

Información del Plan Docente

Academic Year	2017/18
Faculty / School	301 - Facultad de Ciencias Sociales y Humanas
Degree	557 - Master's in General Sanitary Psychology
ECTS	4.0
Year	1
Semester	Half-yearly
Subject Type	Compulsory
Module	---

1.General information**1.1.Introduction****1.2.Recommendations to take this course****1.3.Context and importance of this course in the degree****1.4.Activities and key dates****2.Learning goals****2.1.Learning goals****2.2.Importance of learning goals****3.Aims of the course and competences****3.1.Aims of the course****3.2.Competences****4.Assessment (1st and 2nd call)****4.1.Assessment tasks (description of tasks, marking system and assessment criteria)****5.Methodology, learning tasks, syllabus and resources****5.1.Methodological overview**

The methodology followed in this course is oriented towards achievement of the learning objectives. The theoretical and practical content will be presented by the teacher in the form of questions, discussions and public expression of opinions, to reach conclusions about them.

Participation and the cooperative learning methodology will be used for problems and solving real clinical cases.

5.2.Learning tasks

The course includes the following learning tasks:

1. Lectures where the teacher will present the basic facts about a topic (15h)
2. Analysis of case studies where students will practice the concepts learned in lectures (15h)
3. Finding information and cooperative work (4h)
4. Reading articles or documents related to the content of the subject (2h)
5. Students' oral presentations (2h)
6. Viewing of audiovisual material (2h)

5.3.Syllabus

The course will address the following topics:

Topic 1. Introduction: Holistic Health Concept

Topic 2. Protocols in Asthma, COPD and pulmonary emphysema

Topic 3. Protocols in Cancer

Topic 4. Protocols in Cardiovascular Diseases

Topic 5. Protocols in Addictions

Topic 6. Protocols in Fibromyalgia

Topic 7. Protocols in Endocrinology and Vascular Risk Factors

Topic 8. Protocols in Digestive Diseases

Topic 9. Protocols in Sleep Disorders

Topic 10. Protocols in the most prevalent Infectious and Emerging Diseases

5.4.Course planning and calendar

Further information concerning the timetable, classroom, assessment dates and other details regarding this course, will be provided on the first day of class.

5.5.Bibliography and recommended resources

BASIC REFERENCES:

61865 - Evidence-based treatments in health problems

Amigo Vázquez, I., Fernández Rodríguez, C. y Pérez Álvarez, M. (2003). Manual de Psicología de la Salud (2ª ed.). Madrid: Piramide

Arranz, p. y Cancio, H. (2000). Counselling: Habilidades de información y comunicación con el paciente oncológico. Manual de Psicooncología. Madrid: Nova Sidonia.

Benages, A. y Tomás-Ridocci, M. (1987). Patología motora digestiva. Madrid: CEA.

Buela-Casal, G. y Sanchez, A. I. (2002). Los trastornos del sueño. Madrid: Síntesis

Chesney, M. A. y Rosenman, R.H. (1985). Anger and Hostility in Cardiovascular and Behavioral Disorders. New York: Hemisphere.

Fiore, M. et al. (2000). Treating Tobacco Use and Dependence. Clinical Practice Guideline. Rockville (Md). US Department of Health and Human Services. Public Health Service.

Frank, R.G., McDaniel, S.H., Bray, J.H. y Heldring, M. (2013) *Primary care psychology*. Washington: APA.

Hawe, P., Degeling, D. y Hall, J. (1993). Evaluación en Promoción de la Salud. Barcelona: Masson

Holland, J. C. (1998). Psycho-Oncology. New York: Oxford University Press

James, L.C. y O'Donohue, W.T. (2009) *The primary care toolkit. Practical resources for the integrated behavioral care provider*. Nueva York: Springer.

Marks, I.M., Cavanagh, K. y Gega, L. (2007) *Hands-on Help. Computer-aided Psychotherapy*. Nueva York: Psychology Press.

61865 - Evidence-based treatments in health problems

National Heart, Lung and Blood Institute (1997). Expert panel report 2: Guidelines for diagnosis and management of asthma. National Asthma Education and Prevention Program. Washington, DC: US. Department of Health and Human Service

Saldaña, C. (1994). Trastornos del comportamiento alimentario. Madrid: Fundación Universidad Empresa

COMPLEMENTARY REFERENCES:

Ballina, G. F. J., Martín, L. P., Iglesias, G. A., Hernández, M. R. y Cueto, E. A. (1995). La Fibromialgia. Revisión Clínica. *Revista Clínica Española*, 195 (5), 326-334.

Bowen, K. S., Birmingham, W., Uchino, B.N., Carlisle, McKenzie, Smith, T.W. y Light, K.C. (2013). Specific dimensions of perceived support and ambulatory blood pressure: Which support functions appear most beneficial and for whom? *International Journal of Psychophysiology*, 88, 317-324. doi:10.1016/j.ijpsycho.2012.03.004

Fernández Rodríguez, C., Amigo, I. y González Rato, M. C. (1998). Manejo del estrés en el síndrome del intestino irritable. *Cuadernos de Medicina Psicosomática y Psiquiatría de Enlace*, 45 (46), 14-20

Martin, L.A., Critelli, J.W., Doster, J.A., Powers, C., Purdum, M., Doster, M.R. y Lambert, P.L. (2013). Cardiovascular risk: Gender differences in lifestyle behavior and coping strategies. *International Journal of Behavioral Medicine*, 20, 97-105. doi: 10.1007/s12529-011-9204-3

Martos Méndez, M.J. y Pozo Muñoz, C. (2011). Apoyo funcional vs. disfuncional en una muestra de pacientes crónicos. Su incidencia sobre la salud y el cumplimiento terapéutico. *Anales de Psicología*, 27, 47-57.

Polaino-Lorente, A. y Gil Roales-Nieto, J. (1990). La Diabetes. Barcelona: Martínz Roca

Schwarzer, R. (2008). Modeling health behavior change: How to predict and modify the adoption and maintenance of health behaviors. *Applied Psychology: An International Review*, 57, 1-29. doi: 10.1111/j.1464-0597.2007.00325.