

ID	2585
Curricular Unit	Health Psychology
Regent	Celeste Simões
Learning Outcomes	<p>Know health psychosocial determinants</p> <p>Know behaviors related with health</p> <p>know evaluation models and change in health</p> <p>Relation between Health and diseases</p>
Syllabus	<p>INTRODUCTION</p> <p>Psychology and health: history</p> <p>Behaviour and health</p> <p>Quality of life and well-being</p> <p>Risk and protective behaviours</p> <p>Health psychology and Public health</p> <p>Theoretical models of change</p> <p>Processes of Change</p> <p>Universal, selective and indicative interventions</p> <p>Communication and interaction in health: individuals and group dynamics</p> <p>Interventions centered in individuals and in populations</p> <p>Emerging themes</p> <p>Health and contexts: family, schools, work</p> <p>Basic themes: substance use, sexual risk behaviours, sedentarism, nutrition, violence, leisure</p> <p>Psychology and diseases: chronic diseases, pain, stress, resilience</p> <p>International health: health and culture; health and development; health and poverty</p> <p>Data collection in Health Psychology</p> <p>Methods centered in individuals or in contexts</p> <p>Qualitative and quantitative methods</p> <p>Case studies</p> <p>Interventions in health and education systems</p> <p>Hospital care</p>
Evaluation	<p>Group work with public presentation</p> <p>Test</p>

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, Coleção Estudos.
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Matos, MG (2005) *Comunicação, gestão de conflitos e saúde na escola*, FMH
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