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|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty** | **Faculty of Philosophy** |
| **GENERAL INFORMATION** |
| Study program  | **Psychology** |
| Study Module (if applicable) |  |
| Course title | **Health psychology** |
| Level of study | ☐Bachelor **x Master’s** ☐ Doctoral |
| Type of course | ☐Obligatory **x Elective** |
| Semester  | **x Autumn** ☐Spring |
| Year of study  | **first** |
| Number of ECTS allocated | **5** |
| Name of lecturer/lecturers | **Marina Hadži Pešić, Damjana Panić** |
| Teaching mode | **xLectures**☐Group tutorials ☐ Individual tutorials☐Laboratory work ☐ Project work **x Seminar**☐Distance learning ☐ Blended learning ☐ **Other** |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** |
| Adopting basic knowledge in Health psychology and somatic medicine, i.e. knowledge about relationship between body and psyche. Adopting knowledge about diseases that have psychological risk factors in the etiology, and about psychological factors, such as stress and negative emotions, which may be important in disease’s occurrence and course. The aim of the course is to train psychologist to be the equal member in the team that is engaged in treatment and rehabilitation of somatic patients.  |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| Psychologist will be introduced in planning and conducting preventive work in educational purposes, in basic principles of work with patients with chronic diseases that are followed by negative emotional states, as well as in patents’ preparation for different medical interventions.Main topics of the course are: Introduction to Health psychology (subject, history, relationship between body and psyche), Introduction to the biopsychosocial approach and different theories of development psychosomatic disorders. Introduction to Franc Alexander, Piter Sifneos, Flanders Dunbar, Pier Marti regards to the psychosomatic disease. Understanding the relationship between health and behavior, negative emotions, stress and immune functions, as well as the role of copying styles in chronic diseases. Introduction and understanding importance of psychological preparation for different somatic interventions, hospitalization, operations and planning it according to the needs of singular patient, as well as understanding the role of psychologist in interdisciplinary team for treatment patients. Prevention and treatment burnout syndrome in medical stuff. |
| **LANGUAGE OF INSTRUCTION** |
| **xSerbian** (complete course) ☐ English (complete course) ☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **ASSESSMENT METHODS AND CRITERIA** |
| **Pre exam duties** | **Points** | **Final exam** | **points** |
| **Activity during lectures** | **10** | **Written examination** | **50** |
| **Practical teaching** | **20** | **Oral examination** |  |
| **Teaching colloquia** | **20** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |