

Study program: PSYCHOLOGY			
Level of studies: Master studies			
Course: Health psychology (MP109)			
Teachers: Milena Mladenović, Nevena Stojadinović			
Type of subject: elective			
ECTS: 6			
Prerequisites: /			
Course objectives			
Gaining basic knowledge in health psychology. Developing an understanding of the influence of psychological factors on the onset and course of somatic illness, as well as the process of recovery from it. Adopting an interdisciplinary approach to understanding the onset of illness and the condition of patients. Developing competencies for working in an interdisciplinary team involved in the process of treatment and rehabilitation of patients.			
Learning outcomes			
Students have adopted an interdisciplinary approach and basic knowledge of psychological factors responsible for the occurrence and recovery from illness, as well as knowledge of other issues in the field of health psychology. Students master the techniques of diagnostic, counseling and psychotherapy work in health psychology, communication and work with somatic patients, patients suffering from chronic diseases, and patients preparing for various types of interventions. They also master the techniques of preparation and implementation of preventive activities in the field of health psychology.			
Course unit contents			
<i>Lectures</i>			
History of Health Psychology (roots, origin, development and future). History of understanding the mind-body relationship (theories of psychosomatic disorders) and the biopsychosocial model. Current research in health psychology and the biological foundations of health and disease. Stress, illness and coping (coping mechanisms). Behaviors and lifestyles that influence the improvement/deterioration of health and primary prevention. Chronic diseases, life-threatening diseases and psychological interventions in chronic patients (educational-counseling-psychotherapeutic work). Psychological aspects of terminal conditions (how to communicate news, fear of death, pain and pain relief). Psycho-oncology, Psychonephrology, Psychoneuroendocrinology, Psychosomatic approach to coronary disease. Immune system (negative emotions and immunity, stress and immunity). Preparation of patients for hospitalization, surgery and other medical interventions. Psychologist in an interdisciplinary team. Communication between medical staff and patients at different levels of healthcare (primary and secondary healthcare) and during hospitalization. Prevention and treatment of burnout in healthcare workers and associates. Behavior and health, promotion of health and healthy lifestyles.			
<i>Practice</i>			
Analysis and discussion of practical examples. Visit to a Health Center and introduction to the practical work of psychologists in the field of health psychology. Elaboration and presentation of a topic and the results of the latest research on that topic in the field of health psychology.			
References (selected chapters)			
1. Taylor, S. (2004). <i>Health psychology</i> . New York: Mc Graw-Hill.			
2. Straub, R. O. (2019). <i>Health Psychology: A Biopsychosocial Approach (Sixth Edition)</i> . Worth Publishers.			
3. Ogden, I. (2012). <i>Health Psychology</i> . Arizona: Mc Graw Hill ed.			
Number of active teaching hours			
Lectures: 2	Practice: 2	Other forms of classes: 0	Other classes: 0
Teaching methods			
Interactive and problem-based teaching, case studies, analysis of manuals and relevant literature.			
Examination methods (maximum 100 points)			
Exam prerequisites	No. of points:	Final exam	No. of points:
Activity at lectures	10	Written exam	30
Practice tasks	10	Oral exam	30
Seminar/essay	20		