



Information about the subject

Degree: Bachelor of Science Degree in Psychology

Faculty: Faculty of Psychology

Code: 292033 **Name:** -Psychology of the Chronic Disease and of Rehabilitation

Credits: 6,00 **ECTS Year:** The course is not offered this academic year **Semester:** 1

Module: OPTIONAL

Subject Matter: Health psychology **Type:** Elective

Field of knowledge: Ciencias de la salud

Department: Personality Psychology, Treatments, and Methodology

Type of learning: Classroom-based learning / Online

Languages in which it is taught:

Lecturer/-s:



Module organization

OPTIONAL

| Subject Matter | ECTS | Subject | ECTS | Year/semester |
|-------------------|-------|--|------|---|
| Health psychology | 84,00 | -Clinical Neuropsychology | 6,00 | 0, 4/1 |
| | | -Disorders of Eating Behavior | 6,00 | 4/1 |
| | | -Health Psychology | 6,00 | 3, 4/1 |
| | | -Legal Psychology | 6,00 | 0, 4/1 |
| | | -Main Models of Intervention in Psychotherapy | 6,00 | This elective is not offered in the academic year 24/25 |
| | | Mediation and familiar orientation | 6,00 | 3/1 |
| | | -New Directions in Psychotherapy | 6,00 | This elective is not offered in the academic year 24/25 |
| | | -Prevention and Treatment of Addictive Behavior | 6,00 | 0, 2, 3/1 |
| | | -Psychogerontology | 6,00 | This elective is not offered in the academic year 24/25 |
| | | -Psychology of the Chronic Disease and of Rehabilitation | 6,00 | This elective is not offered in the academic year 24/25 |
| | | -Psychology, Grieving and Palliative Care | 6,00 | 4/1 |



Year 2024/2025

292033 - -Psychology of the Chronic Disease and of Rehabilitation

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|------------------------|-------|---|------|---|
| Health psychology | | -Psychopharmacology | 6,00 | 4/1 |
| | | Sleeping disorders | 6,00 | 4/1 |
| | | -Therapy Techniques and Behavior Modification | 6,00 | This elective is not offered in the academic year 24/25 |
| Transversal psychology | 42,00 | Anthropology of the Person and Health | 6,00 | This elective is not offered in the academic year 24/25 |
| | | Basic Social and Emotional Skills for Professional Practice of Psychology | 6,00 | This elective is not offered in the academic year 24/25 |
| | | History and Philosophy of the Family | 6,00 | This elective is not offered in the academic year 24/25 |
| | | -Psychology of Religion | 6,00 | This elective is not offered in the academic year 24/25 |
| | | Psychology, and Information and Communication Technologies | 6,00 | This elective is not offered in the academic year 24/25 |
| | | -Qualitative Research Methodology | 6,00 | This elective is not offered in the academic year 24/25 |
| | | Scientific English II | 6,00 | This elective is not offered in the academic year 24/25 |



Year 2024/2025

292033 - -Psychology of the Chronic Disease and of Rehabilitation

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|---------------------------|--|--|-------|--|
| Educational psychology | 48,00 | -Affective Linkages in the Life Cycle | 6,00 | This elective is not offered in the academic year 24/25 |
| | | Development of Cognitive Skills | 6,00 | This elective is not offered in the academic year 24/25 |
| | | Education for Interculturality | 6,00 | This elective is not offered in the academic year 24/25 |
| | | Educational Intervention for Students with Special Educational Needs | 6,00 | This elective is not offered in the academic year 24/25 |
| | | -Occupational Guidance | 6,00 | This elective is not offered in the academic year 24/25 |
| | | Preventive Intervention and Early Stimulation | 6,00 | 2/1 |
| | | -School Psychology | 6,00 | 2, 3/1 |
| | | Strategies and Tools for Effective Learning | 6,00 | This elective is not offered in the academic year 24/25 |
| | | Psychology of work and human resources | 42,00 | -Cooperative Work in Interdisciplinary Teams |
| | -Intervention Techniques in Human Resources | 6,00 | | This elective is not offered in the academic year 24/25 |



Year 2024/2025

292033 - -Psychology of the Chronic Disease and of Rehabilitation

| | | | | |
|--|-------|--|------|--|
| Psychology of work and human resources | | Interview and Psychological Counselling | 6,00 | This elective is not offered in the academic year 24/25 |
| | | Management of the Work Climate in Organisations | 6,00 | 3/1 |
| | | Mediation and Intervention in Family Businesses | 6,00 | This elective is not offered in the academic year 24/25 |
| | | -Negotiation and Conflict Resolution | 6,00 | 0, 4/1 |
| | | -Psychology of Communication | 6,00 | 2/1 |
| Community psychology and social intervention | 54,00 | Family and Aid to Dependency | 6,00 | 2/1 |
| | | Intervention and Organisation of Socio-cultural Events | 6,00 | This elective is not offered in the academic year 24/25 |
| | | -Psychology of Conflict and Violence | 6,00 | 2/1 |
| | | -Psychology of Criminality | 6,00 | 3/1 |
| | | -Psychology of Physical Activity and Sport | 6,00 | This elective is not offered in the academic year 24/25 |
| | | -Psychology of Social Intervention | 6,00 | This elective is not offered in the academic year 24/25 |
| | | -Psychology of the Media | 6,00 | This elective is not offered in the academic year 24/25 |



| | | | | |
|--|-------|--|------|---|
| Community psychology and social intervention | | Psychosocial Intervention in Disasters and Emergencies | 6,00 | 3/1 |
| | | -Social Support Theory and Strategies | 6,00 | This elective is not offered in the academic year 24/25 |
| Speech therapy psychology | 30,00 | Acquisition and Development of Language | 6,00 | This elective is not offered in the academic year 24/25 |
| | | Assessment of Language, Speech and Voice | 6,00 | 0/1 |
| | | -Language and Hearing Disorders | 6,00 | 0/1 |
| | | Linguistic Analysis of Language Disorders | 6,00 | This elective is not offered in the academic year 24/25 |
| | | -Speech and Voice Disorders | 6,00 | This elective is not offered in the academic year 24/25 |

Recommended knowledge

There are no prerequisites

Prerequisites

El alumno deberá cursar un mínimo de 30 ECTS de Optatividad, entre las asignaturas activadas en el curso académico.



Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Knowing the concepts, theories and main models of psychology in the area of Clinical Psychology and Health Psychology.
- R2 Being able to design psychological prevention plans in the different contexts of the health field.
- R3 Knowing and acquiring the necessary skills for the adequate management of therapeutic relationships.



Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

| BASIC | | Weighting | | | |
|-------|--|-----------|---|---|---|
| | | 1 | 2 | 3 | 4 |
| CB3 | Students have the ability to gather and interpret relevant data usually within their field of study to inform judgments that include reflection on relevant social, scientific or ethical. | | | X | |

| SPECIFIC | | Weighting | | | |
|----------|---|-----------|---|---|---|
| | | 1 | 2 | 3 | 4 |
| CE1 | Analyzing needs and requests of addressee functions in different contexts. | | | | X |
| CE3 | Planning and carrying out interviews. | | | | X |
| CE4 | Analyzing and measuring variables (personality, intelligence and other aptitudes) and cognitive, emotional, psychobiological and behavioral processes . | | | | X |
| CE16 | Choosing adequate psychological intervention techniques. | | | | X |
| CE17 | Mastering strategies and techniques to get addressees involved. | | | | X |
| CE24 | Analyzing and interpreting assessment results. | | | | X |
| CE26 | Writing oral and written reports. | | | | X |

| TRANSVERSAL | | Weighting | | | |
|-------------|--|-----------|---|---|---|
| | | 1 | 2 | 3 | 4 |
| CT10 | Capacity to work in interdisciplinary teams. | | | | X |



CT14 Critical capacity.

X





Assessment system for the acquisition of competencies and grading system

In-class teaching

| Assessed learning outcomes | Granted percentage | Assessment method |
|----------------------------|--------------------|--|
| | 60,00% | Oral and/or written tests employed in initial, training and/or summative student assessment. |
| | 10,00% | Presentation of practical activities. |
| | 20,00% | Attendance and active participation: lessons, group assignments and tutoring sessions. It will be monitored and registered by the teacher. |
| | 10,00% | Oral presentation of assignments. |

Observations

The final grade (once approved in each of the parts) will be obtained by adding all the grades. If the approval is not obtained –in all the parts evaluated–, the grade that will appear in the “minutes” will be a weighted grade lower than five. Criteria for awarding Honors: better results from 9.5 in the final grade, and demonstrating levels of excellence in practical activities, as well as in attendance and active participation in class.

Online teaching

| Assessed learning outcomes | Granted percentage | Assessment method |
|----------------------------|--------------------|--|
| | 70,00% | Final evaluation consisting of essay questions and hypothetical scenarios. |
| | 5,00% | Submitted tasks |
| | 5,00% | Periodical assessment through questionnaires |
| | 20,00% | Attendance and participation in synchronic communication activities. |

Observations

Criteria for awarding the Honor Roll: "Show levels of excellence in all skills and learning outcomes." To pass the course, the student will have to pass the final evaluation (at least 3.75 points) and the presentation of the different practices (at least 1 point) separately. The grade obtained in the



approved part (theoretical or practical) will be saved for the second call.

In accordance with the regulations governing the assessment and grading of subjects in force at UCV, the distinction of "Matrícula de Honor" (Honours with Distinction) may be awarded to students who have achieved a grade of 9.0 or higher. The number of "Matrículas de Honor" (Honours with Distinction) may not exceed five percent of the students enrolled in the group for the corresponding academic year, unless the number of enrolled students is fewer than 20, in which case a single "Matrícula de Honor" (Honours with Distinction) may be awarded.

Exceptionally, these distinctions may be assigned globally across different groups of the same subject. Nevertheless, the total number of distinctions awarded will be the same as if they were assigned by group, but they may be distributed among all students based on a common criterion, regardless of the group to which they belong. The criteria for awarding "Matrícula de Honor" (Honours with Distinction) will be determined according to the guidelines stipulated by the professor responsible for the course, as detailed in the "Observations" section of the evaluation system in the course guide.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 Teacher presentation of contents, competency analysis, explanation and demonstration of capacities, abilities and knowledge in the classroom (presential modality).
- M2 Teacher-supervised groupwork sessions: case studies, diagnostic tests, problems, fieldwork, IT room, visits, data searches, libraries, web, Internet, etc. Building knowledge significantly through interaction and student activities (presential modality).
- M3 Supervised monographic sessions with shared participation.
- M4 Application of interdisciplinary knowledge.
- M6 Personalized attention in small groups. Training and/or orientation period by a teacher aimed at revising and discussing the materials and topics presented in the lessons, seminars, lectures, assignments, etc.
- M7 Set of oral and/or written tests employed in initial, training or summative assessment of the student.
- M8 Group preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be presented or handed in during theory lessons, practical lessons and/or tutoring sessions in small groups. Tasks done on the platform or other virtual spaces.



- M9 Students' independent study: individual preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be presented or handed in during theory lessons, practical lessons and /or small-group tutoring sessions. Tasks on the platform or other virtual spaces.
- M11 Teacher presentation of contents, competencies analysis, explanation and demonstration of capacities, abilities and knowledge on the virtual classroom.
- M12 Group work sessions via chat moderated by the teacher. Case studies –both real and fictional– aimed at building knowledge through interaction and students' activities. Critical analysis of values and social commitment.
- M13 Monographic sessions throughout the course, focused on current aspects and applications of the subject.
- M14 Set of oral and/or written tests employed in initial, training or summative assessment of the student.
- M15 Student's individual study: individual preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be discussed or turned in in electronic format.
- M16 Individualized attention for the monitoring and orientation in the learning process, performed by a tutor in order to revise and discuss the materials and topics, seminars, readings and assignments, etc.
- M17 Group preparation of readings, essays, problem resolution, seminars, assignments, reports, etc. to be discussed or handed in.
- M18 Participation and contributions to discussion forums related to the subject and moderated by the module's teacher.
- M19 Problem resolution, comments, reports to be handed in according to the deadlines throughout the course.



IN-CLASS LEARNING

IN-CLASS LEARNING ACTIVITIES

| | LEARNING OUTCOMES | HOURS | ECTS |
|---|-------------------|--------------|-------------|
| <p>ON-CAMPUS CLASS</p> <p>Teacher presentation of contents, analysis of competences, explanation and in-class display of skills, abilities and knowledge.</p> <p>M1</p> | R1, R2, R3 | 25,00 | 1,00 |
| <p>PRACTICAL CLASSES</p> <p>Group work sessions supervised by the professor. Case studies, diagnostic tests, problems, field work, computer room, visits, data search, libraries, on-line, Internet, etc. Meaningful construction of knowledge through interaction and student activity.</p> <p>M2, M3, M4</p> | R2, R3 | 20,00 | 0,80 |
| <p>SEMINAR</p> <p>Supervised monographic sessions with shared participation.</p> <p>M3, M4</p> | R2, R3 | 2,50 | 0,10 |
| <p>GROUP WORK EXHIBITION</p> <p>Application of multidisciplinary knowledge.</p> <p>M3</p> | R2, R3 | 2,50 | 0,10 |
| <p>OFFICE ASSISTANCE</p> <p>Personalized and small group attention. Period of instruction and/or orientation carried out by a tutor to review and discuss materials and topics presented in classes, seminars, papers, etc.</p> <p>M6</p> | R1, R2, R3 | 7,50 | 0,30 |
| <p>ASSESSMENT</p> <p>Set of oral and/or written tests used in initial, formative or additive assessment of the student.</p> <p>M7</p> | R1, R2, R3 | 2,50 | 0,10 |
| TOTAL | | 60,00 | 2,40 |



LEARNING ACTIVITIES OF AUTONOMOUS WORK

| | LEARNING OUTCOMES | HOURS | ECTS |
|---|-------------------|--------------|-------------|
| GROUP WORK Group preparation of readings, essays, problem solving, seminars, papers, reports, etc. to be presented or submitted in theoretical lectures, practical and/or small-group tutoring sessions. Work done on the university e-learning platform M8 | R2, R3 | 50,00 | 2,00 |
| INDEPENDENT WORK Student study: Individual preparation of readings, essays, problem solving, seminars, papers, reports, etc. to be presented or submitted in theoretical lectures, practical and/or small-group tutoring sessions. Work done on the university e-learning platform. M9 | R1, R2, R3 | 40,00 | 1,60 |
| TOTAL | | 90,00 | 3,60 |



ON-LINE LEARNING

SYNCHRONOUS LEARNING ACTIVITIES

| | LEARNING OUTCOMES | HOURS | ECTS |
|--|-------------------|--------------|-------------|
| Virtual session (distance learning) M11 | R1 | 25,00 | 1,00 |
| Virtual practical session (distance learning) M12 | R2, R3 | 12,50 | 0,50 |
| Seminar and virtual videoconference (distance learning) M13 | R1 | 6,00 | 0,24 |
| In-person or virtual assessment (distance learning) M14 | R1, R2, R3 | 2,50 | 0,10 |
| Individual tutoring sessions (distance learning) M16 | R1 | 7,50 | 0,30 |
| Discussion forums (distance learning) M12 | R2, R3 | 1,50 | 0,06 |
| Continuous assessment activities (distance learning) M13 | R1, R2, R3 | 5,00 | 0,20 |
| TOTAL | | 60,00 | 2,40 |

ASYNCHRONOUS LEARNING ACTIVITIES

| | LEARNING OUTCOMES | HOURS | ECTS |
|--|-------------------|--------------|-------------|
| Individual work activities (distance learning) M16, M19 | R1, R2 | 50,00 | 2,00 |
| Teamwork (distance learning) M17, M18 | R2, R3 | 40,00 | 1,60 |
| TOTAL | | 90,00 | 3,60 |



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

| Content block | Contents |
|--|--|
| UNIT I. CONCEPTUAL BASES, OBJECT OF WORK AND DEVELOPMENT OF THE PSYCHOLOGY OF REHABILITATION | <p>This unit provides the theoretical and methodological foundations of work in rehabilitation psychology. The study of psychosocial processes involved in the reduction of disability and recovery of function is introduced and the role of the professional in these processes is considered.</p> <p>Unit 1. Rehabilitation Psychology. Unit 2. Disability as an object of rehabilitation work. Psychosocial approach. Unit 3. Psychological evaluation in the rehabilitation intervention Unit 4. Multidisciplinary approach to rehabilitation work.</p> |
| UNIT II. DISABILITY AND REHABILITATION IN CHRONIC PHYSICAL PROBLEMS | <p>Students are introduced to the knowledge of different diseases and chronic health problems from a gender perspective and the contributions of psychology to rehabilitation in these contexts are analyzed.</p> <p>Unit 5. Oncological diseases Unit 6. Neurological and degenerative diseases Unit 7. Kidney diseases Unit 8. Cardiovascular diseases Unit 9. Chronic pain and rheumatic problems Unit 10. Palliative care</p> |



Temporary organization of learning:

| Block of content | Number of sessions | Hours |
|--|--------------------|-------|
| UNIT I. CONCEPTUAL BASES, OBJECT OF WORK AND DEVELOPMENT OF THE PSYCHOLOGY OF REHABILITATION | 12,00 | 24,00 |
| UNIT II. DISABILITY AND REHABILITATION IN CHRONIC PHYSICAL PROBLEMS | 18,00 | 36,00 |

References

- Pérez Álvarez, Marino.(2003) "Guía de tratamientos psicológicos eficaces". Madrid Pirámide
- Montagut F., Flotats G. y Lucas E. (2015). Rehabilitación domiciliaria: principios, indicaciones y programas terapéuticos. Editorial Masson.
- Cano R. (2012). Neurorehabilitación. Ed. Médica Panamericana.
- Frank, Robert G., 1952- / Rosenthal, Mitchell, 1949-2007. / Caplan, Bruce. "Handbook of rehabilitation psychology ". Washington, DC : American Psychological Association, 2010.
- Kennedy, Paul 1959-. "The Oxford handbook of rehabilitation psychology". Oxford University Press cop. 2012.
- Verdugo Alonso, Miguel Ángel dir. (2002) "Personas con discapacidad perspectivas psicopedagógicas y rehabilitadoras". Madrid Siglo Veintiuno de España.
- M^a Ángeles Pastor y Sofía López-Roig. (2015) "Psicología de la rehabilitación y problemas de salud crónicos.". Universidad Miguel Hernández.
- Monsalve, V. Soriano, J., Carbajo, E. y Santolaya, F.J. "GUÍA PRÁCTICA DE PSICOLOGÍA DE LA SALUD EN EL ÁMBITO HOSPITALARIO". Col·legi Oficial de Psicòlegs de la Comunitat Valenciana.