UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Health Psychology and Clinical Intervention in Healthcare Settings

2627-2-F5111P013

Learning area

Theories and models related to health psychology

Learning objectives

Knowledge and Understanding (through theoretical lectures):

- Acquire principles related to health psychology
- Understand the terminology related to different models of health psychology

Applied Knowledge and Understanding (through individual work, group work, and classroom activities):

- Applied understanding of principles related to health psychology
- Applied understanding of terminology related to different models of health psychology

Independent Judgment (through classroom activities):

- Ability to critically evaluate the principles and models related to health psychology

Communication Skills (through group work):

- Acquire communication skills related to the principles and models of health psychology

Learning Skills:

- Ability to pursue independent study

Contents

Introduction to Health Psychology
The relationship and communication between clinician and patient
Health and Illness
Stress
Techniques of intervention

Detailed program

Introduction to health psychology
The relationship and communication between clinician and patient
Key elements of effective communication
Strategies for the relationship
Health and illness
Stress
The role of the psychologist in the hospital
Suicide risk
Chronic pain
Cardiovascular problems
Other issues
Techniques of intervention
Coping and defenses
Death and dying
The story of the medication

Prerequisites

Knowledge of DSM-5-TR diagnostic criteria

Teaching methods

The teaching activity will be carried out face-to-face.
Lectures will alternate with group discussions of clinical material.
Clinical cases will be used through texts and videos.

Hours of teaching activity organized as frontal lessons: 50% of the total
Hours of teaching activities involving classroom discussions, presentation of cases, group work, exercises: 50% of the total

Type of teaching activity: lesson

Number of hours delivered remotely: 10% of the total

Assessment methods

There are no ongoing (in-itinere) assessments.
The exam will be held in person.
The exam consists of a written test with 30 multiple-choice questions and two open-ended questions. The test will cover the entire course programme.
The questions are aimed at ascertaining the actual acquisition of both theoretical knowledge and the practical-clinical skills relating to the different models of health psychology.
The evaluation criteria are: correctness of answers and command of the models and techniques learned during the course.
In particular, the grading will take into account the following criteria:
18: barely sufficient knowledge of the basic content of health psychology and clinical interventions in healthcare settings; minimal ability to understand and describe the main psychological factors involved in health and illness processes; essential use of technical language.
19–22: sufficient knowledge of the fundamental content; ability to identify and describe, with some uncertainties, the main theoretical models, assessment tools, and clinical intervention approaches in healthcare settings; basic understanding of the role of psychological factors in care pathways; sufficiently appropriate use of specialist terminology.
23–26: fairly good knowledge of the theoretical and applied content; good ability to use the main models and tools of health psychology to understand the psychological needs of patients and the healthcare context, with some imprecision; generally correct technical language.
27–30: solid and thorough knowledge of the course content; good command of theoretical models, assessment tools, and clinical interventions in healthcare settings; ability to critically analyze the role of psychological factors in health, illness, and care processes; appropriate and precise use of technical-specialist language.
30 cum laude: complete and thorough knowledge of the course content; full command of theoretical models, assessment tools, and clinical interventions in health psychology and healthcare settings; high critical ability and integration of theoretical and applied content; rigorous, precise, and appropriate use of technical-specialist language.

Erasmus students may contact the instructor to arrange the possibility of studying from an English-language bibliography and/or taking the exam in English.

Textbooks and Reading Materials

Supplementary materials (slides, articles). The slides are essential for passing the exam. They will be uploaded online before each lesson.
Book(s):

Parts of the book: Chiara Ripamonti, «Manuale di psicologia della salute», Il Mulino, 2015.

One among the following (parts of one of these books):
Rita Charon , «Medicina narrativa. Onorare le storie dei pazienti», Raffaello Cortina Editore, 2019
Pompili M., «Il rischio di suicidio. Valutazione e gestione», Raffaello Cortina, 2022
Other books will be suggested at the beginning of the course.

Any other references can be given in class.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING