

COURSE OUTLINE

1. GENERAL

FACULTY		SOCIAL SCIENCES	
DEPARTMENT		PSYCHOLOGY	
LEVEL OF STUDY		Undergraduate	
COURSE CODE	Ψ4611	SEMESTER OF STUDY	E (5th)
COURSE TITLE	Techniques and research in substance-use behaviour change		
COURSE MANAGER	Panagiotis Spanakis		
SCIENTIFIC SPECIALIZATION	E.D.I.P (Addiction Psychology)		
INDEPENDENT TEACHING ACTIVITIES		WEEKLY TEACHING HOURS	CREDITS
Lectures, Laboratory Exercises, Practical Training in Experimental Techniques		3	6
COURSE TYPE	Skills Development		
PREREQUISITES COURSES:	Research Methodology in Social Sciences I		
LANGUAGE OF INSTRUCTION AND EXAMINATIONS:	Greek		
THE COURSE IS OFFERED IN ERASMUS STUDENTS	No		
COURSE WEBSITE (URL)	https://elearn.uoc.gr/course/view.php?id=3582		

2. LEARNING OUTCOMES

Learning Outcomes
<p><i>The Workshop focuses on addictive behaviours (e.g. smoking, alcohol use, illegal drug use, problematic internet use, etc.) in the context of Public Health and prevention and promotion policies and services.</i></p> <p><i>The aim is for students to improve their knowledge and become familiar with:</i></p> <ul style="list-style-type: none"> - Basic theories and research for understanding, predicting and changing substance use behaviours. - The basic theories and techniques for creating, communicating and disseminating public messages promoting health and reducing substance use behaviours. - The use of new technologies to effectively promote, prevent and change substance use behaviours. - Research methods for evaluating the effectiveness of tools for the promotion, prevention and change of substance use behaviours.
General Competencies

- Search, analyze and synthesize data and information, using the necessary technologies
- Data analysis
- Autonomous work
- Teamwork
- Generation of research ideas
- Design and management of experimental projects
- Promoting free, creative and inductive thinking

3. COURSE CONTENT

1. Introduction
2. The concept of addiction.
3. Digital tools for substance-use behaviour change (e.g. smartphone applications).
4. Substance-use behaviour assessment tools (e.g. substance use diary).
5. Application of Health Behaviour Models and Behaviour Change Models in substance use behaviours.
6. Practical training in operationalizing substance use behavioural models.
7. Creating promotional materials for substance use behaviour change.
8. Research methods for testing the efficacy of digital tools for substance-use behaviour change.
9. Issues of public health policy applied to substance use behaviours.
10. Putting together and presenting a research proposal.

4. TEACHING AND LEARNING METHODS - ASSESSMENT

DELIVERY METHOD	In person		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of ICT in teaching. Support of the learning process through the electronic platform e-learn.		
TEACHING ORGANIZATION	<i>Activity</i>	<i>Semester Workload</i>	<i>ECTS credits</i>
	Lectures	36	1,44
	<i>Preparation of research exercise and individual study</i>	45	1,80

	<i>Conducting a research exercise</i>	45	1,80
	<i>Analysis data and Final presentation</i>	30	1,20
	<i>Total Course</i>	<i>156</i>	<i>6,24</i>
STUDENT EVALUATION	<ul style="list-style-type: none"> - Participation and completion of laboratory exercises (30%) - Extensive research summary in scientific conference standards (40%) - Presentation of a research proposal according to the standards of a scientific conference (30%) 		

5. RECOMMENDED-BIBLIOGRAPHY

International peer reviewed literature