



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Scienze Umane

2021-1-I0101D007

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#### Aims

The course aims to provide students with the theoretical knowledge

concerning psychological, social and anthropological elements of

nursing profession in order to help them to adequately perceive their

professional role in a complex context of networks and relationship, in a storical-antropological perspective and understand psychological and social mechanisms of uman behaviour.

Clinical Psychology: know the basic cognitive processes (perception, attention, memory, learning, language); know how to define the concepts of anxiety, depression, stress, burn out, quality of life; to be able to describe the relational dynamics present in the different care settings; to know how to define the placebo phenomenon according to the care relationship; knowing how to describe the placebo effect in relational context and the mechanisms through which it acts

#### Contents

Topic of the Human Sciences course is to give students an overview of the anthropological, social and psychological aspects of health care professions.

#### Detailed program

CLINICAL PSYCHOLOGY - Psychology as a science of human behaviour,

methodological aspects of psychological research, with specific attention to health care professions; main concepts of general and clinical psychology (structure of the mind, cognitive and dynamic processes, mental disorders, clinical relationship and psychotherapy) and the self-evaluation tools (anxiety, stress, burnout and quality of life tests), the psychological challenges of the nursing profession in relation to emergency services, primary care, intensive care and end-of-life care. The placebo effect in the care relationship and its implications. ANTHROPOLOGY - Medical anthropology, human health and disease; social processes and cultural representations of health, illness and related nursing/care practices; Disease, Illness and Sickness; narrative medicine: general principles; popular medicine and health anthropology in the developing countries. SOCIOLOGY - The course is an introduction to sociology: basic concepts and who is the 'sociologist'; social research – basic tools; the concept of culture, values and cultural diversity; social organization, action, and power; interaction, groups, organizations; welfare systems and inequalities; moreover, specific topics related to sociology of health and medicine will be deepened (social inequalities in terms of health; process of medicalisation of society; professionalisation in health systems; health cultures; social construction of pregnancy; health communication).

## **Prerequisites**

## **Teaching form**

Lectures, small group activities with final written report.

## **Textbook and teaching resource**

CLINICAL PSYCHOLOGY: Maria Pia Viggiano "Psicologia per l'infermiere delle moderne strutture ospedaliere", Carocci, 2015; Fabrizio Benedetti "L'effetto placebo. Breve viaggio tra mente e corpo", Carocci, 2018. SOCIOLOGY - Bagnasco A., Barbagli M., Cavalli A., 2013, Elementi di Sociologia, Il Mulino, Bologna; Bucchi M., Neresini F. (a cura di), 2001, Sociologia della salute, Carocci, Roma; Vicarelli G. (a cura di), 2013, Cura e Salute. Prospettive sociologiche, Carocci, Roma. ANTHROPOLOGY - Pizza G., Antropologia medica. Saperi, pratiche e politiche del corpo. Carocci ed.; Fainzang S., Farmaci e società. Il paziente, il medico e la ricetta. Franco Angeli ed.; Quaranta I. (a cura di) Antropologia medica. I testi fondamentali, Raffaello Cortina Ed.

## **Semester**

1st Year, 2nd Semester

## **Assessment method**

Written examination with multiple choice and open ended questions and group activity report assessment. Final grade deriving from the average of individual marks of each module (3 different parts) of the exam.

## **Office hours**

On appointment

