

COURSE OUTLINE

(1) GENERAL

SCHOOL	SCHOOL OF SOCIAL SCIENCES		
ACADEMIC UNIT	DEPARTMENT OF PSYCHOLOGY		
LEVEL OF STUDIES	PRE-GRADUATE		
COURSE CODE	Ψ4602	SEMESTER	6th
COURSE TITLE	RESEARCH AND PRACTICE TOPICS IN HEALTH PSYCHOLOGY		
INDEPENDENT TEACHING ACTIVITIES <i>if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits</i>	WEEKLY TEACHING HOURS	CREDITS	
LECTURES, TRAINING IN NEW SKILLS	3	6	
Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).			
COURSE TYPE <i>general background, special background, specialised general knowledge, skills development</i>	SKILLS DEVELOPMENT (WORKSHOP)		
PREREQUISITE COURSES:	As described for all workshops in the Study Guide.		
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	GREEK		
IS THE COURSE OFFERED TO ERASMUS STUDENTS	NO		
COURSE WEBSITE (URL)	https://elearn.uoc.gr/course/view.php?id=113		

(2) LEARNING OUTCOMES

<p>Learning outcomes</p> <p><i>The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.</i></p> <p>Consult Appendix A</p> <ul style="list-style-type: none"> • Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area • Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B • Guidelines for writing Learning Outcomes
<p>The aim of this workshop is to present and elaborate together with the students, special interest research and/or practice topics in health psychology. The workshop specific focus will be amended every few years, according to new developments in the research and practice of health psychology. Currently, the focus of the workshop is on stress management and its use in illness-related psychological interventions. Specifically, the workshop emphasizes (a) the use of stress management techniques for facilitating adaptation to chronic illness, and (b) the development of stress-management programs tailored to the needs of individual patients and patient groups.</p> <p>On the successful completion of the course students are expected to have...</p> <ol style="list-style-type: none"> 1. been familiarized with the basic stress management techniques, 2. understood the ways of using stress management in chronic illness-related interventions, 3. realized the appropriate methods for developing tailored stress management programs.
<p>General Competences</p> <p><i>Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?</i></p> <p><i>Search for, analysis and synthesis of data and information, Project planning and management</i></p>

<i>with the use of the necessary technology</i> <i>Adapting to new situations</i> <i>Decision-making</i> <i>Working independently</i> <i>Team work</i> <i>Working in an international environment</i> <i>Working in an interdisciplinary environment</i> <i>Production of new research ideas</i>	<i>Respect for difference and multiculturalism</i> <i>Respect for the natural environment</i> <i>Showing social, professional and ethical responsibility and sensitivity to gender issues</i> <i>Criticism and self-criticism</i> <i>Production of free, creative and inductive thinking</i> <i>Others...</i>
<p>Search for, analysis and synthesis of data and information, with the use of the necessary technology. Decision making. Project planning and management. Team work. Respect for difference. Criticism and self-criticism.</p>	

(3) SYLLABUS

1. Stress and stress management: basic concepts and definitions.
2. Techniques for the management of psychophysical arousal (guided imagery, autogenic-training, progressive relaxation).
3. Problem solving strategies.
4. Cognitive techniques and strategies in stress management.
5. Development of tailored stress-management programs.

(4) TEACHING and LEARNING METHODS - EVALUATION

DELIVERY <i>Face-to-face, Distance learning, etc.</i>	Face-to-face		
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY <i>Use of ICT in teaching, laboratory education, communication with students</i>	<p>Use of ICT in teaching.</p> <p>Use of e-class for the support of teaching and the achievement of learning outcomes, and for communicating with students.</p>		
TEACHING METHODS <i>The manner and methods of teaching are described in detail.</i> <i>Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc.</i> <i>The student's study hours for each learning activity are given as well as the hours of non-directed study according to the principles of the ECTS</i>	Teaching methods	Workload	ECTS Credits
	Lectures/meetings	39 hours, (13 meetings x 3 h)	1,56
	Written report preparation	45 hours	1,80
	Homework	35 hours	1,40
	Preparation for the oral (in-class) presentation	16 hours	0,64
	Homework and report feedback	3 hours	0,12
	Total	138 hours	6
STUDENT PERFORMANCE EVALUATION			

<p><i>Description of the evaluation procedure</i></p> <p><i>Language of evaluation, methods of evaluation, summative or conclusive, multiple choice questionnaires, short-answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other</i></p> <p><i>Specifically-defined evaluation criteria are given, and if and where they are accessible to students.</i></p>	<p>Team written report (literature review with a special emphasis on relevant research findings; 8000-10000 words; 70% of the final grade).</p> <p>Homework reports (delivered at the end of the semester; 15% of the final grade).</p> <p>Oral in-class presentation and discussion of the report (15% of the final grade).</p> <p>Language of evaluation: Greek.</p>
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(5) ATTACHED BIBLIOGRAPHY

- Contrada, R.J., & Baum, A. (Eds.) (2011). *The handbook of stress science*. New York: Springer.
- Lehrer, P.M., Woolfolk, P.L., & Sime, W.E. (Eds.) (2007). *Principles and practice of stress management* (3rd edition). New York: Guilford.
- Notes from the instructor.