

Faculty of Medicine / APPLIED PHYSIOTHERAPY / HEALTH PSYCHOLOGY

Course:	HEALTH PSYCHOLOGY			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
1127	Mandatory	1	4	3+1+0
Programs	APPLIED PHYSIOTHERAPY			
Prerequisites	There are no requirements for registering and listening to the subject.			
Aims	Students should acquire the knowledge necessary to understand the bio-sociopsychological approach to health and disease and the application of psychological techniques in the diagnosis and treatment of somatic diseases and in improving adaptation to chronic diseases, as well as to recognize psychological reactions during illness and to provide psychological help and support to the patient and his family.			
Learning outcomes	It is expected that the student after passing the examination in this subject will be able to: 1. Explain biosociopsychological approach to health and disease 2. Describe mechanisms of action of stress on the development and outcomes of health problems 3. Analyze the complexity of the relationship of psychological factors and the experience of pain 4. Realize the impact of disabling health conditions on the patient and his family 5. Name and explain the factors that influence patient adherence to physiotherapy and sources of problems in relation to the patient-therapist 6. Explain how psychological methods and principles can contribute to the maintenance of health, treatment and rehabilitation.			
Lecturer / Teaching assistant	Nevenka Pavličić, Ph.D. and Assoc. Dr. Novak Lakićević			
Methodology	Lectures. Preparation of seminar papers. Consultations. Studying for colloquiums and the final exam.			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	Introduction to psychology			
I week exercises	Recognizing the importance of practicing psychology, determining the field of application.			
II week lectures	Methods and techniques of psychology. Branches of psychology.			
II week exercises	Practicing psychology methods in health psychology.			
III week lectures	Organic basis of psychic life.			
III week exercises	Connecting certain segments of psychic life with the organic basis.			
IV week lectures	Perception. Perceptual disorders. Division of seminar papers.			
IV week exercises	Differentiation of the types of perception disorders and the way they occur.			
V week lectures	Learning and memory. Memory disorders. Delivery of seminar papers.			
V week exercises	Differentiation of certain memory disorders from practice.			
VI week lectures	I colloquium.			
VI week exercises	Dynamics of work in a team.			
VII week lectures	Emotions. Emotional disorders.			
VII week exercises	Recognition of emotions and constructive ways of working when treating the patient.			
VIII week lectures	Personality. Personality types. Personality disorders. Division of seminar papers.			
VIII week exercises	Linking personality types and treatment methods.			
IX week lectures	Psychological problems of hospitalization. Delivery of seminar papers.			
IX week exercises	How to prevent hospitalism.			
X week lectures	Stress and its overcoming.			
X week exercises	Prevention of stress in professional work - personal experiences.			
XI week lectures	Alcoholism and drug addiction. Psychological aspects of alcoholism and drug addiction.			
XI week exercises	Exercises: Possible complications of alcoholism and drug addiction in the patient-therapist dynamic.			
XII week lectures	II colloquium.			
XII week exercises	Assertive communication with the patient and team members.			

XIII week lectures	Pain and psychological techniques for overcoming it.					
XIII week exercises	Demonstration of relaxation techniques.					
XIV week lectures	Psychological problems of chronic diseases.					
XIV week exercises	Ways of adaptation and mechanisms of overcoming difficulties.					
XV week lectures	The patient and his environment.					
XV week exercises	Communication with the patients family.					
Student workload	In the semester Teaching and final exam: (5.33 hours) x 16 = 85.33 hours Necessary preparations before the beginning of the semester (administration, registration, certification): (5.33 hours) x 2 = 10.66 hours Total workload for the course: 4 x 30 = 120 hours Load structure: 85.33 hours (classes and final exam) + 10.66 hours (preparation) + 24 hours (supplementary work).					
Per week			Per semester			
4 credits x 40/30=5 hours and 20 minuts 3 sat(a) theoretical classes 0 sat(a) practical classes 1 excercises 1 hour(s) i 20 minuts of independent work, including consultations			Classes and final exam: 5 hour(s) i 20 minuts x 16 =85 hour(s) i 20 minuts Necessary preparation before the beginning of the semester (administration, registration, certification): 5 hour(s) i 20 minuts x 2 =10 hour(s) i 40 minuts Total workload for the subject: 4 x 30=120 hour(s) Additional work for exam preparation in the preparing exam period, including taking the remedial exam from 0 to 30 hours (remaining time from the first two items to the total load for the item) 24 hour(s) i 0 minuts Workload structure: 85 hour(s) i 20 minuts (cources), 10 hour(s) i 40 minuts (preparation), 24 hour(s) i 0 minuts (additional work)			
Student obligations			Students are required to attend classes, to work and submit seminar papers and to do both colloquiums.			
Consultations			After the lecture, with prior notice.			
Literature			D. Berger, Health Psychology, Center for Applied Psychology, Belgrade, 1997 Mladen Havelka, Health Psychology, Jasterebarsko Slap 2002 N. Roth: General psychology, Institute for textbooks and teaching aids, Belgrade, 1988.			
Examination methods			2 seminar papers are evaluated with a maximum of 5 points (each paper with 2.5 points); 2 colloquiums are evaluated with a maximum of 40 points (each colloquium with a maximum of 20 points); the final exam is evaluated with a maximum of 50 points; A passing grade is obtained if a cumulative minimum of 50 points is collected.			
Special remarks			Lectures will be held every other week.			
Comment			None.			
Grade:	F	E	D	C	B	A
Number of points	less than 50 points	greater than or equal to 50 points and less than 60 points	greater than or equal to 60 points and less than 70 points	greater than or equal to 70 points and less than 80 points	greater than or equal to 80 points and less than 90 points	greater than or equal to 90 points