COURSE DATA

DATA SUBJECT

Code: 33344
Name: Health psychology
Cycle: Undergraduate Studies
ECTS Credits: 4.5
Academic year: 2026-27

STUDY (S)

Degree	Center	Acad. year	Period
1319 - Degree in Psychology	Facultat de Psicologia i Logopèdia	4	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1319 - Degree in Psychology	Health psychology	ELECTIVES

COORDINATION

AMIGO BORRAS SALVADOR

SUMMARY

The subject of **Health Psychology** is located in the **fourth year** of the Psychology Degree Plan of Studies. It is an **elective** (4.5 credits) and is part of one of the four itineraries contemplated in the verification, specifically in the **Introduction to Clinical and Health Psychology**.

As an elective course, the psychological contents selected for the discipline of Health Psychology cover two general objectives. The **first** of them aims to provide the student with the basic conceptual tools of the discipline of Health Psychology through its history, its definition and specific methodological aspects that seek not to overlap with other subjects of the Undergraduate Curriculum. For this reason, methodological aspects are limited to the acquisition of basic notions of epidemiology. Under the same argument of not overlapping with other subjects, the evaluation is mainly restricted to a core construct in Health Psychology: Health-Related Quality of Life, its concept and evaluation. This objective is finally completed with the concepts and models that relate human behavior and the processes of health and illness.

The **second** objective includes a more applied dimension, focusing mainly on health-related problems, what is the intervention in Health Psychology for health promotion and disease prevention, based on the four basic pillars of health: stress management, nutrition, exercise, and improving sleep problems. Each of the selected topics begins with a general introductory framework, but the main interest in each of them is the type of appropriate resources that can be used from psychology for the solution of these problems. Among the applied areas of Health Psychology are interventions in chronic illness (diabetes, cancer, irritable bowel syndrome, high blood pressure) and chronic pain.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

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

OTHER REQUIREMENTS

COMPETENCES / LEARNING OUTCOMES

1319 - Degree in Psychology

Ability to apply comparative designs and to use scientific terminology in research on Health Psychology.

Be able to assess an intervention programme in Health Psychology.

Be able to design an intervention programme in Health Psychology.

Be able to establish the goals of intervention and develop a basic work plan according to its purpose (prevention, therapy, rehabilitation, insertion, guidance, etc.).

Be able to identify differences, problems and needs.

Be able to identify health problems in the general population that require psychological attention.

Be able to identify health risk behaviours.

Be able to measure and obtain relevant data for the assessment of interventions.

Be able to plan the assessment of programmes and interventions.

Be able to use strategies and techniques to involve patients in the intervention.

Know the different models that relate personality and health.

Promote and contribute to the health, quality of life and well-being of individuals, groups, communities and organisations.

Understand the general health-disease models throughout history in order to understand the interdisciplinarity of Health Psychology.

DESCRIPTION OF CONTENTS

1. Historical approach to Health Psychology

The mind-body relationship through history: holism and dualism. Historical background of the biopsychosocial perspective. The development of the biopsychosocial model of health and disease: Behavioral Medicine and Health Psychology. Personality, health and illness.

2. Definition of Health Psychology and central concepts

Definition of Health Psychology. Health Psychology and its conceptual delimitation with respect to other disciplines. Concepts of health and disease: the definitions of the World Health Organization (WHO), definitions based on the health/disease continuum, criterial definitions of health and disease.

3. Assessment in Health Psychology

Health status assessment. Concept, historical development, and definition of Health-Related Quality of Life (HRQoL). HRQoL measurement scales: EQ-5D-5L and FS-36. Interpretation of scale results and areas of application of HRQoL in health.

4. Behavior and disease

The distinction: disease and illness experience. Concepts that relate behavior and disease. Conceptual delimitation of illness behavior: abnormal acute and chronic illness behavior, health anxiety and illness anxiety disorder, somatic symptom disorder. Intervention in disorders related to illness behavior.

5. Behavior and health: Health

Approaches to the concept of lifestyle. Behavioral guidelines related to health. Health behavior change models: continuum models and staged models.

6. Methodological aspects: Epidemiology

Notion of epidemiology. Health indicators in populations. Frequency measures in epidemiology.
Association and impact measures. Types of epidemiological studies.

7. Intervention in Health Psychology: health promotion and disease prevention

The Four Pillars of Health: 1. Stress (physiology, assessment, and management of stress). 2. Fundamentals of a healthy and balanced diet. Obesity and diet. Metabolic syndrome. 3. Fundamentals of physical exercise and health. 4. Assessment and management of sleep problems.

8. Areas of action (I): Intervention in chronic disease.

General concepts of intervention in illness. Assessment and treatment of chronic illness from Health Psychology: Cancer. Cardiovascular disease. Diabetes. Irritable bowel syndrome.

9. Areas of action (II): Chronic pain: assessment and treatment

Characterization of chronic pain. Explanatory theories of pain. Pain behaviour. Psychological assessment of chronic pain. Treatment of chronic pain. Headache: classification. Explanatory mechanisms of headache. Evaluation and treatments of headache.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theoretical and practical classes	45,00
Total hours	**45,00**

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	27,50
Independent study and work	25,00
Preparation of lessons	5,00
Preparation for assessment activities	5,00
Resolution of case studies	5,00
Total hours	**67,50**

TEACHING METHODOLOGY

M1. Theoretical classes taught by the professor will cover the different content areas of the course, while promoting student participation by addressing questions that arise throughout the presentation.

M10. In-person classes, both theoretical and practical. In-person classes are also supplemented with seminars, workshops, and other activities proposed by the professors. The most commonly used and most notable activities due to their innovative nature are: role-playing to train the use of assessment techniques, case studies (both real and simulated), report preparation, problem-based learning, and cooperative learning through the use of interdisciplinary groups.

M19. Tutorials will be conducted individually and in small groups to solve problems, supervise work, etc. Whenever possible, the Virtual Classroom forum will be used to facilitate questions and clarifications that may be of interest to the working groups.

M21. Seminars, Workshops, and Practical Sessions. Specifically focused on applied aspects, these sessions are designed to enable students, individually or in groups, to develop and apply their knowledge to the reality they will encounter in their professional activities, using the materials provided. Students can also acquire and strengthen all the skills proposed in the subject.

M6. Scheduled individual or group tutorials to supervise practical work, provide guidance, and resolve any questions.

EVALUATION

ASSESSMENT SYSTEMS

The evaluation of the students will be based on the following sections, both in the first and second call:

AS1.- Objective test for assessment of theory and practical contents.

AS2.- Written and/or oral presentation of reports, individual or group projects.

WEIGHTING

- Assessment of theory and practical contents through written tests (80%).

- Oral and/or written presentation of reports, individual or group assignments, in the format and on the date (or dates) specified by the relevant instructor (20%). The continuous assessment activities included in this evaluation component involve handling data produced during classes, correction/discussion within the group, completion of group work and/or its oral presentation, etc. Both participation in these activities, which will be scheduled and announced by the instructor, and the quality of the work will be assessed. This component is non-recoverable. The grade obtained in this component will be retained for the second examination session.

MINIMUM REQUIREMENTS

In order to pass the subject, it is compulsory, both in the first and second call, to obtain a minimum score of 4 (scale 0-8 points) in the exam and to get an overall score of 5 out of 10 in the sum of the exams' qualification and the score obtained through continuous assessment (practical activities, reports, group work, oral presentations, etc.). Obviously, the lower the score in the continuous assessment, the higher the minimum score needed in the exam.

ADVANCE OF CALL

In case of availing of the current regulations regarding the advancement of the call, the evaluation will consist of an exam of the theoretical and practical content of the subject (this exam will represent 80% of the final grade) and, if applicable, the performance of a report, whose specific content and way of presentation will be determined by the professors.

WARNING

Evidence of copying or plagiarism in any of the assessable tasks will result in failure to pass the subject and in appropriate disciplinary action being taken.
Please note that, in accordance with article 13. d) of the Statute of the University Student (RD 1791/2010, of 30 December), it is the duty of students to refrain from using or participating in dishonest means in assessment tests, assignments or university official documents.
In the event of fraudulent practices, the Action Protocol for fraudulent practices at the University of Valencia will be applied (ACGUV 123/2020): https://www.uv.es/sgeneral/Protocols/C83sp.pdf
During tutorials, lecturers may require individual or group interviews in order to verify the degree of participation and achievement of goals for any given task. Failure to accept the verification will result in such task or activity being failed.

GRADING SCHEME

The qualification of the subject will abide to what is stipulated in the Reglament d¿Avaluació i Qualificació de la Universitat de València per a títols de Grau i Màster (ACGUV 108/2017 of May 30, 2017). http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf

According to this, it is specified in numerical expression from 0 to 10 with a decimal, using the following scale of qualification:
- From 0 to 4.9: failed
- From 5 to 6.9: pass
- From 7 to 8.9: merit
- From 9 to 10: excellent or excellent with honor

The two sections of the assessment system of the subject (exam and continuous activities) will be added only when the minimum requirement established for the exam and the activities are obtained.

Achieving the maximum grade (10) in the course doesn't guarantee a "Matrícula de Honor" (Distinction). This recognition will only be awarded to students who obtain a minimum grade of 9 in the course, following the order of highest grades. If multiple students achieve the same top grade, an additional assessment will be conducted to determine who receives the "Matrícula de Honor".

Both in first and second official call, the grade obtained in accordance with the following rules will be included in the expedient of the subject:

- If there is no qualification in the assessment section with greater weighting (the exam), the qualification will be NOT

PRESENTED, regardless of the other assessment section (continuous activities).

- If there is a qualification in the assessment section with the highest weighting (the exam) but it does not achieve the minimum requirements, FAILED and the numerical note based on a scale of 0-10 of this section will be recorded.

- If there is a qualification in the assessment section with the highest weighting (the exam), and it gets the minimum requirements established, but the score of 5 is not achieved when the score obtained in the other assessment section (continuous activities) is added, FAILED and a numerical note based on the scale of 0-10 for the assessment section where the subject is not passed, will be recorded.

- If there is a qualification in the assessment section with the highest weighting (the exam), and it gets the minimum requirements established, and the score of 5 is reached or exceeded, adding the score obtained in the rest of assessment activities, the numerical note in base 10 and the corresponding qualification of PASS, MERIT OR EXCELLENT will be computed.

In order to challenge the allotted qualification the provisions of the Reglament d'Avaluació i Qualificació de la Universitat de València per a títols de Grau i Màster (ACGUV 108/2017 of May 30, 2017). http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf

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