UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Psychosocial Intervention for Well-Being Promotion

2425-2-F5106P014

Learning area

Social psychology, economic psychology and decision-making.

Learning objectives

Knowledge and Understanding

- Learn the conceptualizations of disease, health, and well-being
- Understand the contributions of various branches of psychology to the study of psychosocial well-being
- Learn the theoretical models and methods used in the field of psychological and social well-being
- Understand the role of individual and social factors in determining well-being
- Learn the possible interventions for prevention and promotion of well-being

Applying Knowledge and Understanding

- Ability to identify key variables in the promotion of well-being in various contexts
- Ability to apply theoretical models to real-world problems
- Ability to critically reflect on theories and interventions, identifying their limits and potential
- Ability to develop research and intervention projects through group work

Contents

The course aims to provide the theoretical and methodological tools useful for understanding, investigating, and developing prevention and promotion interventions for psychosocial well-being in various contexts.

Detailed program

The course will cover the following topics:

- Concepts of disease, health, and well-being and their evolution over time
- Methodological aspects of investigating psychosocial well-being
- Theoretical models of behavioral change
- Risk perception and risk communication
- Risk and protective factors involved in psychosocial well-being
- Intervention methods for prevention and promotion of well-being
- Need to belong, social exclusion, and psychological well-being
- Digital well-being

Prerequisites

No prerequisites are required.

Teaching methods

Teaching methods include lectures, videos, and classroom discussions.

Specifically, several classes will be conducted in a mixed format, with one part dedicated to presenting concepts, theories, methods, and studies (traditional method) and another part where students will be actively involved in discussions and individual or group work (interactive mode).

For those interested, a group project will be proposed to develop a research and intervention project in one of the areas presented during the course. The groups will be asked to present their project at the end of the course.

Overall, the course will be divided as follows:

- 16 2-hour in-person lecture-based classes
- 12 2-hour in-person interactive classes

The course material (e.g., slides and other materials used during classes) is made available on the course's e-learning website so all students can benefit from it.

Assessment methods

The exam consists of a written test with a set of multiple-choice and one open-ended question. The questions will cover the entire program and aim to ascertain the effective acquisition of theoretical and methodological knowledge. The open-ended question will be evaluated in terms of answer correctness, argumentative capacity, synthesis, ability to form links among the different areas of the discipline, and the ability to present the phenomena critically.

Optional participation in the group work related to the development of a research and intervention project will be evaluated based on the adequacy of the theoretical approach, clarity of objectives, consistency between objectives and methodological approach, originality, and impact of the project. The project will contribute to the final evaluation (from 0 to 4 points).

No interim assessments are scheduled.

Textbooks and Reading Materials

The study materials consist of the slides used in the lectures, handouts, and scientific articles provided during the course.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING