Course guides
370508 - PSICO - Psychology in Vision Care

Last modified: 28/06/2021

Unit in charge: Terrassa School of Optics and Optometry
Teaching unit: 731 - OO - Department of Optics and Optometry.

Degree: BACHELOR'S DEGREE IN OPTICS AND OPTOMETRY (Syllabus 2009). (Compulsory subject).

Academic year: 2021 **ECTS Credits:** 6.0 **Languages:** Catalan

LECTURER

Coordinating lecturer:
Quevedo Junyent, Lluïsa (http://futur.upc.edu/LuisaQuevedoJunyent)

Others:
Torrents Gómez, Aurora (http://futur.upc.edu/AuroraTorrentsGomez)
Lupon Bas, Marta (http://futur.upc.edu/MartaLuponBas)
Quevedo Junyent, Lluïsa (http://futur.upc.edu/LuisaQuevedoJunyent)

DEGREE COMPETENCES TO WHICH THE SUBJECT CONTRIBUTES

Specific:
2. Acquire skills in patient care
7. Recognize the characteristics of different population groups according to the age, or demands or visual needs.
8. Know establish an optimal therapeutic relationship, know communicate with the patient
9. Value the impact parameters psychoaesthetic, or psychosocial and economic impact to the user.

Generical:
11. Acquire communication techniques appropriate to ensure the success of teamwork
10. - Know the influence of the visual health in the education and the global well-being (and the development)
- Know the influence of the visual health for the development
- Know the fundamental values of the bioethics
- Know the model of sustainable development
- Know the environmental and social impacts of the technology
12. Develop empathy with people
13. Display information orally and in writing of reasonably and coherent.
14. Encourage methodical work, rigorous, consistent and innovative
15. Interpret and use non-verbal language
16. Take part actively in the social development tied to the maintenance of the health and optimum functionality of the visual system
17. Reflect and be able to make a critic of the knowledge and developed skills and the level of achievement.
19. Synthesize and organize information to convey it effectively orally and / or written
20. Locate new information and the interpretation of it in its context.
21. Working with evidence, methodology and rigour.
22. Value the methods used to achieve the objectives.
23. Assessing the acquisition of the course objectives.

TEACHING METHODOLOGY

- Explanation lectures by teachers.
- Cooperative learning in the classroom.
- Oral presentations by students.
- Reading, comment and interpretation of publications.

LEARNING OBJECTIVES OF THE SUBJECT

After completing the course, the student should be able to:

- Define the principles of health and illness, and integrate knowledge derived from Psychology in the biopsychosocial model applied to health sciences.
- Identify and define the main characteristics of the basic cognitive processes.
- Identify and compare the main features of the stages of human psychological development.
- Recognize the bases of normal human behavior and its disorders.
- Understand the fundamental of the basic behavior modification techniques, and differentiate between them.
- Identify and use the basis of methodology in scientific research, on its basic level.
- Identify and describe the psychological aspects of the relationship between the optometrist and the patient; understand the therapeutic power of interpersonal relationships.
- Demonstrate communication skills.

STUDY LOAD

Type	Hours	Percentage
Hours small group	12,0	8.33
Self study	84,0	58.33
Hours medium group	48,0	33.33

Total learning time: 144 h

CONTENTS

1. INTRODUCTION TO THE COURSE. HISTORY OF PSYCHOLOGY

Description:
Psychology as a discipline of the Health Sciences, as part of the curriculum of the Bachelor in Optometry.

The objectives, planning and development of the subject during the course, are also specified.

History of Psychology and main characteristics of current Psychology.

Full-or-part-time: 2h
Self study : 2h

2. PSYCHOLOGY AND HEALTH

Description:
2.1 Psychology in the field of Health Sciences
2.2 Concepts of health and illness
2.3 The biomedical model and the biopsychosocial model of health
2.4 Illness beheviour and its variables
2.5 The grief process
2.5 Health promotion, disease prevention, and treatment
2.7 Medical ethics, bioethics and deontology

Full-or-part-time: 20h
Self study : 20h

3. BASIC COGNITIVE PROCESSES

Description:
3.1 Introduction
3.2 Perception
3.3 Attention
3.4 Memory
3.5 Learning
3.6 Emotion

Full-or-part-time: 30h
Self study : 30h

4. LIFESPAN DEVELOPMENT

Description:
4.1 Introduction
4.2 Concept Development
4.3 The theory of Jean Piaget
4.4 The first two years of life
4.5 Childhood and adolescence
4.6 Adulthood
4.7 Old age

Full-or-part-time: 14h
Self study : 14h

5. INTRODUCTION TO PSYCHPPATHOLOGY AND BEHAVIOR MODIFICATION

Description:
5.1 Definitions
5.2 Models of Psychopathology
5.3 Classification and Diagnostic Systems
5.4 Procedures to acquire, maintain or increase the frequency behavior
5.5 Procedures to reduce or eliminate behaviors
5.6 Other techniques of behavior modification

6. COMMUNICATION AND INTERPERSONAL RELATIONSHIPS

Description:
6.1 Introduction: the main axioms of human communication
6.2 Verbal communication in the therapeutic interview
6.3 Verbal intervention techniques to obtain information
6.4 Non-verbal communication in the interview
6.5 Interaction with the patient during the interview
6.6 Management of emotional exhaustion
6.7 Introduction to Social Psychology

Related activities:

Full-or-part-time: 22h
Self study : 22h

GRADING SYSTEM

Only one examination that accounts for 100%

BIBLIOGRAPHY

Basic:

- Bartolomé Llor, E. [et al.]. Ciencias psicosociales aplicadas a la salud. Madrid: Interamericana McGraw-Hill, 1995. ISBN 8448601254.
- Myers, David G. Psicología. 7a ed. Madrid: Editorial Médica Panamericana, 2005. ISBN 8479039175.
- Ballesteros Jiménez, S. Psicología general: un enfoque cognitivo para el siglo XXI. 3ª ed., corr. y aum. Madrid: Universitas, 2000. ISBN 9788479910983.
- Latorre Postigo, J.M. Ciencias psicosociales aplicadas. Madrid: Síntesis, 1995. ISBN 8477382972.
- Hoffman, L.; Paris, S.; Hall, E. Psicología del desarrollo hoy. 6a ed. Barcelona: McGraw-Hill/Interamericana de España, 1995-1996. ISBN 8448102975.
- León, Orfelio G. Metodologías científicas en psicología. Barcelona: UOC, 2006. ISBN 8497883160.
- Tazón Ansola, M.P. Relación y comunicación. 2a ed. Madrid: Difusión Avances de Enfermería, 2002. ISBN 8493133019.
- Clèries, Xavier. La comunicación: una competencia esencial para los profesionales de la salud. Barcelona: Masson, 2006. ISBN 8445816721.
- Shute, Rosalyn H. Psychology in vision care. Oxford: Butterworth-Heinemann, 1991. ISBN 075061417X.
- Lupón, M.; Torrents, A.; Quevedo, Ll. Apunts de Psicologia en atenció visual [on line]. Terrassa: UPC, 2012 [Consultation: 28/05/2020]. Available on: http://ocw.upc.edu/curs_publicat/370508/2012/1/apunts.

Complementary:

- Puente Ferreras, A. Psicología básica: introducción al estudio de la conducta humana. Madrid: Pirámide, 1995. ISBN 8436808754.
- Anguera, Blanca [et al.]. Historia de la psicología. Barcelona: UOC, 2009. ISBN 9788497888370.
- Leahey, Thomas Hardy. Historia de la psicología: principales corrientes en el pensamiento psicológico. Madrid: Prentice-Hall, 1998. ISBN 8483220369.
- Moya, Miguel [et al.]. Psicología social. Madrid: McGraw-Hill, 1994. ISBN 8448119290.
- Belloch, A.; Sandín, B.; Ramos, F. Manual de psicopatología. Madrid: McGraw-Hill, 2008. ISBN 9788448156053.
- Aguilera Martínez, A. [et al.]. Tècniques d'intervenció i tractament psicològic. 3a ed. Barcelona: UOC, 2010.
- Penzo, Wilma. Psicologia per a les ciències de la salut. Barcelona: Edicions Universitat de Barcelona, 1999. ISBN 8483380625.
- Corral, Antonio [et al.]. Psicología evolutiva. 3a ed. Madrid: Universidad Nacional de Educación a Distancia, 2001. ISBN 8436235576.
- Argimón Pallás, J.M. Métodos de investigación clínica y epidemiológica. 3a ed. Madrid: Elsevier, 2004. ISBN 9788481747096.
- Martín Zurro, A.; Cano Pérez, J.F. Atención primaria: conceptos, organización y práctica clínica. 6a ed. Barcelona: Elsevier, 2008. ISBN 9788480862196.
- Rochon, Alain. Educación para la salud: una guia práctica para realizar un proyecto. Barcelona: Masson, 1991. ISBN 8431105410.
- Cautela, J.R.; Groden, J. Técnicas de relajación: manual práctico para adultos, niños y educación especial. Barcelona: Martínez Roca, 2002. ISBN 8427029055.