



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Psicologia

2425-1-I0303D005-I0303D015M

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#### Aims

At the end of the module, male and female students will acquire knowledge of the theoretical bases of Health Psychology and will be able to describe the psychological concepts relevant in healthcare contexts.

In addition for the Bergamo course: knowing how to recognize and describe the characteristics of different attachment styles and the implications for the care relationship in the healthcare sector; be able to describe the concept of trauma, as increased vulnerability and its implications in care relationships.

#### Contents

##### Monza

After completing this module, students will be able to outline the definition and scope of Health Psychology, explain the various models of behavioral change, and summarize the theories and sources of stress as well as coping mechanisms. The module will explore these theories and models with particular attention to their application in healthcare, improving understanding of the relationship between healthcare professionals and patients.

##### Bergamo

- ? Health psychology
- ? Attachment in relationships with patients.
- ? The functioning of the mind in traumatic situations.
- ? The specificities and critical issues in care relationships, with reference to stress and coping.

#### Detailed program

**Monza**

Psychology in the healthcare sector;  
Introduction to Health Psychology: definition and the biopsychosocial model.  
Models of behavioral change;  
Psychological processes relevant to health: stress and coping

**Bergamo**

? Psychology in the healthcare sector.  
? Introduction to Health Psychology: definition and the biopsychosocial model.  
? Psychological processes relevant to health: stress and coping.  
? Attachment in relationships with patients (secure, avoidant, ambivalent, disorganized attachment).  
? Traumatic experiences and their impact on mental functioning, with a focus on relationships with patients in conditions of increased vulnerability.

**Prerequisites**

None.

**Teaching form**

The module consists of 4 in-person lecture-based classes, each lasting 2 hours. During the lectures, the teacher encourages active participation from students through class discussions and provides examples to stimulate critical thinking and facilitate direct engagement with the topics, allowing students to apply the theoretical knowledge acquired to various healthcare contexts.

**Textbook and teaching resource**

The teacher will provide course material.

Although this module is held in Italian, for Erasmus students, course material can also be available in English, and students can take the exam in English if they wish to do so.

**Semester**

Second semester

**Assessment method****Monza**

The evaluation for this module will be based on a final examination. There will be no interim assessments. The

examination will consist of a written assignment, specifically an in-depth analysis of a scientific article selected from a collection provided by the instructor. Students will be required to provide a concise summary of the article's content, examine the research implications in the context of the theoretical content of the module, and critically discuss the relevance of the article's results and conclusions within healthcare contexts. The evaluation criteria will include the ability to coherently summarize the article, offer a critical analysis, use appropriate terminology, and demonstrate a well-structured essay.

### **Bergamo**

2 open questions on topics covered in class to check knowledge and communication skills in the disciplinary field

### **Office hours**

By appointment required by mail

### **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION

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