



Detailed Course Syllabus

Academic Year	2023. / 2024.		Semester	Summer
Study Program	Graduate university study	Specialization/ Major in	For Student Incoming Mobility	Year of Study 1-2
I. BASIC COURSE INFORMATION				
Name	HEALTH PSYCHOLOGY			
Abbreviation	IZBEPSIH14	Code 251864		
Status	elective	ECTS	4	
Prerequisites	None			
Total Course Workload				
Teaching Mode	Total Hours	Teaching Mode	Total Hours	
Lectures	30			
Practice	15			
Class Time and Place	Catholic University of Croatia - according to the published schedule			

II. TEACHING STAFF				
Course Holder				
Name and Surname	Ljiljana Pačić-Turk			
Academic Degree	PhD	Professional Title	Associate Professor	
Contact E-mail	ljpturk@unicath.hr	Telephone	+385 (1) 3706 608	
Office Hours	According to the published schedule			
Associates in the course				
Name and Surname	Maja Brekalo			
Academic Degree	PhD	Professional Title	Postdoctoral Researcher	
Contact E-mail	maja.brekalo@unicath.hr	Telephone	+385 (1) 3706 635	
Office Hours	According to the published schedule			
Associates in the course				
Name and Surname	Josipa Gelo			
Academic Degree		Professional Title		
Contact E-mail	josipa.gelo@unicath.hr			
Office Hours	According to the published schedule			
III. DETAILED COURSE INFORMATION				

Teaching Language	English
Course Description	<p>The course aims: Introduction with the basic of the biopsychosocial approach to health and disease, with the role of psychological factors in the development and treatment of disease. Development of ability to apply psychological skills and techniques in everyday psychological practice.</p> <p>Course summary: Biopsychosocial model of health and disease. Definition, historical overview, field, and developmental perspective of health psychology. Health behavior and improving health. Stress and physical health. Psychosocial factors of chronic diseases. Patient's psychological difficulties in hospital. Psychology of rehabilitation. Psychological occurrence in terminal phases. The biopsychosocial approach to pain. Communication between health workers and patients.</p>
Expected Educational Outcomes	Compare different psychotherapeutic approaches. Describe the characteristics of the clinical approach. Explain the role of observation, self-observation, clinical interview, and testing in clinical practice. Apply basic principles of psychodiagnostic in clinical practice. Compare quantitative and qualitative obtained results to interpret results and write a psychological assessment. Explain the role of research in clinical practice. Identify ethical problems in the work of clinical psychologists.

Textbooks and Materials

Required	1. Havelka Meštrović, A., Havelka, M. (2020). Zdravstvena psihologija. psihosocijalne osnove zdravlja. Jastrebarsko: Naklada Slap. 2. Class materials.
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Examination and Grading

To Be Passed	Yes	Exclusively Continuous Assessment	No	Included in Average Grade	Yes
Prerequisites to Obtain Signature and Take Final Exam		Regular class attendance (attendance at least 70% of classes) Obtaining a minimum of 35% of points during classes			
Examination Manner		Continuous evaluation of student work through teaching activities Final written exam (minimum for passing the written exam is 50% of correct answers)			
Grading Manner		Way to earning points: 1. Teaching activities - 70%: <ul style="list-style-type: none"> • 1. colloquium- 50% • 2. colloquium - 20% 2. Final written exam - 30%			
		Numerical grading scale for student work: excellent (5) - 90 to 100% points very good (4) - 80 to 89.9% points			

good (3) – 65 to 79.9% points
sufficient (2) – 50 to 64.9% points
insufficient (1) – 0 to 49.9 % points

Detailed Overview of Grading within ECTS	TYPE OF ACTIVITY	ECTS points - coefficient of the student workload	GRADE PERCENT (%)
	Attending classes	1.2	0
	Colloquium	1.4	50
	Colloquium	0.56	20
	Total during class	3.16	70
	Final exam	0.8	30
	TOTAL POINTS (classes + final exam)	3.96	100

Midterm Exam Dates	8 th and 14 th term of class
Final Exam Dates	According to the published schedule

IV. WEEKLY CLASS SCHEDULE

Lectures

Week	Topic
1.	Introductory lecture.
2.	Biopsychosocial model of health and disease.
3.	Definition, historical overview, field, and developmental perspective of health psychology.
4.	Health behavior and improving health.
5.	Stress theories.
6.	Stress and physical health.
7.	Psychosocial determinants of chronic illness.
8.	Colloquium 1
9.	Patient's psychological difficulties in the hospital.
10.	Psychological rehabilitation.
11.	Psychological occurrence in terminal phases.
12.	Biopsychosocial approach to pain.
13.	Communication of health workers and patients.
14.	Colloquium 2
15.	Final lecture.

Exercises

Week	Topic
1.	Introductory lecture.
2.	Exercises within the topic of the lecture.

3.	Exercises within the topic of the lecture.
4.	Exercises within the topic of the lecture.
5.	Exercises within the topic of the lecture.
6.	Exercises within the topic of the lecture.
7.	Exercises within the topic of the lecture.
8.	Colloquium 1
9.	Exercises within the topic of the lecture.
10.	Exercises within the topic of the lecture.
11.	Exercises within the topic of the lecture.
12.	Exercises within the topic of the lecture.
13.	Exercises within the topic of the lecture.
14.	Colloquium 2
15.	Exercises within the topic of the lecture.