



<b>Study program:</b> Integrated Academic Studies in Medicine			
<b>Subject name:</b> Health Psychology			
<b>Teachers:</b> Vojislava V. Bugarski Ignjatović, Tatjana Z. Krstić, Valentina D. Šobot, Nina R. Brkić Jovanović			
<b>Subject status:</b> elective			
<b>Number of ECTS:</b> 3			
<b>Preconditions:</b> -			
<b>Course goals:</b> Students will gain knowledge of the significance in relationship between psychology and medicine, as well as about the role of psychological constructs in the health care settings. They will acquire knowledge about the influence of psychological factors and the importance of stress in the onset of psychosomatic diseases. They will also gain knowledge of possible ways in overcoming stress and pain management. They will also be acquainted with current tendencies in interdisciplinary approaches (e.g. psychoneuroimmunology, psychooncology). They will master the knowledge that will enable them to recognize the burnout syndrome at work, along with appropriate strategies of how to overcome it.			
<b>Subject outcomes:</b> After completing this course it is expected that students will be able to: <ul style="list-style-type: none"> <li>- Know and understand the definition of health psychology and the theoretical models on which it is based (biomedical; psychosomatic, biopsychosocial model).</li> <li>- Understand the psychological aspects of illness and health</li> <li>- Recognize different psychological reactions to symptom, illness, and importance of seeking professional help and social support</li> <li>- Understand the role of stress in the onset of psychosomatic diseases and possible ways in overcoming stress</li> <li>- Recognize the role of personological factors in experiencing and managing pain (acute and chronic pain states)</li> <li>- Understand the psychological aspects of serious illnesses and terminal conditions (e.g. cancer, AIDS, etc.),</li> <li>- Understand the health psychology concepts in different periods of life (childhood, adolescence, adulthood and older life)</li> <li>- Understand the psychological aspects of hospitalization in patients of different ages</li> <li>- Understand and recognizes the phenomenon of burnout syndrome at work</li> </ul>			
<b>Course content:</b> <i>Theoretical education</i> Defining health psychology (biomedical, psychosomatic and biopsychosocial model). Stressogenic life events. Stress management and social support. Psychosomatic diseases (asthma, obesity, addiction diseases, arthritis, diabetes, psychogenic headaches, heart disease and hypertension, irritable colon, etc.). Chronic fatigue syndrome. Experiences of pain and pain management. Health psychology in different periods of life (childhood, adolescence, adulthood and older life). Psychoneuroimmunology. Psychosocial oncology. Placebo. Burnout syndrome at work.  <i>Practical education</i> Health behavior and change, as well as coping mechanisms and coping with illness. Understanding the relationship between stress and disease. Psychological approach and interventions for patients with different chronic and acute diseases. Pain management (psychological treatment of pain). Understanding the relationship between patient and healthcare provider. Understanding the principles of establishing healthy habits at different ages. Factors that influence the development of healthy habits and healthy lifestyles. Relationship between social support and health. A review of models and strategies of health behavior change aimed at reducing health problems. Recognizing the symptoms of burnout syndrome and acquiring strategies to overcome it.			
<b>Literature</b> <i>Compulsory</i> 1. Albery I, Munafò M. Key concepts in health psychology. London: Sage, 2008. (selected chapters) 2. Baum A, Newman S, Weinman J, McManus C, West R. (Eds.). Cambridge handbook of psychology, health and medicine. New York: Cambridge University Pres, 1997. (selected chapters)			
<b>Number of active classes</b>	<b>Theoretical lectures:</b> 30		<b>Practical exercises:</b> 15
<b>Teaching methods:</b> Lectures, interactive teaching, reviewing and analyzing case studies, seminar papers, consultations			
<b>Student activity assessment (maximally 100 points)</b>			
<b>Pre-exam activities</b>	<b>points</b>	Final exam	<b>points</b>

Activity during lectures	10	Written exam	60
Practical exercises	10	Oral exam	-
Colloquium	20		
Essay	-		