UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
DEEPEN ISSUES IN APPLIED PSYCHOLOGY II

Academic Year 2025/2026

## 1. Organic Unit

Institute of Psychology and Educational Sciences (3rd cycle)

## 2. Course

APPLIED PSYCHOLOGY: HEALTH AND WELL-BEING

## 3. Cycle

3rd

## 4. Course Unit

DEEPEN ISSUES IN APPLIED PSYCHOLOGY II (I9004)

## 5. Scientific Area

## 6. Curricular Year

1st

## 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
Tutorial Guidance:

## 9. ECTS Credits

6,00

## 10. Scientific Area Coordinator

## 11. Regent

Prof. Doutor ANTÓNIO MARTINS FERNANDES REBELO

## 12. Assistants

## 13. Teaching Language

Portuguese

## 14. General Objectives

romoting skills in critical analysis, evaluation and synthesis of new and complex ideas in the field of Applied Psychology in Health and Well-being
Presentation and exploration of various thematic areas in the field of applied psychology where research questions can be identified

## 15. Specific Objectives

Delimitation of objects of study for investigation
Review procedures for bibliographical research and literature review in the delimited areas
Help students define an object of study and present the current state of literature and research in that content area

## 16. Skills to be acquired

Understanding of approaches, theories, models relevant to PA-SBE;
Systematic understanding of specific PA-SBE phenomena (relevance, dimensions involved, underlying processes, etc);
Integration of recent empirical evidence in updating the conceptual grids of specific phenomena of PA-SBE;
Understanding the current challenges for research into specific phenomena of PA-SBE;



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## 17. Teaching Methodology

Expository methodologies and reflective/corrective feedback.
Thematic seminars will include structured presentations of approaches, theories, models and studies that promote a deeper understanding of PA-SBE phenomena. At the same time, students will have to read the sources recommended in each thematic seminar and carry out their own research into scientific articles on a specific phenomenon in order to develop a written review on the subject.

## 18. Course Unit Program

1) Human development and systems theory Applications of the biopsychosocial model to human development; Application of systems theory to various contexts and populations; Non-linearity of development and functioning; Public policies for human development;
2 Psychobiological approach to personality and psychosocial functioning; Integrative psychobiological models of personality; Stability and change of personality throughout life; Expressions of personality in specific processes;
3. socio-emotional competences, emotions, health and well-being (BE); emotion-cognition-context interactions; Promoting socio-emotional competences throughout the life cycle and through different populations and contexts Involvement with roles/contexts (school,
global sustainability);
4. Health, Quality of Life (QoL) and Well-being (WB): From deficit to positive aspects of functioning; Personality, health, QoL and WB; Person-centred approaches PD-PSBE Promoting health,

## 19. Assessment Methods

Students must attend at least 70% of their classes. In addition, at the end of the course
they must submit a written assignment in which they describe a structured review of the state of knowledge in a specific phenomenon of Applied Psychology in Health and Well-being. This work must fall within one of the
of one of the Thematic Areas

## 20. Didactic Resources

Scientific literature databases;
Room, computers with internet connection and video projector;
Paper documents and study books on the central models of psychology

## 21. Sustainability Objectives

The programme's objectives should have the possibility of being repeated throughout the student's career.
Each student's research will aim to develop a theory that contributes to the development of a science of quality of life

## 22. Keywords

Applied Psychology in Health and Well-Being
Human Development
Quality of life



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## 23. Main Bibliography

Author(s): Kosla, Meetu
Title: Understanding the Psychology of Health and Well Beeing
Edition: 1ª Year: 2022
Local:
Publisher: Stage Publication
ISBN Code:

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Author(s): Dallos, R; Vetere, A.
Title: Systemic Theory and Attachement Narratives
Edition: 2ª Year: 2021
Local:
Publisher: Routledge
ISBN Code:

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Author(s): Sirgy, M.;
Title: The Psychology of Quality of Life: Wellbeing and Positive Mental Health
Edition: 3ª Year: 2021
Local:
Publisher: SPringer
ISBN Code:

## 24. Complementary Bibliography

Author(s): Sirgy, M.
Title: Positive Balance: A Theory of Wellbeing and Positive Health
Edition: 2ª Year: 2020
Local: USA
Publisher: Springer
ISBN Code:

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Author(s):
Title:
Edition: Year:
Local:
Publisher:
ISBN Code:

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| Ficha técnica MIP / MIP Datasheet | |
|---|---|
| Título / Title | Course Unit Program 'QUESTÕES APROFUNDADAS EM PSICOLOGIA APLICADA II': Academic Year 2025/2026 |
| Autor / Author | Prof. Doutor ANTÓNIO MARTINS FERNANDES REBELO |
| Classificação / Classification | - |
| Descritores / Descriptors | - |
| Colaborador(es) / Colaborator(s) | - |
| Data Hora / Date Time | |
| Formato de dados / Data Format | Texto / Text, PDF |
| Estatuto de utilização / Usage | Acesso público / Public Access |
| Relação / Relation | Version 1,0 |

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