



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Behavioural Sciences, Communication Skills II

2526-2-H4102D013-H4102D040M

Aims

- To know and understand the factors that hinder and promote behavioral change.
- To be able to apply the main theoretical models of behavioral change to health behaviors.
- To be able to recognize the adequacy of a communicative approach in promoting behavioral change.
- To be able to utilize the most appropriate communication methods to facilitate behavioral change.
- To actively participate in didactic activities.

Contents

Theoretical models of behavioral change in healthcare, The placebo effect in the care relationship, subjective illness perception, the transtheoretical model of change, the Motivational Interview

Detailed program

Definitions of placebo and nocebo effect both in relation to treatments and in relational terms; implications in the use of placebo for the relationship with the patient; different mechanisms through which the placebo and nocebo effect act.

The behavioral change in healthcare.

Basic principles of motivational interview; the transtheoretical model of change, the five phases of the model of change (precontemplation, contemplation, preparation, action, maintenance).

Prerequisites

Teaching form

The course is structured into five 2-hour lessons, with a frontal lecture in the first part. The subsequent part aims to involve students interactively through group discussions of professional situations, the compilation of questionnaires to reflect on one's professional approach (using woodclap), small group work, and role playing. All activities are carried out in presence.

Textbook and teaching resource

In-depth and supplementary materials will be uploaded to the module's e-learning page (including videos, PDF documents, and presentations used in lessons).

Semester

second term

Assessment method

The final test measures the level of knowledge, the level of inductive and deductive reasoning, and problem solving ability.

It includes discussion of problems, analysis of clinical cases and open conceptual questions

The score will contribute to the overall evaluation of the integrated course

Office hours

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Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY | REDUCED INEQUALITIES
