

## 370508 - PSICO - Psychology in Vision Care

Coordinating unit: 370 - FOOT - Terrassa School of Optics and Optometry  
Teaching unit: 731 - OO - Department of Optics and Optometry  
Academic year: 2019  
Degree: BACHELOR'S DEGREE IN OPTICS AND OPTOMETRY (Syllabus 2009). (Teaching unit Compulsory)  
ECTS credits: 6 Teaching languages: Catalan

### Teaching staff

Coordinator: Torrents Gómez, Aurora (<http://futur.upc.edu/AuroraTorrentsGomez>)  
Lupon Bas, Marta (<http://futur.upc.edu/MartaLuponBas>)  
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>)  
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### 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.

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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

Total learning time: 144h	Hours large group:	0h	0.00%
	Hours medium group:	48h	33.33%
	Hours small group:	12h	8.33%
	Guided activities:	0h	0.00%
	Self study:	84h	58.33%

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### Content

#### 1. INTRODUCTION TO THE COURSE. HISTORY OF PSYCHOLOGY

Learning time: 5h

Practical classes: 3h  
Laboratory classes: 0h  
Guided activities: 0h  
Self study : 2h

##### 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.

##### Related activities:

- CLASSROOM ACTIVITIES

Mid-term and final tests.

#### 2. PSYCHOLOGY AND HEALTH

Learning time: 34h

Theory classes: 0h  
Practical classes: 10h  
Laboratory classes: 4h  
Guided activities: 0h  
Self study : 20h

##### 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 behaviour and its variables
- 2.5 The grief process
- 2.5 Health promotion, disease prevention, and treatment
- 2.7 Medical ethics, bioethics and deontology

##### Related activities:

- CLASSROOM ACTIVITIES
- WORKSHOP 1: PSYCHOLOGY AND BLINDNESS (I)
- WORKSHOP 2: PSYCHOLOGY AND BLINDNESS (II)

Mid-term and final tests.

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<p>3. BASIC COGNITIVE PROCESSES</p>	<p>Learning time: 48h</p> <p>Theory classes: 0h Practical classes: 14h Laboratory classes: 4h Guided activities: 0h Self study : 30h</p>
<p>Description:</p> <ul style="list-style-type: none"> <li>3.1 Introduction</li> <li>3.2 Perception</li> <li>3.3 Attention</li> <li>3.4 Memory</li> <li>3.5 Learning</li> <li>3.6 Emotion</li> </ul> <p>Related activities:</p> <ul style="list-style-type: none"> <li>- CLASSROOM ACTIVITIES</li> <li>- WORKSHOP 3. Basic cognitive processes (I)</li> <li>- WORKSHOP 4. Basic cognitive processes (II)</li> </ul> <p>Mid-term and final tests. Whorkshop evaluation considering student's attendance and participation, and carrying out and delivering a written report.</p>	
<p>4. LIFESPAN DEVELOPMENT</p>	<p>Learning time: 22h</p> <p>Theory classes: 0h Practical classes: 8h Laboratory classes: 0h Guided activities: 0h Self study : 14h</p>
<p>Description:</p> <ul style="list-style-type: none"> <li>4.1 Introduction</li> <li>4.2 Concept Development</li> <li>4.3 The theory of Jean Piaget</li> <li>4.4 The first two years of life</li> <li>4.5 Childhood and adolescence</li> <li>4.6 Adulthood</li> <li>4.7 Old age</li> </ul> <p>Related activities:</p> <ul style="list-style-type: none"> <li>- CLASSROOM ACTIVITIES</li> </ul> <p>Mid-term and final tests.</p>	

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<p><b>5. INTRODUCTION TO PSYCHOPATHOLOGY AND BEHAVIOR MODIFICATION</b></p>	<p>Learning time: 10h Theory classes: 0h Practical classes: 4h Laboratory classes: 0h Self study : 6h</p>
<p>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</p> <p>Related activities: - CLASSROOM ACTIVITIES</p> <p>Mid-term and final tests.</p>	
<p><b>6. COMMUNICATION AND INTERPERSONAL RELATIONSHIPS</b></p>	<p>Learning time: 37h Theory classes: 0h Practical classes: 11h Laboratory classes: 4h Guided activities: 0h Self study : 22h</p>
<p>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</p> <p>Related activities: -CLASSROOM ACTIVITIES - WORKSHOP 5. Empathy and personal communication - WORKSHOP 6. Communication with patients</p> <p>Mid-term and final tests. Workshop evaluation considering student's attendance and participation, and carrying out and delivering a written report.</p>	

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### Qualification system

The total score is the result of two tests, the reports and results of lab classes, and the activities proposed in the classroom, with the following weighting:

Written test 1 (20%) - Individual written test. There will be done in theory course (1h). The detailed schedule of course will specify the date and timetable.

Written test 2 (45%) - Individual written test. Contents: all of the course syllabus (including the content of the test 1). There will be finalized once the classes during the weeks of exams. The detailed schedule of course will specify the date and timetable.

Practical (20%) - Taking into account attendance at training sessions, the preparatory work of the script, participation, given the reports, oral presentations and proposals. The evaluation can be individual and / or in groups, according to the practice.

Classroom activities (15% grade) - In an important number of theoretical classes, activities will be proposed for doing and delivering to the classroom, and sometimes activities will be proposed to start in the classroom and finish outside the classroom. If the student justifies it, he may resign at 15% and transfer it to Tests 1 and 2 (which would have a weight of 30 and 50% respectively). The first day of the course will specify the term in which the resignation can be made (usually during the first two weeks of the course).

**REPEATING STUDENTS:** if they have the approved practices they can repeat them all, or retain the qualification during 2 calls; If they are suspended, they must be done again. In the first case, the terms will be specified in Atenea to indicate the option chosen.

**URKUND:** all the works delivered electronically are analyzed automatically by the URKUND plagiarism detection tool. If it is considered that a delivery is plagiarized (without the pertinent appointments), it will be qualified with a zero.

**IRREGULAR ACTIONS IN WRITTEN TESTS:** The UPC's academic regulations (NAGRAMA) establishes in section 3.1.2 that the irregular actions in the evaluation acts (copies, cheat sheet, use of mobiles) carry the descriptive rating of suspense and numerical of 0 of the whole course, without prejudice to the disciplinary process that may arise as a result of the acts carried out.

In all evaluation activities will be evaluated implicitly generic competition effective oral and written communication at a basic level.

### Regulations for carrying out activities

All submissions must follow the guidelines on the intranet (digital campus Atenea).

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### Bibliography

#### Basic:

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- Shute, Rosalyn H. Psychology in vision care. Oxford: Butterworth-Heinemann, 1991. ISBN 075061417X.
- Bartolomé Llor, E. [et al.]. Ciencias psicosociales aplicadas a la salud. Madrid: Interamericana McGraw-Hill, 1995. ISBN 8448601254.

#### 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.
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