



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Psychology

2526-1-I0302D004-I0302D013M

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.

Contents

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.

Detailed program

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

Prerequisites

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

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.

Office hours

By appointment required by mail

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING
