

## Course guide

### 370025 - PSICO - Psychology and Public Health

Last modified: 27/11/2025

**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 2020). (Compulsory subject).

**Academic year:** 2025    **ECTS Credits:** 6.0    **Languages:** Catalan

#### LECTURER

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#### PRIOR SKILLS

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This subject is coordinated with:

- Children's Optometry and Strabismus.
- Geriatric Optometry and Low Vision.

#### DEGREE COMPETENCES TO WHICH THE SUBJECT CONTRIBUTES

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##### Specific:

CE14. (ENG) Comprendre els aspectes psicològics en la relació entre l'òptic-optometrista i el pacient. Conèixer el sistema sanitari espanyol i els aspectes bàsics relacionats amb la gestió dels serveis de salut, fonamentalment els que estiguin relacionats amb l'atenció i rehabilitació de la salut. Conèixer i aplicar les tècniques d'educació sanitària i els principals problemes genèrics de salut ocular. Conèixer els principis de salut i malaltia. Capacitat per actuar com agent d'atenció primària visual. Conèixer els fonaments i tècniques d'educació sanitària i els principals programes genèrics de salut als que l'opotmetrista ha de contribuir des del seu àmbit d'actuació.

CE16. (ENG) Adquirir la capacitat per exercir la professió amb respecte a l'autonomia del pacient, a les seves creences, cultura, determinants genètics, demogràfics i socioeconòmics, aplicant els principis de justícia social i comprenent les implicacions ètiques en un context mundial en transformació.

**Generical:**

CG1. Demonstrate knowledge of, design and apply prevention and maintenance programmes relating to the population's visual health.

CG4. Critically reflect on the clinical, scientific, ethical and social issues involved in the professional practice of optometry, understand the scientific foundations of optics and optometry and critically evaluate terminology, clinical trials and research methods related to optics and optometry.

CG10. Communicate treatment indications of visual health and their conclusions to the patient, relatives and other professionals involved in the patient's care, adapting to the sociocultural characteristics of each person.

CG11. Locate new information and interpret it in context.

CG12. (ENG) The ability to understand the general structure of optometry and its connection to other specific disciplines and other complementary ones.

CG14. Demonstrate knowledge, skills and abilities in patient healthcare.

CG15. (ENG) Demostrar capacitat per actuar com a agent d'atenció primària visual.

CG17. (ENG) Incorporar els principis ètics i legals de la professió a la pràctica professional, respectant l'autonomia del pacient, els seus determinants genètics, demogràfics, culturals i socioeconòmics, integrant els aspectes socials i comunitaris en la presa de decisions, aplicant els principis de justícia social en la pràctica professional, en un context mundial en transformació.

CG18. (ENG) Adquirir la capacitat per a realitzar una gestió clínica centrada en el pacient, el l'economia de la salut i en l'ús eficient dels recursos sanitaris, així com la gestió eficaç de la documentació clínica amb especial atenció a la confidencialitat.

**Transversal:**

CT2. SUSTAINABILITY AND SOCIAL COMMITMENT: Being aware of and understanding the complexity of the economic and social phenomena typical of a welfare society, and being able to relate social welfare to globalisation and sustainability and to use technique, technology, economics and sustainability in a balanced and compatible manner.

CT3. Teamwork. To be able to work as a member of a multidisciplinary team, either as a base member or undertaking managerial decisions aiming at developing projects from a practical and responsible standpoint, adopting commitments given the available resources

CT8. (ENG) Perspectiva de gènere: Conèixer i comprendre, des de l'àmbit de la titulació mateixa, les desigualtats per raó de sexe i gènere en la societat, i integrar les diverses necessitats i preferències per raó de sexe i gènere en el disseny de solucions i la resolució de problemes

## TEACHING METHODOLOGY

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Medium group classes will consist of:

- MD1 - Participatory expository class of theoretical and practical content.
- MD2 - Active methodologies in the classroom (project-based learning, case studies, role-playing games, cooperative learning, etc.).

Small group classes will consist of:

- MD4 - Laboratory practices.

In addition, students will carry out autonomous work through:

- MD5 - Reading teaching material, texts and articles related to the contents of the subject.
- MD6 - Completion of problems, exercises, assignments and resolution of doubts through the Atenea virtual campus.
- MD7- Tutorials.

ATENEA will be the channel used to communicate news and issues related to the development of the subject.

It is the responsibility of the students to consult the platform often.

The support material for the subject will also be published in ATENEA (subject programming, presentations, practice scripts, etc.).

## LEARNING OBJECTIVES OF THE SUBJECT

1. To identify the determinants of health and understand the processes of preventing malaria and promoting health through education, the formulation of health policies, and action plans.
2. To combine the role of optical-optometrist with a primary visual health care professional.
3. To acquire communicative skills in patient care.
4. To communicate effectively with patients regarding their specific needs and characteristics, with the objective of adequately identifying the reason for the visit and their expectations (gathering information), and to communicate in an understandable way the pertinent information in each case (provide information).

## STUDY LOAD

Type	Hours	Percentage
Hours small group	15,0	10.00
Self study	90,0	60.00
Hours medium group	45,0	30.00

**Total learning time:** 150 h

## CONTENTS

### Topic 1. Health and Public Health.

#### Description:

- 1.1. Introduction. Individual vs. population perspective on health
- 1.2. Social dimension and determinants of health
- 1.3. Key concepts in public health
- 1.4. Visual health literacy
- 1.5. Organization of the health system: role of visual health professionals

#### Related activities:

- . Classroom activities
- . PRACTICE 1. Visual health literacy
- . In-person evaluation in scheduled tests

#### Full-or-part-time: 20h

Practical classes: 6h

Laboratory classes: 2h

Self study : 12h

## Topic 2. Situation of visual health in the world

### Description:

- 2.1. Main causes of blindness and visual impairment in the world and their distribution
- 2.2. Organizations, programs and entities committed to visual health
- 2.3. Vision research (RAC, RESC and RAAB studies)
- 2.4. Socioeconomic and gender inequalities in visual health

### Related activities:

- . Classroom activities
- . PRACTICE 2. Visual impairment studies: RAABS, RACS, RESC
- . In-person evaluation in scheduled tests

**Full-or-part-time:** 16h 30m

Practical classes: 5h

Laboratory classes: 2h

Self study : 9h 30m

## Topic 3. Psychology and Health

### Description:

- 3.1. Health Psychology
- 3.2. Biopsychosocial health vs biomedical model
- 3.3. Phases in the disease process
- 3.4. Psychosocial variables that influence illness behavior
- 3.5. Bioethics, medical ethics, and deontology

### Related activities:

- . Classroom activities:
- . PRACTICE 3. Psychology and visual impairment I
- . PRACTICE 4. Psychology and visual impairment II
- . In-person evaluation in scheduled tests

**Full-or-part-time:** 17h 30m

Practical classes: 4h

Laboratory classes: 4h

Self study : 9h 30m

## Topic 4. Life-span development

### Description:

- 4.1 Introduction: concept of development
- 4.2 Theoretical models: Theories of Jean Piaget, and Bronfenbrenner's ecological model
- 4.3 The first two years of life (motor and sensory development)
- 4.4 Childhood and adolescence
- 4.5 Alterations in the development of children
- 4.6 Adulthood
- 4.7 Old age

### Related activities:

- . Classroom activities
- . In-person evaluation in scheduled tests

**Full-or-part-time:** 25h

Practical classes: 8h

Laboratory classes: 1h

Self study : 16h

## Topic 5. Communication and Interpersonal Relationships

### Description:

- 5.1 Introduction: generalities
- 5.2 Verbal communication in the interview
- 5.3 Verbal resources to obtain information
- 5.4 Non-verbal communication
- 5.5 Interaction during the interview with the patient
- 5.6 Management of emotional stress
- 5.7 Introduction to social psychology

### Related activities:

- . Classroom activities:
- . PRACTICE 5. Empathy and interpersonal communication
- . PRACTICE 6. Communication in patient care
- . In-person evaluation in scheduled tests

### Full-or-part-time: 30h

Practical classes: 10h

Laboratory classes: 4h

Self study : 16h

## Topic 6. Introduction to Psychopathology and Behavior Modification

### Description:

- 6.1 Definitions
- 6.2 Classification and diagnosis systems
- 6.3 Procedures to acquire, increase frequency or maintain behaviours
- 6.4 Procedures to reduce or eliminate behaviors
- 6.5 Other behaviour modification techniques

### Related activities:

- . Classroom activities
- . In-person evaluation in scheduled tests

### Full-or-part-time: 14h

Practical classes: 3h

Self study : 11h

### Topic 7. Basic cognitive processes

**Description:**

- 7.1. Introduction
- 7.2. Perception
- 7.3. Attention
- 7.4. Memory
- 7.5. Learning
- 7.6. Emotion

**Related activities:**

- . Classroom activities
- . PRACTICE 7. Basic cognitive processes
- . In-person evaluation in scheduled tests.

**Full-or-part-time:** 27h

Practical classes: 9h

Laboratory classes: 2h

Self study : 16h

## ACTIVITIES

### PRACTICAL SESSIONS

**Description:**

Attendance is mandatory. Failure to attend more than one session without justification will result in being assessed with a NP in the subject. In-person sessions lasting 2 hours, which can be done individually or in groups of 2 or 3 students. The experimental part will be carried out in the classroom, and a report may be delivered. The internship program is as follows:

Practice 1. Visual health literacy

Practice 2. Studies on visual impairment: RAABS, RACS, RESC

Practice 3. Psychology and visual impairment (I)

Practice 4: Psychology and visual impairment (II)

Practice 5: Empathy and interpersonal communication

Practice 6: Communication in patient care

Practice 7: Basic cognitive processes

Qualification: 20% of the final grade of the subject.

**Material:**

Session scripts and supplementary material, published in Atenea.

**Delivery:**

For each session, and within a specified period, the report following the guidelines published in ATENEA must be delivered. The reports are always individual, and as a general rule they will be delivered through ATENEA. Works delivered after the deadline will not be accepted.

**Full-or-part-time:** 26h

Laboratory classes: 14h

Self study: 12h



## FIRST TEST

**Description:**

Individual test lasting two hours. The content includes the topics of the whole block of Public health (theo, activities and practices).

Grade: 23% of the final grade for the course.

**Material:**

The ppt presentations used in the theory classes will be published in ATENEA.  
Recommended bibliography (teaching guide for the subject).

**Full-or-part-time:** 2h

Practical classes: 2h

## SECOND TEST

**Description:**

Individual test lasting two hours. The content includes the entire course syllabus corresponding to Psychology block (theory, activities, and practices).

Grade: 47% of the final grade for the course.

**Material:**

The ppt presentations used in the theoretical classes will be published in ATENEA.  
Recommended bibliography (teaching guide for the subject).

**Full-or-part-time:** 2h

Practical classes: 2h

## CLASSROOM ACTIVITIES

**Description:**

Throughout the course, several activities will be planned to be carried out in the classroom, or outside the classroom, in small groups. Participation and completion of these activities requires attendance at theoretical classes. Classroom activities are planned as the course progresses: they do not have an associated calendar.

If any student adequately justifies his/her inability to attend for work reasons, the percentage of the grade for these activities will be transferred to the first and second test, which in this case will have a weight of 27% and 53% of the overall grade, respectively. Documentation justifying this option must be submitted to the course coordinator within the first two weeks of the course; after this deadline, applications will not be considered.

Grade: 10% of the final grade for the subject.

**Material:**

As a general rule, it will be provided in the classroom. Otherwise, students will be notified and the material will be provided through the ATENEA virtual campus.

**Full-or-part-time:** 40h

Theory classes: 40h

## EUROPEAN DIPLOMA IN OPTOMETRY COMPETENCES

**Description:**

This module contributes to the European Diploma in Optometry competencies indicated in the following link:  
[https://drive.google.com/drive/folders/1bwmHBsvkrGnY63DfXAnWZB\\_i0I2pXa-I?usp=drive\\_link](https://drive.google.com/drive/folders/1bwmHBsvkrGnY63DfXAnWZB_i0I2pXa-I?usp=drive_link)

## GRADING SYSTEM

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The total grade will be the result of two in-person tests, written and individual, as well as classroom activities performance, and the attendance to practice sessions and delivery of corresponding reports, according to the following weighting:

TEST 1 (23% grade) - It will be carried out during the course. The date and time will be specified in the calendar of mid-term exams published in the Faculty website. Assessment includes the contents corresponding to the whole Public Health part syllabus, which includes questions regarding theory classes, as well as classroom activities and practice sessions.

TEST 2 (47% grade) - It will be carried out at the end of the course. The date and time will be specified in the calendar of final exams published in the Faculty website. Assessment includes the contents corresponding to the whole Psychology part syllabus, which includes questions regarding theory classes, as well as classroom activities and practice sessions.

CLASSROOM ACTIVITIES (10% grade) - Participation in debates and delivery of the proposed activities will be considered; the activity proposal can vary according to the rhythm of the classes and the characteristics of the group, therefore, it is not subject to a concrete calendar. The evaluation can be individual and/or group, depending on the nature of the activity.

PRACTICES (20% grade) - Attendance is mandatory. Failure to attend more than one session without justification will result in being assessed with a NP for the subject. The assessment may be individual and/or group, depending on the nature of the practice. It will be considered attendance, previous work on scripts, participation, reports submitted, and execution of oral presentations when applicable will be taken into account.

REPEATING STUDENTS: if they have passed the practices they can repeat them all, or keep the grade for 2 calls; if they have failed them, they must do them again. In the first case, Atenea will specify the deadlines to state the chosen option.

REEVALUATION: A single written test is carried out to assess theoretical and practical content (100%). To access the re-evaluation of the subject it will be necessary to comply with the general conditions established each year by the Academic Regulations of the undergraduate and master's studies of the UPC (NAGRAMA) and the specific ones of the FOOT (having obtained a final grade of the subject equal to or greater than 3,5). The re-evaluation exam will consist of a single test on all the topics covered in the course during the course. Students who pass the re-evaluation exam will have a final grade of 5 in the course. Otherwise, the highest grade between the one obtained in the previous evaluation and the re-evaluation will be maintained.

### TRANSVERSAL COMPETENCES:

CT2- Sustainability and Social Commitment. The evaluation of this competence will be carried out through practices 1 and 2 of the course.

CT3: Effective oral and written communication. The evaluation of this competence will be carried out through practices 3 and 4 of the course.

### COMPETENCES OF THE EUROPEAN DIPLOMA:

The subject of Psychology and Public Health participates totally or partially in various competences (see details in the "activities" section).

The final grade of the course will include its evaluation.



## EXAMINATION RULES.

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All works submitted through Atenea are automatically analyzed by the TURNITIN plagiarism detection tool. If a submission is detected to be plagiarized and/or written with an AI System with no explicit declaration performed by the student, it will be graded with a zero.

In the event of a partial or total copy in any of the subject evaluations, the provisions of the Academic Regulations for Undergraduate and Master's Studies at the UPC (NAGRAMA) will apply:

Irregular actions in the evaluation acts (copies, cheat sheets, use of cell phones) lead to a descriptive grade of failure and a numerical grade of 0 for the entire subject, without prejudice to the disciplinary process that may arise as a consequence of the acts carried out.

Late delivery of lab sessions and/or classroom activities will not be accepted.

To access to the re-evaluation of the subject it will be necessary to meet the general conditions established for each course by the Academic Regulations for Undergraduate and Master's Studies of the UPC (NAGRAMA), and the particular ones of the FOOT (having obtained a final grade for the subject equal to or greater than 3,5). The re-evaluation exam will consist of a single test on all the topics developed in the subject during the course (theory, activities, and practices). Students who pass the re-evaluation exam will have a final grade of 5 in the subject. Otherwise, the highest grade between that obtained in the previous evaluation and that of the re-evaluation will be maintained.

## BIBLIOGRAPHY

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### Basic:

- Celentano, D; Szklo, M. Gordis epidemiology. 6th ed. Philadelphia, PA: Elsevier, 2019. ISBN 9780323552295.
- To García-Miranda, L. Mejora tu comunicación, mejora los resultados: un libro para profesionales de la salud. Zaragoza: Aurum Volatile, 2020. ISBN 9788412247350.
- Lupón, M.; Torrents, A.; Quevedo, Ll. Apuntes de psicología en atención visual [on line]. Terrassa: Universitat Politècnica de Catalunya, 2012 [Consultation: 10/05/2022]. Available on: <http://hdl.handle.net/2117/189580>.
- Ferré, Jorge; Aribau, Elisa. El desarrollo neurofuncional del niño y sus trastornos: visión, aprendizaje y otras funciones cognitivas. 2ª ed. Barcelona: Lebón, 2014. ISBN 8489963800.
- Van Der Fits, I.; Hadder-Algra, M. "The development of postural response patterns during reaching in healthy infants". Neuroscience & biobehavioral reviews [on line]. 1998, vol. 22, núm. 4, p.521-526 [Consultation: 15/02/2021]. Available on: <https://www.sciencedirect-com.recursos.biblioteca.upc.edu/science/article/pii/S0149763497000390?via%3Dihub>.

### Complementary:

- Tazón, P.; García, J.; Aseguinolaza, L. Relación y comunicación. 2ª ed. Madrid: Difusión Avances de Enfermería, 2002. ISBN 8493133019.
- Shute, Rosalyn H. Psychology in vision care. Oxford: Butterworth-Heinemann, 1991. ISBN 075061417X.
- Hoffman, L.; Paris, S.; Hall, E. Psicología del desarrollo hoy. 6ª ed. Barcelona: McGraw-Hill/Interamericana, 1995-1996. ISBN 8448102975.
- Myers, David G. Psicología. 9ª ed. Madrid: Médica Panamericana, 2011. ISBN 9788498353167.
- Latorre, José Miguel. Ciencias psicosociales aplicadas, vol. 1. Madrid: Síntesis, 1995. ISBN 9788477382966.