UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Health Psychology

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Health Psychology (20325)

5. Scientific Area

6. Curricular Year

3rd

7. Type of Curricular Unit / Semester

2nd Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	20,00

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora ANA DANIELA BARRETO ALEIXO

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

The main objectives of the Health Psychology curricular unit are to identify and characterize the activity of the clinical health psychologist in this field.
Know the concept of health and healthy lifestyle in its sociocultural aspects, in its differences related to gender and age or level of development.
Identify key concepts in the psychological determinants of adopting healthy behaviors and lifestyles.
Know the models of change.

15. Specific Objectives

1. Promote knowledge about the theoretical foundations of health psychology, counseling;
2. Application of clinical psychology in health contexts, namely intervention specificities and techniques used
3. Understand and articulate the theoretical concepts of the discipline (psychotherapy, counseling, psychoeducation, health promotion, ecological perspective, health education, lifestyles, quality of life, risk behaviors and healthy behaviors)
4. Know and understand the Models and Theories in He

16. Skills to be acquired

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Acquisition of knowledge in terms of the activity of the clinical health psychologist. Application of this knowledge in specific health contexts.
Acquisition of knowledge about intervention techniques suitable for different contexts.
Acquisition of skills at the level of intervention programs in this area.
Acquire skills in order to characterize, understand and analyze problem situations in the adoption of healthy lifestyles.

17. Teaching Methodology

Theoretical-practical classes are conceptual exposition and will consist of direct applications of what was discussed to the reality of the intervention, through the presentation of specific cases and situations and the analysis of material carried out in groups.

18. Course Unit Program

1. Introduction to Health Psychology
How did Health Psychology appear?
Definitions of Health and Health Psychology
Promotion, Psychoeducation and Counseling: the role of the health psychologist
Different intervention populations: developmental and ecological perspective
Health intervention contexts, at the level of the Health Center, Hospital, School and Community
Study of psychological, social and physical disturbances, risky behavior and unhealthy lifestyles. Deepening of the most common situations in health contexts. Characterization and application of the most appropriate techniques for each situation.

2. Behavior and Health
Ecological Perspective in the field of health and clinical psychology
Health psychology and clinical psychology
Health Behaviors: models of change (individual, interpersonal and community models)
Behaviors and Health Promotion
Quality of life
Healthy lifestyles across the lifecycle
Risk and protective behaviors and contexts
The Change in Health Psychology
Functional analysis of problem situations
Problem-focused intervention
Intervention levels
Specific applications in the field of mental health
Specific applications in the area of changing attitudes and adopting healthy lifestyles
Interventions of the Health Psychologist in an Institution
Psychologist interventions in the community

3. Introduction to the study of the design, implementation and evaluation of prevention programs

19. Assessment Methods

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The evaluation of the Health Psychology subject will be done through a Frequency or Final Exam, two written points and a written work with oral presentation elaborated in group taking into account the frequency and participation in the classes, for those students who choose the regime The evaluation, described in the General Evaluation Regulation of Universidade Lusíada.

20. Didactic Resources

Use of practical cases, interactive methods and multimedia material and reference publications on the subject.

21. Sustainability Objectives

3 - Quality in Health
4 - Quality in Education

22. Keywords

Health Psychology
health promotion
Quality of life
Life styles
Health promoting
Behaviors Risk

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23. Main Bibliography

Author(s): Isabel Leal e José Luís Pais Ribeiro
Title: Manual de Psicologia da Saúde
Edition: 1ª Year: 2021
Local: Lisboa
Publisher: PACTOR
ISBN Code:

Author(s): Deborah Fish Ragin
Title: Health Psychology: An Interdisciplinary Approach
Edition: 3th Year: 2017
Local: NY
Publisher: Routledge
ISBN Code:

Author(s): Jane Odgen
Title: Health Psychology
Edition: 7th Year: 2023
Local: UK
Publisher: Open University Press
ISBN Code:

24. Complementary Bibliography

Author(s): Andrew Baum,Tracey A. Revenson,Jerome Singe
Title: Handbook of Health Psychology
Edition: 2th Year: 2012
Local: NY
Publisher: Taylor e Francis group
ISBN Code:

Author(s): Jane Odgen
Title: Health Psychology
Edition: 6th Year: 2019
Local: London
Publisher: McGraw Hill
ISBN Code:

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PSICOLOGIA DA SAÚDE': Academic Year 2025/2026
Autor / Author	Prof. Doutora ANA DANIELA BARRETO ALEIXO
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Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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