

Academic Year/course: 2021/22

29211 - Health Science: Psychology and Communication

Syllabus Information

Academic Year: 2021/22

Subject: 29211 - Health Science: Psychology and Communication

Faculty / School: 229 - Facultad de Ciencias de la Salud y del Deporte

Degree: 441 - Degree in Human Nutrition and Dietetics

ECTS: 9.0

Year: 2

Semester: Annual

Subject Type: Basic Education

Module:

1. General information

2. Learning goals

3. Assessment (1st and 2nd call)

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as lectures, seminars, workshops and assignments.

4.2. Learning tasks

This course is organized as follows:

- **Lectures** (60 hours).
- **Practice sessions** (20 hours). Problem-solving and case studies. This includes role-playing interviews and clinical management problem solving; motivational role-playing interviews, group seminars to solve both problems and cases.
- **Clinical practice sessions** (10 hours). These sessions are realized through case studies.
- **Assignments** (30 hours). Two final term assignments. Each semester, students have to design and write down an assignment under the teachers' supervision. The main objectives to achieve with this work are: First, to connect theoretical knowledge with practical abilities. Second, to expose students to real controlled clinical situations where both psychological and social skills can be handled and trained to improve professional learning.

4.3. Syllabus

This course will address the following topics:

First academic semester:

Lectures

- Topic 1. Introduction to psychology and psychopathology and their relationship to nutrition. Biopsychosocial approach. Neurobiological, psychological and social factors.

- Topic 2. Sensorial perception, thought and language. Nutritional management of patients with schizophrenia. Metabolic syndrome in schizophrenia.
- Topic 3. Memory and learning. Cognitive functions. Nutritional management of patients with dementia. Nutritional management of disabled patients. Syndromes associated with obesity (Down, Prader-Villi, Laurence-Moon-Biell, Alstrom).
- Topic 4. Emotions and psychopathology. Depression and bipolar disease. Metabolic syndrome in bipolar patients. Anxiety and stress. Its influence on food behaviour.
- Topic 5. Instincts and psychopathology. Motivation. Psychology of eating behaviour.
- Topic 6. Eating disorders. Anorexia nervosa. Bulimia nervosa and binge eating disorder. Other eating disorders.
- Topic 7. Obesity. Psychiatric and psychological aspects. Psychological evaluation of patients candidates for bariatric surgery.
- Topic 8. Influence of psychoactive drugs on nutrition. Drugs that promote weight loss and weight increase. Foods which act on mood and other mental functions.
- Topic 9. Consciousness, attention and sleep. Major disorders. Behaviour and psychopathology. Alcohol, tobacco, other substance abuse and nutrition consequences.
- Topic 10. General structure of psyche: Temperament, character and personality. Personality disorders and their influence on eating behaviour.
- Topic 11. Psychological reactions to illness. Communication and dietician-patient relationship.
- Topic 12. Clinical interview. General principles. Noises and interferences in communication. Nonverbal communication. Motivational interview. Exploratory phase of the clinical interview. Operative phase of clinical interview: negotiation and information.
- Topic 13. Psychological effects of treatments. Placebo effect. Stress and disease.
- Topic 14. General psychological approach. Principles of psychotherapy.

Practice sessions

- Topic 1. Teaching-learning process: anxiety and other factors that influence performance (2 practices).
- Topic 2. Principles of research. Critical literature reviewing (3 practices).
- Topic 3. Relaxation techniques and emotional self-control.
- Topic 4. Basic instruments of intellectual ability. Cognitive screening and functional assessment instruments.
- Topic 5. Basic scales for anxiety and depression.
- Topic 6. Basic instruments for assessment of personality.
- Topic 7. Assessment instruments for eating behaviour.
- Topic 8. Prevention of metabolic syndrome in patients with severe mental disorder.
- Topic 9. Role-playing exercises:
 - Patient with restrictive anorexia nervosa.
 - Patient with bulimia nervosa.
 - Patient with primary obesity.
 - Patient with morbid obesity.

Second academic semester:

- Topic 1. Introduction to Psychology: object of study, areas of applied psychology and relationship with the Nutrition and Dietetics.
- Topic 2. Behavioural assessment and functional analysis of eating behavior.
- Topic 3. Theories and learning processes.
- Topic 4. Psychological variables involved in feeding behavior.
- Topic 5. Developmental Psychology and its implications in feeding behavior.
- Topic 6. Psychological strategies for promoting healthy habits.
- Topic 7. behavior modification techniques in the field of health.
- Topic 8. Theoretical models in the study of communication.
- Topic 9. Social skill, assertiveness and social skills training in the context of promoting healthy eating habits.

4.4. Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sport Sciences website and Moodle.

4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=29211>