

61865 - Evidence-based treatments in health problems

Syllabus Information

Academic Year: 2019/20

Subject: 61865 - Evidence-based treatments in health problems

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

Degree: 557 - Master's in General Sanitary Psychology

ECTS: 4.0

Year: 1

Semester: First semester

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

The student must demonstrate that he or she has achieved the intended learning outcomes through the following assessment activities.

1. Written test (grade from 0 to 10) at the end of the quarter. The grade will mean 60% of the final grade. The test will be a multiple-choice test.

2. Continued work in the classroom (grade from 0 to 10). The grade for this part of continued work will be 40% of the final grade.

The student body will be able to carry out the continuous assessment activities as long as the attendance to the classes is not less than 80% of the teaching hours of the subject.

In any case, the student body will have the right to an overall evaluation of the subject in which they will be able to opt for the highest grade.

4.Methodology, learning tasks, syllabus and resources

4.1.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.

4.2.Learning tasks

The course includes the following learning tasks:

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 in lectures
3. Finding information and cooperative work
4. Reading articles or documents related to the content of the subject
5. Students' oral presentations
6. Viewing of audiovisual material

4.3.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

4.4.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.

4.5.Bibliography and recommended resources

BASIC REFERENCES:

- 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.

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:

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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.