



## DEPARTMENT OF PSYCHOLOGY

### **PX1201 Health psychology - intermediate course, 15 credits**

Hälsopsykologi - fortsättningskurs, 15 högskolepoäng

*First Cycle*

---

#### **Confirmation**

This course syllabus was confirmed by Department of Psychology on 2020-05-28 and was last revised on 2020-09-09 to be valid from 2021-01-18, spring semester of 2021.

*Field of education:* Nursing Science 20% and Social Sciences 80%

*Department:* Department of Psychology

#### **Position in the educational system**

*Main field of studies*

Psychology

*Specialization*

G1F, First cycle, has less than 60 credits in first-cycle course/s as entry requirements

#### **Entry requirements**

Passing grade in PX1162 Health psychology 30 credits or in equivalent course.

#### **Learning outcomes**

On successful completion of the course the student will be able to:

*Knowledge and understanding*

- Explain the relationship between stress and health from a psychological perspective
- Define positive psychology as field of knowledge
- Give an account of central concepts and theories in positive psychology
- Describe evidence-based techniques and methods that promote health

*Competence and skills*

- Explain and discuss the role of body image in health of individuals
- Explain and discuss how positive psychology as a field of knowledge can be used to understand health of individuals
- Explain and discuss the application of different methods to combat stress and promote health

#### *Judgement and approach*

- Critically review research results in the field of positive psychology
- Critically review and evaluate different techniques to promote healthy habits / positive health behaviors
- Identify psychosocial health challenges and critically discuss and evaluate the application of different methods and techniques to create a positive change

#### **Course content**

The course aims to provide an in-depth understanding of the field of health psychology with a focus on socially relevant key application areas. The course consists of three modules:

#### *Sub-courses*

1. **Stress, body and health** (*Stress, kropp och hälsa* ), 5 credits  
Grading scale: Pass with Distinction (VG), Pass (G) and Fail (U)  
Module 1 gives knowledge and understanding of how stress influences health of individuals. It discusses short-term and long-term effects of stress on body and health using perspectives of health psychology. Module 1 covers psychosomatic symptoms, pain experiences, and individuals' thoughts and feelings about the body health, function and appearance to name a few.
2. **Positive psychology and health** (*Positiv psykologi och hälsa* ), 5 credits  
Grading scale: Pass with Distinction (VG), Pass (G) and Fail (U)  
Module 2 provides basic knowledge of key concepts and theories in positive psychology. It presents the history, development and philosophical basis of positive psychology. Module 2 focuses on the following subject areas: positive emotional states, positive cognitive states and processes as well as prosocial behavior. The module covers elements for creating positive environments, for example in school and work. The focus is on exploring the potential of positive psychology in understanding how health of individuals can be promoted. Special emphasis is placed on examining research results in positive psychology based on a scientific and critical approach.
3. **Application of health-promoting methods** (*Tillämpning av hälsofrämjande metoder* ), 5 credits

Grading scale: Pass (G) and Fail (U)

Module 3 provides knowledge and skills in the application of the evidence-based methods and techniques that promote health and good habits in individuals and groups. Module 3 includes practical exercises, where students are introduced to and can try a limited number of methods.

### **Form of teaching**

Teaching methods include lectures, seminars and exercises.

*Language of instruction:* Swedish

The course literature can consist of both Swedish- and English-language literature.

### **Assessment**

All teaching as well as course literature and other course material provided during the course can form basis for examination. The examination in this course is based upon written exams, group assignments, individual assignments, and active participation in all seminars. All compulsory components require active participation. Compensation for absence is made according to the course coordinator's instructions.

In the event that the course ceases/undergoes major changes, examination can be within a period of at least one year based on the courses previous layout. After that, each case will be judged individually to determine if the examination can be made according the old course syllabus. If the course completely cease can it be assessed within a year after the course has been given latest. After that, it should be considered in each individual case if an examination may take place.

A student who has failed the same examination twice by the same examiner has the right to change the examiner. The student shall submit a written request to the Department. The request shall be granted unless there are special reasons to the contrary (Chapter 6, Section 22 of Higher Education Ordinance).

A student with a recommendation for special educational support from the University of Gothenburg may receive an adapted examination or alternative examination form provided that the examiner decides it is compatible with the course objectives and it does not require unreasonable resources.

In the event where a course has been discontinued or has undergone major changes, the student is guaranteed at least three examinations (including the ordinary examination) during a period of at least one year up to two years after the course has been discontinued/changed. The same applies for internships and on-the-job trainings, but with a restriction to only one additional examination session.

**Grades**

The grading scale comprises: Pass with Distinction (VG), Pass (G) and Fail (U).

To receive a Pass (G) on Module 1 and 2, students must:

Actively participate in all group work, presentations and seminars

Pass individual written assignment

Pass group assignment

receive the grade Pass (G) on written examination

To receive a Pass with Distinction (VG) on Module 1 and 2, students must meet the above criteria and receive a Pass with Distinction (VG) on written examination.

To receive a Pass (G) on Module 3, students must:

Actively participate in all group work, presentations and seminars

Pass individual written assignment

Pass group assignment

To receive a Pass (G) as a final grade in the course, students must receive a Pass (G) on all three modules.

To receive a Pass with Distinction (VG) as a final grade in the course, students must receive a Pass with Distinction (VG) on Module 1 and 2, and a Pass (G) on Module 3.

**Course evaluation**

The course coordinator is responsible for ensuring that students are given the opportunity to provide an anonymous, written course feedback at the end of the course.

On completion of the course, the course coordinator writes a course report, which includes a summary of students' feedback. The course report is discussed in a relevant course evaluation group and is communicated to the students, who completed the course evaluation as well as to the students who are starting the course. The reports are available to students.

**Additional information**

It is the student's responsibility to make sure they have access to a computer, internet or other digital tools if necessary.