

## 61865 - Evidence-based treatments in health problems

### Información del Plan Docente

<b>Academic Year</b>	2016/17
<b>Academic center</b>	301 - Facultad de Ciencias Sociales y Humanas
<b>Degree</b>	557 - Master's in General Sanitary Psychology
<b>ECTS</b>	4.0
<b>Course</b>	1
<b>Period</b>	Half-yearly
<b>Subject Type</b>	Compulsory
<b>Module</b>	---

### **1.Basic info**

#### **1.1.Recommendations to take this course**

#### **1.2.Activities and key dates for the course**

### **2.Initiation**

#### **2.1.Learning outcomes that define the subject**

#### **2.2.Introduction**

### **3.Context and competences**

#### **3.1.Goals**

#### **3.2.Context and meaning of the subject in the degree**

#### **3.3.Competences**

#### **3.4.Importance of learning outcomes**

### **4.Evaluation**

### **5.Activities and resources**

#### **5.1.General methodological presentation**

The learning process that is designed for this subject is based on:

1. The methodology used will be expository and participatory

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2. The theoretical and practical content will be presented by the teacher by questions, discussions, debates and public expression of opinions, to finally be generated reach conclusions about

3. Cooperative learning methodology will be used and based on problems and solving real clinical cases

### 5.2.Learning activities

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

1. Lectures where the teacher will present the basic facts about a topic
2. Analysis of case studies where students will practice the concepts learned
3. Finding information and cooperative work
4. Reading articles or documents related to the content of the subject
5. Oral presentations by students
6. Viewing of audiovisual material
7. Attending conferences and presentations related to the course content
8. Presentations in the class of professionals linked to groups related to the content of the subject

### 5.3.Program

Topic 1. Introduction: Holistic Health Concept

Topic 2. Protocols in Asthma, COPD and pulmonary emphysema

Topic 3. Cancer Protocols

Topic 4. Protocols in Cardiovascular Diseases

Topic 5. Protocols in Addictions

Topic 6. Fibromyalgia Protocols

Topic 7. Protocols in Endocrinology and Vascular Risk Factors

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Topic 8. Protocols in Digestive Diseases

Topic 9. Sleep Disorders Protocols

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

### 5.4.Planning and scheduling

Sessions, presentation of works, the program content and the literature recommended shall be specified at the beginning of the course 2016-2017 by the teacher

### 5.5.Bibliography and recommended resources

#### BASIC REFERENCES:

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

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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.

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

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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.