

## Course description

Course code:	PH16A1
Course name:	Psychological perspectives on health
Course credits:	7.5 ECTS credits
Valid from:	Autumn 2024

## Course content

Psychological factors play a major role in several areas of health and public health. This course addresses both aspects of how psychological factors can affect health and how the occurrence of various public health problems can affect individuals' psychological status. The overall purpose is to link existing psychological theories and knowledge to the health area and provide an overview of health psychological theories. After completing the course, the student will have a general knowledge of the area and be able to apply a psychological or health psychological model to a public health problem.

## Learning outcomes

In order to receive a passing grade on the course, the student should be able to:

### *Knowledge and understanding*

1. Identify and explain relevant concepts in the health psychological domain

### *Skills and abilities*

2. Analyse a public health problem with a psychological theory
3. Analyse a public health problem with a health psychological theory

### *Judgement and approach*

4. Extract relevant existing empirical psychological research to depict an optional public health problem.

## Teaching

The teaching will be based on lectures and seminars. Participation in the seminars is mandatory. In case of absence, the student will be given a compensatory assignment. The course will be taught in English.

## Forms of examination

*Examination I.* Individually written take-home exam.

Learning outcomes 1-4 are examined through an individually written take-home exam. Grading will be based on a goal-oriented scale of A to F.

### *Course requirements*

Active participation in the seminars is a course requirement. In case of absence from or insufficient participation in a seminar, the student will be given a compensatory assignment.

## Learning platform Athena

We use the learning platform Athena (itslearning) for sharing information and course material. You log into Athena by using your university account via:  
<https://athena.itslearning.com/>

## Schedule

You can find the course schedule in TimeEdit via the course web page or via the course page in Athena.

## Course literature

The literature list for this course is available through the course web page and the course page in Athena.

## Referencing

The APA citation format should be used for all referencing.

You can find a reference guide to APA on this page: <https://kib.ki.se/en/write-cite/writing-references-apa-vancouver/reference-guides/reference-guide-apa-7>

By using a reference managing software you can collect and organize your references and insert them into your document in a desired format. Via the library's web page you can watch a film with information on how to handle your references. There you will also find information on the most used programs:

<https://www.su.se/cmlink/portaler-nod/webb-2021-nod/svensk-webb-2021/centrala-gamla/library/tutorials/tutorials/reference-management-software-1.264569>

## Plagiarism

Plagiarism, cheating, or self-plagiarism is prohibited in all parts of the course.

You may not copy text from the course literature or other sources, or present other people's ideas or work as your own – this is plagiarism. Summaries or other use of original texts must always be written in your own words and followed by a correct reference. Short quotations (with citation marks) are accepted if necessary, but should be used sparsely and always be accompanied by your own interpretation of the text and a correct reference with page number.

Self-plagiarism is to use your own text once again, without reference to your original text. This could be text from published articles, or text from other assignments you have written before, such as home exams or a thesis.

All examinations are controlled through a software for detecting plagiarism. Suspicion of cheating, plagiarism or self-plagiarism is reported to the Disciplinary Committee at Stockholm University.

For more information, please see: <https://www.su.se/staff/organisation-governance/governing-documents-rules-and-regulations/education/guidelines-for-disciplinary-matters-at-stockholm-university-1.181>

## Use of AI chatbots

Use of ChatGPT or other AI chatbots to generate or process text for the take home exam is not permitted. It is also not permitted to use such services to make extensive changes to the structure or content of your text. However, use of ChatGPT or other AI chatbots to proofread text for the home exam is permitted (for example, prompts such as: "Can you proofread this text?" or "Can you check this text for grammar?").

Suspicion of illicit use of AI chatbots will be tested in tracking tools for AI-generated text and suspected cases will be reported to the Disciplinary Committee at Stockholm University

## For students who have been granted special pedagogical support

You need to inform the study counsellor in the very beginning of the term ([studievagledare.publichealth@su.se](mailto:studievagledare.publichealth@su.se)) that you require pedagogical support. You then also need to present the certificate which you have received from the coordinator for special pedagogical support at Stockholm University.

Please also contact the study counsellor before the start of each new course, to plan for an alternative/accommodated form of examination, if possible.

## Grading criteria

Grade A: The student's analysis of public health problems with the use of psychological and health psychological theories is *correct, extensive, and includes significant own reflections*. The student demonstrates *ability to explain* relevant concepts in the psychological and health psychological domains.

Grade B: The student's analysis of public health problems with the use of psychological and health psychological theories is *correct, extensive, and includes own reflections*. The student demonstrates *ability to explain* relevant concepts in the psychological and health psychological domains.

Grade C: The student's analysis of public health problems with the use of psychological and health psychological theories is *correct and includes own*

*reflections*. The student demonstrates *ability to explain* relevant concepts in the psychological and health psychological domains.

Grade D: The student's analysis of public health problems with the use of psychological and health psychological theories is *correct*. The student demonstrates *ability to explain* relevant concepts in the psychological and health psychological domains.

Grade E: The student's analysis of public health problems with the use of psychological and health psychological theories is *largely correct*. The student demonstrates *ability to explain* relevant concepts in the psychological and health psychological domains.

Grade Fx: The student does not meet the learning objectives: Misunderstanding of the literature; and/or Misunderstanding of basic relevant concepts; and /or Incorrect use of basic concepts.

Grade F: The student does not meet the learning objectives: Considerable misunderstanding of the literature; and/or Misunderstanding of basic relevant concepts; and/or Incorrect use of basic concepts.

## About the grade Fx

It is possible to complement Fx to a passing grade on the home exam if the student is close to passing. If the supplementary revision of the grade Fx does not meet the requirements for a passing grade, the grade F is received.

## Contact information

### Course manager

Peter Wennberg

Questions regarding the course should primarily be addressed in class. When this is not possible, please contact the course manager via the message function in Athena.

**Course administrator**

[kursadmin.publichealth@su.se](mailto:kursadmin.publichealth@su.se)

**Study counsellor**

[studievagledare.publichealth@su.se](mailto:studievagledare.publichealth@su.se)

**Director of studies, basic and advanced level**

[jonas.landberg@su.se](mailto:jonas.landberg@su.se)