

# 61869 - Evidence-based psychological treatments for childhood and adolescents

## Syllabus Information

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**Academic year:** 2023/24

**Subject:** 61869 - Evidence-based psychological treatments for childhood and adolescents

**Faculty / School:** 301 - Facultad de Ciencias Sociales y Humanas

**Degree:** 557 - Master's in General Sanitary Psychology

**ECTS:** 3.0

**Year:** 1

**Semester:** Second semester

**Subject type:** Compulsory

**Module:**

### 1. General information

The main objectives of this subject are:

- 1) To have a detailed knowledge of the studies carried out in the field of therapy and psychological intervention.
- 2) To enable the student to plan a therapeutic intervention, adapted to the individual case, applying the effective protocols of the clinical guidelines, in order to intervene in the most frequent clinical problems in children and adolescents.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to their achievement. Goal 3: Health and well-being. Goal 4: Quality education Goal 5: Gender equality. Goal 10: Reduction of inequalities.

### 2. Learning results

- The student will be able to critically analyse and use sources of clinical information.
- The student will be able to formulate working hypotheses in research, collect and critically assess information for problem solving, applying the scientific method.
- The student will have an in-depth knowledge of the psychological nature of human behaviour, as well as the social and biological factors that can affect it.
- The student will have an in-depth knowledge of the psychological nature of human behavioural disorders.
- The student will have an in-depth knowledge of the psychosocial factors associated with health problems and disease.
- The student will have an in-depth knowledge of the biological and psychosocial factors associated with health problems and disease, especially those related to mental health.
- The student will have an in-depth knowledge of the different models of evaluation and intervention in the field of General Health Psychology, as well as the techniques and procedures derived from them for the approach to behavioural disorders.
- The student will be able to design, develop and, if necessary, supervise and evaluate psychological intervention plans and programmes according to the psychological assessment and the individual and social variables involved in each case.
- The student will be able to carry out activities for the promotion of and education for individual and community psychological health.

### 3. Syllabus

Topic 1. Attachment and empirically validated treatments in anxiety disorders in children.

Topic 2. Empirically validated treatments for attention deficit disorders (with or without hyperactivity).

Topic 3. Empirically validated treatments in mood disorders and childhood depression.

Topic 4. Empirically validated treatments for disruptive, impulse control and behavioural disorders.

Topic 5. Empirically validated treatments for sleep-wakefulness disorders in children and adolescents.

Topic 6. Empirically validated treatments in childhood trauma and dissociation.

Topic 7. Behaviour modification focused on children and adolescents.

#### **4. Academic activities**

The program offered to the student to help them achieve the expected results includes the following activities:

1. Expository classes
2. Case study analysis
3. Information search and cooperative work
4. Reading of articles or documents related to the content of the subject
5. Oral presentations by students
6. Presentations in the classroom by professionals linked to groups related to the content of the subject.

#### **5. Assessment system**

1. Written test (grade from 0 to 10) with multiple choice or essay questions. This part will account for 60% of the final grade.
2. Continuous work (rating from 0 to 10). This part will represent 40% of the final grade and will be obtained from the reports and analysis of the cases carried out in the classroom.

Students will be able to carry out the continuous assessment activities as long as class attendance is not below 80% of the teaching hours of the subject. In any case, the student is entitled to a global assessment of the subject in which they may opt for the maximum grade.

To pass the subject it will be necessary to obtain at least a 5 in each of the parts.