

<b>ID</b>	675
<b>Curricular Unit</b>	Health Psychology
<b>Regent</b>	Celeste Simões
<b>Learning Outcomes</b>	Know health psychosocial determinants Know behaviors related with health know evaluation models and change in health Relation between Health and diseases
<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 indididuals 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>	Group work with public presentation Test

## Bibliography

### Main bibliography:

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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.  
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- 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  
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