ID	2212
Curricular Unit	Health Psychology
Regent	Celeste Simões
Learning Outcomes	Know health psychosocial determinants Know behaviors related with health know evaluation models and change in health Relation between Health and diseases
Syllabus	INTRODUCTION Psicology and health: history Behaviour and health Quality of life and well-being Risk and protective behaviours Healh psychology and Public health Theoretical models of change Processes of Change Universal, selective and indicative interventions Communication and interaction in health: individuals and group dynamics Interventions centered in indididuals and in populations Emerging themes Health and contextes: family, schools, work Basic themes: substance use, sexual risk behaviours, sedentarism, nutrition, violence, leisure Psuchology and diseases: chronic diseases, pain, stress, resilience International health: health and culture; health and development; health and poverty Data collection in Health Psychology Methods centered in individuals or in contexts Qualitative and quantitative methods Case studies Interventions in health and education systems Hospital care
Evaluation	Group work with public presentation Test

Bibliography	Main bibliography: Bennett, P.; Murphy, S. (1997) Psicologia e promoção da saúde; Climepsi Ribeiro, JL (2005) Introdução à Psicologia da Saúde, Quarteto Matos, MG et al (2006) Psicologia da Saúde, CDI, FMH Calmeiro, L; Matos, MG (2004) Psicologia do exercício e da saúde, Visão e contextos Carvalho Teixeira, J.A. (Ed.) (2006). Psicologia da Saúde. Contextos e Áreas de Intervenção. Lisboa: ISPA, Colecção Estudos. Vários em www.who.int; www.dgs.pt; www.dgidc.min-edu.pt; www.hbsc.org Other bibliography: Matos, MG (2005) Comunicação, gestão de conflitos e saúde na escola, FMH Ribeiro, JL (1999) Investigação e avaliação em psicologia da saúde, Climepsi Trindade, I. ; Teixeira,J (2000) Psicologia nos cuidados de saúde primários, Climepsi Moniz, L; Barros, L (2005) Psicologia da deonça para cuidados de saúde, ASA Barros, L (2003) Psicologia pediatrica, Climepsi Leal, I (2006) Perspectivas em Psicologia da saúde, Quarteto