UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Psychosocial Intervention for Well-Being Promotion

2627-2-F5112P013

Learning area

Social psychology, economic psychology and decision-making.

Learning objectives

Knowledge and understanding – Students will become familiar with the main conceptualizations of illness, health, and well-being; develop knowledge of the main theoretical models in the field of physical, psychological, and social well-being promotion; learn the principles and techniques for developing effective interventions; and understand the contribution of the different branches of psychology concerned with psychosocial well-being.

Applying knowledge and understanding – Students will develop the ability to analyze and apply methodologies and tools aimed at promoting psychosocial well-being to concrete contexts and problems. They will also develop an intervention project based on the knowledge acquired during the course.

Making judegments – Through discussions and group activities, students will be encouraged to examine the psychosocial processes addressed in the course critically, compare alternative theories and methods, and consciously evaluate interventions for the prevention and promotion of well-being, with attention to their limitations and potential.

Communication skills – Students will strengthen their use of specific technical language through activities that require clear, effective communication of the content learned and the work carried out in class.

Learning skills – Students will be encouraged to adopt an attitude of curiosity and openness toward the different theoretical and methodological approaches presented during the course, including through in-depth exploration of specific topics.

Contents

The course aims to provide theoretical and methodological tools for understanding, investigating, and developing research and interventions focused on the prevention and promotion of psychosocial well-being across different contexts.

Detailed program

The course will cover the following topics:
• Concepts of illness, health, and well-being, and their evolution over time
• Overview of healthy and unhealthy behaviors, with a focus on the psychosocial processes that promote their adoption
• Theoretical models of behavior change
• The need to belong, social exclusion, and psychological well-being
• Digital well-being
• Methodological aspects of researching psychosocial well-being
• Intervention methods for the prevention and promotion of well-being

Prerequisites

No prerequisites are required.

Teaching methods

Teaching methods include lectures, class discussions, and individual and group activities.

In particular, several classes will be delivered in a blended teaching format, including a part devoted to the presentation of key concepts, theories, methods, and studies, following a lecture-based approach, and a part in which students will be actively involved in discussions, practical exercises, and individual and group work in class, following an interactive approach.

An integral part of the course will be a group project aimed at designing and developing an intervention project. This project will constitute part of the final assessment and may be presented at the end of the course. Instructions regarding the group project will be provided during the first class.

Overall, the course will be structured as follows:

- 16 two-hour lectures delivered in person in a lecture-based format;
- 12 two-hour classes delivered in person in an interactive format.

All course materials (lecture slides and other classroom resources) will be made available on the course's e-learning platform to ensure access for all students.

Assessment methods

Assessment will consist of a written examination, including a multiple-choice test and two open-ended questions.

The multiple-choice test and one of the open-ended questions will cover the entire course program; the second open-ended question will focus on a specific aspect of the group project developed during the course. Answers to the open-ended questions will be assessed on correctness, argumentative ability, conciseness, ability to connect across different areas of the discipline, and critical understanding of the phenomena presented.

Students who present the outcome of their group project at the end of the course may obtain up to 3 additional points toward their final exam grade.

No mid-term assessments are planned.

Textbooks and Reading Materials

Detailed information about the teaching material will be published on the e-learning page associated with the course.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING