

<b>ID</b>	3369
<b>Curricular Unit</b>	Health Psychology
<b>Regent</b>	Maria Celeste Rocha Simões
<b>Learning Outcomes</b>	Relation between Health and diseases To know health psychosocial determinants To understand behaviors related with health To know evaluation models and change in health
<b>Syllabus</b>	Introduction Psicology and health: history Behaviour and health Quality of life and well-being Risk and protective behaviours Heall 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
<b>Evaluation</b>	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](http://www.who.int); [www.dgs.pt](http://www.dgs.pt); [www.dgidc.min-edu.pt](http://www.dgidc.min-edu.pt); [www.hbsc.org](http://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 pediatrica, Climepsi  
Leal, I (2006) Perspectivas em Psicologia da saúde, Quarteto