

Subject card

Subject name and code	Health psychology, PG_00148324						
Field of study	Psychology						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2027/2028		
Education level	uniform Master's studies		Subject group		Obligatory subject group in the field of study		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	3		Language of instruction		Polish		
Semester of study	6		ECTS credits		3.0		
Learning profile	academic		Assessment form		exam		
Conducting unit	Division of Clinical and Health Psychology -> Institute of Psychology -> Faculty of Social Sciences -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr Agata Rudnik				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		10.0		40.0	80
Subject objectives	The aim of the course is to understand and promote mental and physical health by studying behaviorus, thoughts, and emotions. The topics covered include: analysis of how biological, psychological, and social factors affect health and disease, promotion of healthy habits, disease prevention, psychological support for patients, research on stress, health behaviours, and quality of life.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[PSYCHJ5_K01] He/she has deeper awareness of the level of his/her knowledge and skills, he/she understands the need for continuous personal and professional development.	The student can see the connection between their own professional development and the improvement of the quality of work with patients. They also engage in activities to promote education among other professionals.	[SK2] presentation/project/paper/report [SK4] test/exam - oral or written
	[PSYCHJ5_U09] He/she is able to generate original solutions to complex psychological problems and forecast the course of their solution as well as predict the effects of planned activities in specific practical areas.	The student knows various theoretical and methodological approaches to analyzing and solving psychological problems in the field of health psychology. They also understand the complexity of health and psychological problems and the factors influencing their course.	[SU2] presentation/project/paper/report [SU4] test/exam - oral or written
	[PSYCHJ5_U02] He/she is able to use and integrate theoretical knowledge in the field of psychology and related disciplines in order to analyse complex psychological, educational, aid or therapeutic problems, as well as diagnose and design practical activities.	The student understands the connections between health psychology and other scientific disciplines and can use this knowledge to analyze health problems.	[SU2] presentation/project/paper/report [SU4] test/exam - oral or written
	[PSYCHJ5_W11] He/she has organized knowledge of ethical principles and norms and professional ethics; he/she knows the legal, organizational, and ethical conditions of the performed professional activity.	The student understands the importance of ethical standards in the work of a health psychologist and can identify them in the context of professional practice. They can also recognize situations that require the application of ethical standards and respond appropriately.	[SW4] test/exam - oral or written [SW2] presentation/project/paper/report
	[PSYCHJ5_K04] He/she identifies himself/herself with the values, goals and tasks implemented in psychological practice, he/she is characterized by caution, maturity and commitment to designing, planning and implementing psychological activities.	The student can develop a plan for psychological interventions based on biopsychosocial models and is also able to conduct a needs analysis for the patient and tailor actions to their individual needs.	[SK2] presentation/project/paper/report
	[PSYCHJ5_W02] He/she has an in-depth and expanded knowledge of the sources and the place of psychology in the system of sciences and its subject and methodological connections with other disciplines.	The student can apply an interdisciplinary approach in research and professional practice and can also use knowledge from other scientific fields to enrich their analyses and interventions in health psychology.	[SW4] test/exam - oral or written
	[PSYCHJ5_K03] He/she appreciates the importance of psychological sciences for the development of an individual and proper social ties, he/she has a positive attitude to acquiring knowledge in the field of the studied scientific discipline and building a psychologist's workshop.	The student can design and implement support programs that promote mental and physical health and can also apply psychological techniques in working with groups and individuals to, among other things, improve the quality of social relationships.	[SK4] test/exam - oral or written
	[PSYCHJ5_K02] He/she is ready to take on professional and personal challenges; he/she is active, takes the trouble and is persistent in undertaking individual and team professional activities in the field of psychology; he/she is committed to cooperation.	The student can identify typical professional challenges in health psychology and knows how to address them, understands stress management techniques, takes initiative, and actively engages in professional activities related to health psychology. They can also plan, organize, and implement individual and team activities in the field of health psychology.	[SK2] presentation/project/paper/report [SK4] test/exam - oral or written
	[PSYCHJ5_W05] Has a structured and in-depth knowledge of the specialization of psychology, including terminology, theory, and methodology.	The student can correctly define and use terminology specific to health psychology, and knows key theories and models used in health psychology, such as the biopsychosocial model, stress theories, and theories of health behaviour change.	[SW4] test/exam - oral or written

	<table><tr><th>Course outcome</th><th>Subject outcome</th><th>Method of verification</th></tr><tr><td>[PSYCHJ5_K07] He/she is sensitive to social and psychological problems, he/she is ready to communicate and cooperate with the environment, including people who are not specialists in a given field, and to actively participate in groups and organizations implementing psychological activities.</td><td>The student can identify and analyze social problems and propose appropriate solutions. They are empathetic and can effectively support individuals in difficult life situations. They can also tailor their messages to different audiences, considering their level of knowledge and needs. Additionally, they are capable of working in interdisciplinary teams, collaborating with professionals from other fields (doctors, nurses, social workers), and building relationships based on trust and cooperation.</td><td>[SK2] presentation/project/paper/report [SK4] test/exam - oral or written</td></tr></table>	Course outcome	Subject outcome	Method of verification	[PSYCHJ5_K07] He/she is sensitive to social and psychological problems, he/she is ready to communicate and cooperate with the environment, including people who are not specialists in a given field, and to actively participate in groups and organizations implementing psychological activities.	The student can identify and analyze social problems and propose appropriate solutions. They are empathetic and can effectively support individuals in difficult life situations. They can also tailor their messages to different audiences, considering their level of knowledge and needs. Additionally, they are capable of working in interdisciplinary teams, collaborating with professionals from other fields (doctors, nurses, social workers), and building relationships based on trust and cooperation.	[SK2] presentation/project/paper/report [SK4] test/exam - oral or written					
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Subject contents	1. Introduction to health psychology - definitions and basic concepts, - history and development of health psychology. 2. Models in health psychology - basic models in health psychology (including biomedical, biopsychosocial, and socio-ecological models), - biological, psychological, and social factors and their interactions. 3. Stress and its impact on health - definitions and theories of stress, physiological and psychological responses to stress, - stress coping strategies. 4. Health promotion and disease prevention - health promotion programs (health campaigns), - preventive techniques and interventions, - the role of health education in the course of selected chronic diseases. 5. Health behaviours and habits - factors influencing health behaviours, - motivation to change behaviours. 6. Psychological support for patients - psychological support techniques (including for oncology patients), - the role of the psychologist in patient care, - therapeutic interventions. 7. Quality of life and health - definitions and measurement of quality of life (including health-related quality of life), - factors influencing quality of life (including psychological resources), - interventions to improve quality of life. 8. Health psychology in clinical practice											
Prerequisites and co-requisites												
Assessment methods and criteria	<table><tr><th>Subject passing criteria</th><th>Passing threshold</th><th>Percentage of the final grade</th></tr><tr><td>Written exam</td><td>51.0%</td><td>90.0%</td></tr><tr><td>Project: Health Campaign</td><td>10.0%</td><td>10.0%</td></tr></table>	Subject passing criteria	Passing threshold	Percentage of the final grade	Written exam	51.0%	90.0%	Project: Health Campaign	10.0%	10.0%		
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Written exam	51.0%	90.0%										
Project: Health Campaign	10.0%	10.0%										
Recommended reading	Basic literature	Heszen-Celińska, I. & Sęk, H. (Eds.) (2020). <i>Health Psychology</i> . PWN.										
	Supplementary literature	Bidzan, M. (2010). <i>Infertility in the Biopsychosocial Perspective</i> . Impuls. de Walden-Gałuszeko, K. (Ed.). (2020). <i>Living with and after Cancer: A Practical Guide for Everyone</i> . PZWL. Duhigg, Ch. (2013). <i>The Power of Habit: Why We Do What We Do and How to Change It in Life and Business</i> . PWN. Rudnik, A. (2019). <i>Gut-Brain-Gut: Psychological Resources and Quality of Life in Patients with Gastrointestinal Diseases</i> . University of Gdańsk Publishing. Ziarko, M. (2015). <i>Coping with the Stress of Chronic Illness</i> . Adam Mickiewicz University Press in Poznań.										
	eResources addresses											
Example issues/ example questions/ tasks being completed	Propose psychological interventions based on psychological resources for individuals coping with a chronic illness.											
Work placement	Not applicable											

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