



Table 2

### 3.2. Course description

Basic description		
Course coordinator	<b><u>Prof.dr.sc.Tanja Frančišković</u></b>	
Course title	<b>Health psychology</b>	
Study programme	<b>Nursing – Mental health</b>	
Course status	elective	
Year	II	
ECTS credits and teaching	ECTS student load	1,5
	Number of hours (L+E+S)	15+0+10

#### 1. COURSE DESCRIPTION

##### 1.1. Course objectives

The main aim of the course is to familiarize students with basic theories and practices of health psychology. At the end of the course, students will have access to contemporary theoretical, research and practical knowledge related to this area.

##### 1.2. Course enrolment requirements

None

##### 1.3. Expected course learning outcomes

On the completion of the course, students will be able to:

- Name and explain the contemporary information in the field of health psychology
- Describe the basic psychological models of stress
- Specify and describe ways of coping with stress
- Describe proper communication in a medical institution
- Identify risk factors related to hospitalization
- Gain insight into the connection between physical and mental manifestations
- Discuss different ethical questions in the field of mental health

##### 1.4. Course content

Throughout the course we will explain in detail the terminology of health behavior, unhealthy habits and how they change. Overall stress and physical health will be referred to in regard to the most common theories of stress, their advantages and disadvantages, the immune response to stress and coping with stress. Connection of stress and physical illness will be discussed, as well as psychosomatic illnesses and conditions. The course will also cover topics of social and family support as well as self-help in health and in illness. Concept of pain, pain perception, neurophysiological, psychological and sociological factors in pain perception, and how can we deal with the pain, will be discussed. Topics related to hospitalization explain the basic concepts hospitalization as well as possible risk factors arising during hospitalization. Throughout the course, the importance of adequate communication in health care and the importance of adequate communication between staff and customers will be emphasized. Beside the effects of the mental states on the body, we will look into how a disease can change the individual psychological functioning. Also, issues related to aging and related health loss, the concept of death and dying as well as psychological problems of terminal patients will be presented. Discussion of current ethical issues in health psychology, such as euthanasia, communicating the bad news, and many others that are inevitably intertwined with the topic of health psychology will be raised



1.5. <i>Teaching methods</i>		<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input type="checkbox"/> exercises <input type="checkbox"/> long distance education <input type="checkbox"/> fieldwork		<input type="checkbox"/> individual assignment <input type="checkbox"/> multimedia and network <input type="checkbox"/> laboratories <input type="checkbox"/> mentorship <input type="checkbox"/> other			
1.6. <i>Comments</i>							
1.7. <i>Student's obligations</i>							
Regular attendance is expected. Student may be absent from 30% of course with a written reasons for absence. Continuous preparations for the classes and for seminar work are expected.							
1.8. <i>Evaluation of student's work</i>							
Course attendance	0,10	Activity/Participation	0,20	Seminar paper	0,40	Experimental work	
Written exam	0,30	Oral exam		Essay		Research	
Project		Sustained knowledge check		Report		Practice	
Portfolio							
1.9. <i>Assessment and evaluation of student's work during classes and on final exam</i>							
Evaluation will be performed according to the Legal act of evaluation of University of Rijeka and of School of medicine Students' performance will be evaluated thorough entire duration of the course ( 70% of the evaluation) as well as on the final exam ( 30% of the evaluation).							
1.10. <i>Assigned reading (at the time of the submission of study programme proposal)</i>							
Havelka, M. (2002). Zdravstvena psihologija. Jastrebarsko: Naklada Slap.							
1.11. <i>Optional / additional reading (at the time of proposing study programme)</i>							
1.12. <i>Number of assigned reading copies with regard to the number of students currently attending the course</i>							
Title		Number of copies		Number of students			
1.13. <i>Quality monitoring methods which ensure acquirement of output knowledge, skills and competences</i>							
Anonymous evaluation questionnaire is given to the students at the end of the course. The rate of the course completion and grading is evaluated.							

Collaborator in course: prof. Aleksandra Stevanović, psychologist