

Questions approfondies de psychologie de la santé

Titulaire

Ann DESMET (Coordonnateur)

Mnémonique du cours

PSYC-E4073

Crédits ECTS

5 crédits

Langue(s) d'enseignement

Anglais

Période du cours

Deuxième quadrimestre

Campus

Solbosch

- Understand and apply the role of emotion in health behavior;
- Understand and apply the role of physical and social environmental determinants in health behaviors;
- Knowing how to frame messages, use humour, etc., communicate on health behaviors to influence healthy lifestyles;
- Recognize the theoretical components of digital interventions to change health behavior;
- Know how to change group behavior, social norms, social support for healthy behavior;
- Understand and apply methods of forming habits and creating behavioral automaticity.

Pré-requis et co-requis

Connaissances et compétences pré-requis

A good level of oral and reading skills in English is needed.

Méthodes d'enseignement et activités d'apprentissages

Flipped classroom lessons, seminar in small groups.

Références, bibliographie et lectures recommandées

Bibliographic references provided to students

Autres renseignements

Lieu(x) d'enseignement

Solbosch

Contact(s)

Ann DeSmet – Ann.DeSmet@ulb.be, secrétariat Sarah Verleyen – Sarah.Verleyen@ulb.be

Méthode(s) d'évaluation

Autre, Travail de groupe et Rapport écrit

Méthode(s) d'évaluation (complément)

Evaluation in 1st session: Group work (continuous evaluation); "peer assessment"; reflection report (individual). There is no exam for this course.

Not possible to do an evaluation in the 2nd session

Contenu du cours

This course is **completely** conducted in **English**.

The course includes three major themes: 1. Understanding and predicting health behaviors; 2. Changing health behaviors; 3. Maintain health behavior.

This course uses a seminar approach and a flipped classroom method. This means that all lessons will take place over 2.5 days, with mandatory attendance. You will be asked to read material (in English) in preparation for the course. During the seminar, you will receive oral instructions, watch videos, work on cases, have group discussions and present your group work at the end of Days 1 and 2.

The course uses continuous assessment. A peer assessment is carried out to take into account individual contributions during the group task. After the seminar, you will be asked to complete a personal reflection report (eg, what did you learn, how will you apply it). Attendance is mandatory. If the student is not present for the entire 2.5 days (unless justified absence), the student can no longer participate or pass this course. There is no second session possible for this course. Due to the highly interactive nature of the course, enrolment is limited to 20 students.

Objectifs (et/ou acquis d'apprentissages spécifiques)

This course aims to acquire an in-depth knowledge of theoretical models in health psychology and the ability to apply this knowledge to real-life cases. Upon successful completion of this course, students can:

- Define what health and health psychology are in accordance with current theoretical models;
- Understand what are the main socio-cognitive determinants of health-related behavior and apply theoretical models to a particular case;

Construction de la note (en ce compris, la pondération des notes partielles)

2 group exercises will have to be carried out, each exercise will be marked out of 8. The peer assessment will be taken into account for the student's individual mark. The individual reflection report to be submitted after the seminar will be marked out of 4. **Attendance is mandatory.** After one unjustified absence, the student can no longer participate or pass this course.

Langue(s) d'évaluation principale(s)

Anglais

Programmes

Programmes proposant ce cours à la faculté de Psychologie, des Sciences de l'Education et de Logopédie

MA-PSYC | Master en sciences psychologiques | finalité

Psychologie clinique et psychopathologie/bloc 2, finalité Approfondie/
bloc 1 et finalité Approfondie/bloc 2