

## SYLLABUS DEL CORSO

### Intervento Psicosociale di Promozione del Benessere

2021-2-F5106P014

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#### Learning area

Social psychology, economic psychology and decision-making

#### Learning objectives

##### *Knowledge and understanding*

- Current issues in well-being psychology
- The relationship between ill-being/distress and well-being
- Psychological resources and risk factors
- Specific nature of promotion intervention

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- Ability to identify the proper target for well-being promotion (i.e. occupational groups exposed to high stress level, people driven out of the labor market, people engaged in the management of chronic-degenerative disease, people engaged in complex life transitions)
  - Ability to define promotional objective
  - Ability to define operational models
  - Ability to define expected results

## **Contents**

Theoretical and methodological tools for well-being promotion of individuals and groups in their own life context are presented.

## **Detailed program**

- From pathology to well-being, health and well-being promotion
- Salutogenesis
- Psychological resources
- Transitions: identity-related dynamics, identity distress
  
- Resilience
- Contexts of intervention for well-being promotion
- Operational models and field experiences in health psychology, organizational psychology and community psychology

## **Prerequisites**

Nothing specific.

## **Teaching methods**

Teaching methods include the use of lecturers for presenting theoretical and methodological tools and group work for experiencing design of an intervention for well-being promotion.

During Covid-19 emergency teaching methods may vary with particular reference to group work which has usually been conducted in class under the supervision of the professor.

The new teaching methods will be arranged during the first days of the lessons, taking account of the number of active participants and of their particular possibilities of working on-line

All course materials are made available on the e-learning website of the course, so that also non-attending students can use it.

## **Assessment methods**

### **Attending students**

- 1) Evaluation of the project of wellbeing promotion at the end of lessons

The project is evaluated following the criteria explained in the call:

- Appropriateness of theoretical and methodological approach
- Correct identification of the target who may get the maximum benefit from the expected results
- Clear identification of the relation between aims and expected results
- Strict coherence between aims, expected results and methodology

## 2) Oral examination (reduced program)

The achievement of learning objectives (previously described) is tested through an oral examination.

Evaluation criteria:

- Accuracy and comprehensiveness of knowledge
- Language appropriateness
- Comprehension of the distinct traits of the discipline
- Competence in reflecting about problems of wellbeing promotion

## Non-attending students

- 1) Oral examination (complete program)
- 2) Presentation of a project of wellbeing promotion

Evaluation criteria are those pointed out for the examination of attending students

During Covid-19 emergency oral examinations will be carried out remotely using the Webex platform. Virtual audience may follow the exams by linking to the platform. The link will be published in the e-learning website of the course.

## Textbooks and Reading Materials

Bertini M. (2012) *Psicologia della salute*, Cortina, Milano - Part one

Non attending students: Leone L., Prezza M. (2003) *Costruire e valutare i progetti nel sociale*, Franco Angeli, Milano, Chapters 2-3-4.