

ID	2957
Curricular Unit	Health Psychology
Regent	Maria Celeste Rocha Simões
Learning Outcomes	Relation between Health and diseases To know health psychosocial determinants To understand behaviors related with health To know evaluation models and change in health
Syllabus	Introduction Psicology and health: history Behaviour and health Quality of life and well-being Risk and protective behaviours Health 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 individuals and in populations Emerging themes Health and contexts: family, schools, work Basic themes: substance use, sexual risk behaviours, sedentarism, nutrition, violence, leisure Psychology 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	Test (at the end of the semester) on topics covered during T and TP classes (55%) Group work (written and oral presentation) in TP classes (45%)

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
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 doença para cuidados de saúde, ASA
Barros, L (2003) Psicologia pediátrica, Climepsi
Leal, I (2006) Perspectivas em Psicologia da saúde, Quarteto