is subjected to ¿Normativa de Calificaciones de la Universitat de Valencia¿.

This evaluation is specified as follows:

- The knowledge acquired in the theoretical part will be assessed by means of an objective test-type exam of 30 questions with four alternative response choices. The correction formula is: correct answer - (errors / number of options -1). This exam accounts for 60% of the final mark. It is necessary to pass this exam in order to add the marks obtained in the graded activities of the practical part. If there is no mark in this



section, the mark will be NOT PRESENTED, regardless of the marks obtained in the evaluation of the practical part of the subject.

- The competencies acquired in the practical part will be assessed through group projects and in-class activities (40% of the final grade). It is necessary to complete and present the group projects orally. The grade for the practical part of these formative activities will take into account attendance, participation, and student performance.

- A minimum score of 3 (out of 6) is required for the theoretical part and 2 (out of 4) for the practical part to be combined. Grades obtained in the practical part will be maintained until the second sitting of the academic year.

- An honors degree (MH) may be awarded to a student who has obtained a grade equal to or higher than 9.0, in strict order of grade on the transcript. In the event of a tie, and if the number of students exceeds the number of honors permitted by university regulations, these students may be required to take an objective test in which they apply the knowledge acquired in the course.

## REFERENCES

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