



Universidad de Jaén

Faculty of Human Sciences and Education

Health Psychology

2024-2025
Grado en Psicología



GRUPO



Acceso Mayores 40

Guías docentes UJA

Horarios de tutorías

Llamamientos PAU

Movilidad (Coordinador)

P.O.D.

Solicitud bilingüismo

Syllabus 2024-25 - 12613010 - Health Psychology (Psicología clínica de la salud)

Caption

- Level 1: Tutorial support sessions, materials and exams in this language
- Level 2: Tutorial support sessions, materials, exams and seminars in this language
- Level 3: Tutorial support sessions, materials, exams, seminars and regular lectures in this language

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DEGREE: Grado en Psicología
FACULTY: FACULTY OF HUMAN SCIENCES AND EDUCATION
ACADEMIC YEAR: 2024-25
COURSE: Health Psychology

SYLLABUS

1. COURSE BASIC INFORMATION

NAME: Health Psychology
CODE: 12613010 **ACADEMIC YEAR:** 2024-25
LANGUAGE: English **LEVEL:** 3
ECTS CREDITS: 6.0 **YEAR:** 4 **SEMESTER:** PC

2. LECTURER BASIC INFORMATION

NAME: RODRÍGUEZ VALVERDE, MIGUEL
DEPARTMENT: U126 - PSICOLOGÍA
FIELD OF STUDY: 680 - PERSONALIDAD, EVALUACIÓN Y TRATAMIENTO PSICOLÓGICO
OFFICE NO.: C5 - 116 **E-MAIL:** mrodrigu@ujaen.es **P:** 953211766
WEBSITE: <https://www.ujaen.es/departamentos/psicol/contactos/rodriguez-valverde-miguel>
ORCID: <https://orcid.org/0000-0002-5386-0894>
LANGUAGE: English **LEVEL:** 3

3. CONTENT DESCRIPTION

Block I: Health psychology. History, conceptual approaches and methodology.

1. HISTORICAL APPROACH AND CONCEPTUAL DELIMITATION OF HEALTH PSYCHOLOGY. Historical approach to health psychology. Concepts of health and illness/disease. Sociocultural and economic factors in health/disease. Theoretical framework of health psychology and delimitation against related disciplines: behavioral medicine, behavior modification, clinical psychology, etc.

2. METHODOLOGICAL ISSUES IN HEALTH PSYCHOLOGY. Introduction to research designs and basic notions of epidemiology.

Block II: Health-related and illness-related behavior.

3. BEHAVIOR, HEALTH, AND ILLNESS: lifestyles, health relevant patterns of behavior, symptom and risk perception, adherence to medical prescriptions and treatment; social support, healthy and unhealthy habits (diet, physical activity, smoking, alcohol).

4. STRESS AND HEALTH. Stress, a conceptual analysis; coping; assessment; stress influences over disease.

Block III: Health promotion, disease prevention, and psychological intervention.

5. ASSESSMENT AND INTERVENTION IN HEALTH PSYCHOLOGY. Assessment and measurement in health psychology;

6. SMOKING CESSATION. Epidemiology of tobacco consumption and addiction; health related consequences of smoking; conceptual models of acquisition, maintenance and change in smoking behavior; psychological assessment and intervention in smoking cessation.

7. CHRONIC PAIN. Chronic pain: conceptual issues; psychological assessment and intervention in chronic pain.

8. CANCER. Risk factors and epidemiology in cancer. Coping with cancer diagnosis. Adjuvant psychological treatment with cancer patients.

9. **CARDIOVASCULAR DISEASES.** Risk factors and epidemiology in cardiovascular diseases. Assessment and intervention.

10. **DIABETES.** Diabetes mellitus: types and clinical features. Components of diabetes treatment. Relevant psychological variables in diabetes. Psychological intervention with diabetes patients.

11. **PALLIATIVE CARE.** Palliative care: goals and features. Psychological intervention with near-death patients. Psychological intervention with family and caregivers.

The contents and competencies in this course integrate the following sustainable development goals (SDG):

Goal 3: To ensure healthy lives and promote well-being for all at all ages.

Goal 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

Goal 5: Achieve gender equality and empower all women and girls.

4. COURSE DESCRIPTION AND TEACHING METHODOLOGY

The contents of this subject will be delivered mostly in the form of lectures. Attendance to lectures and other academic activities (seminars, practical exercises, etc.) is recommended and will be controlled. Practical exercises will be assessed through reports and/or controls of attendance and class participation.

Students with special educational needs should contact the Student Attention Service (Servicio de Atención y Ayudas al Estudiante) in order to receive the appropriate academic support

5. ASSESSMENT METHODOLOGY

Total qualification will be the result of summing exam qualifications, programmed coursework and class attendance and participation. In order to pass the course, a minimum qualification of 5/10 is required in each part (theory and practice). The mark for practice+attendance will be saved for the present academic year and the next one.

In case of failure to obtain a minimum qualification for pass, students are entitled to a final exam covering all the course (both theory and practice) in a later examination sitting period. No reports will be accepted after the programmed deadlines for coursework delivery.

Voluntary participation in research experiments conducted by the course instructor will be compensated with an extra 0.2 points.

6. BOOKLIST [f5 WYgg'h Y'VJ'c\] fUd\ mjb'h Y @VfUfmiWUJc\] Ł](#)

MAIN BOOKLIST:

- Health psychology : theory, research and practice. Edition: 3rd ed., reimp.. Author: -. Publisher: London [etc.] : Sage Publications, 2011.
 - **Notes:** English language group
(Library)
- Handbook of health psychology and behavioral medicine. Edition: -. Author: -. Publisher: New York : Guilford Press, 2010.
 - **Notes:** English language group
(Library)
- Health psychology : biopsychosocial interactions Edward P. Sarafino, Timothy W. Smith. Edition: International student version. Author: Sarafino, Edward P.. Publisher: Wiley (Library)
- An Introduction to Health Psychology Val Morrison and Paul Bennett. Edition: 2nd ed.. Author: Morrison, Val. Publisher: Harlow [etc.] : Pearson Prentice Hall, 2009.
 - **Notes:** Only for the English Language group
(Library)
- Health psychology : biopsychosocial interactions. Edition: International student version. Author: Sarafino, Edward P.. Publisher: Hoboken, NJ : Wiley, cop. 2012.
 - **Notes:** Only for the English Language group
(Library)
- HANDBOOK OF HEALTH PSYCHOLOGY. Edition: 1. Author: Tracey A. Revenson; Regan A. R. Gurung. Publisher: Routledge (Library)

ADDITIONAL BOOKLIST:

- Mindfulness & acceptance in behavioral medicine : current theory & practice. Edition: -. Author: -. Publisher: Oakland, CA : Context Press New Harbinger Publications, cop. 2011 (Library)
- Assessing mindfulness and acceptance processes in clients [Recurso electrónico] : illuminating the t. Edition: -. Author: -. Publisher: Oakland, Calif. : New Harbinger Publications, c2010 (Library)
- Acceptance and commitment therapy for chronic pain. Edition: -. Author: -. Publisher: Reno, NV : Context, cop. 2005 (Library)
- Handbook of Behavioral Medicine [Recurso electrónico] : Methods and Applications . Edition: -. Author: Steptoe, A.. Publisher: New York, NY : Springer Science+Business Media, LLC, 2010. (Library)
- Behavioral Approaches to Chronic Disease in Adolescence [Recurso electrónico] : A Guide to Integrati. Edition: -. Author: O'Donohue, William T.. Publisher: New York, NY : Springer-Verlag New York, 2009. (Library)

- The Primary Care Toolkit [Recurso electrónico] : Practical Resources for the Integrated Behavioral C. Edition: -. Author: O'Donohue. Publisher: New York, NY : Springer-Verlag New York, 2009. ([Library](#))
- Anxiety In Health Behaviors And Physical Illness [Recurso electrónico] . Edition: -. Author: Zvolensky, Michael J.. Publisher: New York, NY : Springer Science+Business Media, LLC, 2008. ([Library](#))
- Psychosocial Interventions for Chronic Pain [Recurso electrónico] : In Search of Evidence. Edition: -. Author: Roy, Ranjan. Publisher: New York, NY : Springer-Verlag New York, 2008. ([Library](#))
- Cognitive Behavioral Therapy for Chronic Illness and Disability [Recurso electrónico]. Edition: -. Author: Taylor, Renée R.. Publisher: Boston, MA : Springer Science+Business Media, Inc., 2006. ([Library](#))

7. SUSTAINABLE DEVELOPMENT GOALS

Salud y bienestar

Educación de calidad

Igualdad de género

DETAILED INFORMATION

The contents and competencies in this course integrate the following sustainable development goals (SDG):

Goal 3: To ensure healthy lives and promote well-being for all at all ages.

Goal 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

Goal 5: Achieve gender equality and empower all women and girls.

8. VIRTUAL / CLASSROOM TEACHING SCENARIO

This scenario entails the presentation of face-to-face classes in variable size groups, according to the standing requirements of room capacity and of health and safety issued by the University and higher authorities. The degree of face-to-face teaching will be variable depending on available teaching facilities and standing health and safety conditions. Other (non face-to-face) activities may include real-time online classes and asynchronous activities, delivered through available technical means provided by the University of Jaén.

Teaching activities	FORMAT (face-to-face/online)	Teaching methodology
Small-group activities (7.5 hours)	Face-to-face up to 100%	Sessions for practical activities, oral presentations and coursework, with a variable degree of face-to-face interaction depending on available infrastructure and health-safety conditions.
Large-group activities (45 hours)	Face-to-face up to 50%	Lectures in variable size groups with a variable degree of face-to-face interaction depending on available infrastructure and health-safety conditions.
Consultation time	<i>online</i>	Consultation time will be provided online (real-time or asynchronously) depending on available facilities and technical means and standing conditions of health-safety.

The faculty members involved in teaching this course reserve the right to deny consent for the recording, publication, broadcasting or any other form of digital reproduction or storage of their voice, speech and image, while exerting their teaching duties as faculty members of the University of Jaén.

Assessment

All theory coursework will be assessed through face-to-face exams when possible according to standing health-safety conditions and available infrastructure. Otherwise, coursework will be assessed online via available technical means provided by the University of Jaén.

Regular course:

Assessment type	FORMAT (face-to-face/online, real-time or asynchronously)	Description	Percentage
Exam	Face-to-face/online	Assessment of theoretical, conceptual and practical aspects.	70%
Review and assessment of	Face-to-face/online	Delivery of scheduled coursework and oral	20%

scheduled activities and assignments		presentations upon deadline dates.	
Attendance and participation	Face-to-face/ <i>online</i>	Attendance, active participation, discussion forums, etc. (face-to-face or online)	10%

Extraordinary exam sitting period:

Assessment type	FORMAT (face-to-face/online, real-time or asynchronously)	Description	Percentage
Exam	Face-to-face/online	Assessment of theoretical, conceptual and practical aspects.	80%
Exam	Face-to-face/online	Assessment of theoretical, conceptual and practical aspects related to scheduled coursework	20%

9. VIRTUAL TEACHING SCENARIO

Teaching activities	FORMAT (online)	Teaching methodology
Small-group activities (7.5 hours)	Online	Sessions for practical activities, oral presentations and coursework, through real-time videocall depending on available infrastructure and health-safety conditions. Asynchronous activities.
Large-group activities (45 hours)	Online	Real-time videocall lectures depending on available infrastructure and health-safety conditions. Asynchronous activities.
Consultation time	<i>online</i>	Consultation time will be provided online (real-time or asynchronously) depending on available facilities and technical means and standing conditions of health-safety.

The faculty members involved in teaching this course reserve the right to deny consent for the recording, publication, broadcasting or any other form of digital reproduction or storage of their voice, speech and image, while exerting their teaching duties as faculty members of the University of Jaén.

Assessment during regular course:

Assessment type	FORMAT (online, real-time or asynchronously)	Description	Percentage
Exam	Online	Assessment of theoretical, conceptual and practical aspects.	70%
Review and assessment of scheduled activities and assignments	Online	Delivery of scheduled coursework and oral presentations upon deadline dates.	20%
Attendance and participation	<i>Online</i>	Attendance, active participation, discussion forums, etc. (online)	10%

Assessment during extraordinary exam sitting periods:

Assessment type	FORMAT (online, real-time or asynchronously)	Description	Percentage
Exam	Online	Assessment of theoretical, conceptual and practical aspects.	80%

Exam	Online	Assessment of theoretical, conceptual and practical aspects related to scheduled coursework	20%
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DATA PROTECTION CLAUSE (on line exams)

Institution in charge of data processing: Universidad de Jaén, Campus Las Lagunillas, s/n, 23071 Jaén

Data Protection Delegate: dpo@ujaen.es

Purpose: In accordance with the Universities Law and other national and regional regulations in force, carrying out exams and assessment tests corresponding to the courses students are registered in. In order to avoid frauds while sitting the exam, the exam will be answered using a videoconference system, being able the academic staff of the University of Jaén to compare and contrast the image of the person who is answering the exam with the student's photographic files. Likewise, in order to provide the exam with evidential content for revisions or claims, in accordance with current regulation frameworks, the exam will be recorded and stored.

Legitimacy: compliance with legal obligations (Universities Law) and other national and regional regulations currently in force.

Addressees: service providers who are the owners of the platforms where the exams are carried out and with whom the University of Jaén has signed the corresponding data access contracts.

Storage periods: those established in current in force regulations. In the specific case of exam videoconference recordings, not before the examination records and transcripts are closed or the exam can still be reviewed or challenged.

Rights: you can exercise your right of access, amendment, cancellation, opposition, suppression, limitation and portability by sending a letter to the postal or electronic address indicated above. In the event that you consider that your rights have been violated, you may submit a complaint to the Andalusian Council for Transparency and Data Protection www.ctpdandalucia.es

CLASS RECORDING CLAUSE PERSONAL DATA PROTECTION

Person in charge: Universidad de Jaén, Paraje Las Lagunillas, s/n; Tel.953 212121; www.ujaen.es

Data protection delegate (DPO): TELEFÓNICA, S.A.U. ; Email: dpo@ujaen.es

Procedure aim: To manage proper recordings of teaching sessions with the aim of facilitating learning process under a multimodal and/or online teaching

Period for record storage: Images will be kept during legal term according to regulations in force

Legitimacy: Data will be managed according to legal regulations (Organic Law 6/2001, December 21, on Universities) and given consent provided by selecting corresponding box in legal admission documents

Data recipients (transfers or assignments): Any person allowed to get access to every teaching modality

Rights: You may exercise your rights of access, rectification, cancellation, portability, limitation of processing, deletion or, where appropriate, opposition. To exercise these rights, you must submit a written request to the Information, Registration and Electronic Administration Service of the University of Jaen at the address above, or by e-mail to the address above. You must specify which of these rights you are requesting to be satisfied and, at the same time, you must attach a photocopy of your ID card or equivalent identification document. In case you act through a representative, legal or voluntary, you must also provide a document that proves this representation and identification. Likewise, if you consider that your right to personal data protection has been violated, you may file a complaint with the Andalusian Data Protection and Transparency Council www.ctpdandalucia.es