



Subject card

Subject name and code	Why wellbeing matters?						
Field of study	Health Psychology						
Date of commencement of studies	February 2023	Academic year of realisation of subject			2022/2023		
Education level	graduate studies	Subject group			Obligatory subject group in the field of study Subject group related to scientific research in the field of study		
Mode of study	Full-time studies	Mode of delivery			online		
Year of study	-----	Language of instruction			English		
Semester of study	-----	ECTS credits			2.0		
Learning profile	general academic / practical profile	Assessment form			assessment		
Conducting unit	Faculty of Social Sciences UG						
Name and surname of lecturer (lecturers)	Subject supervisor		Agata Rudnik				
	Teachers						
Lesson type and method of instruction	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0 E-learning source addresses:						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan	Participation in consultation hours	Self-study	SUM		
	Number of study hours	30	0	20	50		
Subject objectives	The emphasis on this course is on learning how health is affected by the psychological condition of individuals of all ages and how to improve mental, emotional, social and physical wellbeing. Both mental and medical care will be included. The program is designed to establish a pattern and skills to pursue a lifestyle which will help to promote the health and wellbeing of the next generation. Students will also have the unique opportunity to develop and combine habits and strategies in the cooperation with academic and business environment.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[K7_U71] is able to apply knowledge from humanistic, social, economic or legal sciences in order to solve problems		The emphasis on this course is on learning how health is affected by the psychological condition of individuals of all ages and how to improve mental, emotional, social and physical wellbeing. Both mental and medical care will be included. The program is designed to establish a pattern and skills to pursue a lifestyle which will help to promote the health and wellbeing of the next generation. Students will also have the unique opportunity to develop and combine habits and strategies in the cooperation with academic and business environment.		SU1: Evaluation of task completion SU2: Evaluation of information analysis skills SU3: Evaluation of the ability to utilize knowledge gained from the course SU4: Ability to use methods and tools SU5: Evaluation of the ability to present the results of the task completion		
	[K7_K71] is able to explain the		At the end of the course the		SK1: Evaluation of group work		

	<p>need to apply knowledge from humanistic, social, economic or legal sciences in order to function in a social environment</p>	<p>participants should:</p> <ul style="list-style-type: none"> - Develop an understanding and appreciation of the complex interplay between one's physical well-being and a variety of biological, psychological, and social factors. - Be able to design programs to improve one's own and others' personal health habits and lifestyles. - Learn how psychological research methods, theories, and principles can be applied to enhance biomedical approaches for promoting health and treating illness - Conduct an analysis of your experience in a health care system. - Be able to offer guidance on how to develop effective health habits and lifestyles Social competence - Be able to describe good practices in terms of relationships between patients and practitioners - Be able to encourage others to achieve health and wellbeing goals 	<p>skills</p> <p>SK2: Evaluation of work progress</p> <p>SK3: Evaluation of work organizational skills</p> <p>SK4: Evaluation of communication skills, including linguistic correctness</p> <p>SK5: Evaluation of problem-solving skills in practice.</p>
	<p>[K7_W71] has general knowledge in humanistic, social, economic or legal sciences, including their fundamentals and applications</p>	<p>The course is to help the student to:</p> <ul style="list-style-type: none"> - Discover how psychological methods and principles can be applied to help patients manage and cope with chronic illness, - Be aware of the impact that chronic illnesses have on patients and their families. - Study individuals who are remaining healthy - Learn the nature of the stress response and its impact in the etiology and course of many health problems 	<p>SW2: Evaluation of knowledge contained in the presentation</p> <p>SW3: Evaluation of knowledge contained in the textual and project work</p>
<p>Subject contents</p>	<ol style="list-style-type: none"> 1. Mental, emotional, social and physical wellbeing 2. Stress, pain, fatigue and how to effectively cope with (stress management and introduction to mindfulness, biofeedback and relaxation training) 3. Healthcare and chronic illness (the recovery, rehabilitation, and psychosocial adjustment of patients with serious health problems) 4. Psychoneuroimmunology 5. Food and health (factors underlying health habits and lifestyles) 6. Relationships and sexual health (including cultural context) 7. Ageing 8. Planning for choices and changes, biggest challenges (promoting good health and preventing illness; alcohol abuse, smoking, painkillers, obesity...) 		
<p>Prerequisites</p>	<p>No requirements</p>		

and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	The lecture assessment includes both – taking part in discussions and the exam / final project.	The passing threshold is passing the exam / carrying out the project (at least 55%).	The formative assessment (20%) will be made through particular activities during the course (discussions), while the summative assessment (80%) will be through an exam / final project.
Recommended reading	Basic literature	1. Abraham, C., Conner, M., Jones, F., & O'Connor, D. (2016). <i>Health psychology</i> . Routledge.	
	Supplementary literature	<ol style="list-style-type: none"> 1. Ivztan, I., & Lomas, T. (Eds.). (2016). <i>Mindfulness in positive psychology: The science of meditation and wellbeing</i>. Routledge. 2. Narasimhan, M., Allotey, P., & Hardon, A. (2019). Self care interventions to advance health and wellbeing: a conceptual framework to inform normative guidance. <i>bmj</i>, 365. 3. O'Connor, R. C., Wetherall, K., Cleare, S., McClelland, H., Melson, A. J., Niedzwiedz, C. L. & Robb, K. A. (2021). Mental health and well-being during the COVID-19 pandemic: longitudinal analyses of adults in the UK COVID-19 Mental Health & Wellbeing study. <i>The British Journal of Psychiatry</i>, 218(6), 326-333. 4. Rudnik, A. A., Anikiej-Wiczenbach, P., Szulman-Wardal, A., Conway, P., & Bidzan, M. Offering psychological support to university students in Poland during the COVID-19 pandemic: lessons learned from an initial evaluation. <i>Frontiers in Psychology</i>, 3884. 5. Schulman-Green, D., Jaser, S. S., Park, C., & Whittlemore, R. (2016). A metasynthesis of factors affecting self-management of chronic illness. <i>Journal of advanced nursing</i>, 72(7), 1469-1489. 6. Steptoe, A., Deaton, A., & Stone, A. A. (2015). Psychological wellbeing, health and ageing. <i>Lancet</i>, 385(9968), 640. 	
	eResources addresses		
Example issues/ example questions/ tasks being completed	<p>Wellbeing - what is it? How we define it?</p> <p>How to deal with stress? Is it possible?</p> <p>How do we experience loneliness?</p> <p>The quality of sex life - why it is so important (cross-cultural differences).</p> <p>New-old issues: solastalgi, minimalism, body neutrality - body positivity, research with the use of psychedelics Dealing with a chronic disease?</p> <p>Inhabitants of which countries are the happiest and why?</p>		
Work placement	Not applicable		