Teaching Guide of the subject	Year 2025 - 2026

PSYCHOSOCIAL SCIENCES

Code: 106102
ECTS credits: 6

Titulation	Type	Course	Semester
2500891 Nursing	**FB**	**1**	**1**

Contact	Use of languages
Responsible: Batalla Martín, David dbatalla@santpau.cat **Teaching staff:** Batalla Martín, David dbatalla@santpau.cat	• Group 1: **Catalan**

Prerequisites

There are no official prerequisites.

Contextualization and objectives

This subject is part of the Basic Sciences training module, Psychology subject and is planned in the first semester of the Bachelor's Degree in Nursing. The general bases of Psychosocial Nursing (General Psychology) and the Evolutionary Psychology of the individual are studied in order to appreciate the process of individual development. As well as the psychosocial factors that are linked to social action and that intervene in the individual and collective health of people.

The purpose of this subject is to assess and analyze the general aspects of General and Developmental Psychology, to understand the psychological processes of the individual, so that the student has the theoretical arguments for the understanding of himself and a transfer of this experience in the relationship with others.

Learning objectives of the subject

1. Describe the variables that influence a person's specific behavior based on their own learning, gender, group, or community.
2. Differentiate the particularities of the behavior of individuals throughout their life cycle, from birth to death.
3. Identify traits and characteristics of a person and adapt interaction to them.

Competencies and learning outcomes

Competence	Learning Outcomes
SPECIFIC	
E01. To provide technical and professional health care appropriate to the health needs of the people being cared for, in accordance with the state of development of scientific knowledge at any given time and with the levels of quality and safety established in the applicable legal and deontological standards.	**E01.09** Identify psychological problems arising from domestic and gender-based violence.
E07. Demonstrate that they understand people without prejudice, considering their physical, psychological and social aspects, as autonomous and independent individuals, ensuring respect for opinions, beliefs and values, guaranteeing the right to privacy through confidentiality and professional secrecy.	**E07.01** List the physical, psychological, and social characteristics that define the maturity of the person as an independent and autonomous being. **E07.03** Identify appropriate actions that promote respect for people's psychosocial responses to health situations (in particular, illness and illness) **E07.04** Identify interventions aimed at the psychosocial sphere, showing understanding and respect for the person as an autonomous and independent individual.
E19. Propose solutions to the health/disease problems of individuals, families and/or the community by applying the therapeutic relationship following the scientific method of the nursing process.	**E19.03** Identify people's psychosocial responses to different situations (in particular illness and illness), selecting appropriate actions to provide help to them.
GENERAL / BASIC	
G04. Act within the field of self-knowledge by assessing inequalities based on sex/gender.	**G04.02** Analyse gender inequalities as well as the factors that sustain them from the different systems: the family system, the kinship system, the economic system, the political system, symbolism and the educational systems.
B01. Students must have demonstrated knowledge in an area of study that is based on general secondary education, and is usually at a level that, although supported by advanced textbooks, also includes some aspects that involve knowledge from the forefront of their field of study.	
B04. That students can transmit information, ideas, problems and solutions to both a specialized and non-specialized audience.	

Content

MODULE 1. Introduction to Psychosocial Nursing
Theme 1. Conceptual models of health psychology, purpose and applications in health sciences:
    1.1 Health psychology: contributions of psychology in the health sciences.
    1.2 Models: biological-medical, psychoanalytical, behavioral, humanistic, systemic, cognitive, interpersonal model, sociocultural model, psychobiosocial model.

MODULE 2. Basic psychological processes in human behavior
Theme 2. Sensation-perception.
Theme 3. Attention.
Theme 4. Learning and memory.
Theme 5. Thoughts and intelligences and language.
Theme 6. Motivation and emotion.

MODULE 3. Developmental psychology
Theme 7. The child from 0 to 12 years old. Motor, cognitive, emotional, social and affective development.
Theme 8. Puberty, adolescence and youth. Biological, social, and emotional changes.
Theme 9. Adults and old age: Physical, cognitive, psychological, emotional and social changes. Spirituality throughout life.

MODULE 4. The person as a unit of relationship. Theories and processes of interpersonal relationships
Theme 10. The areas of interaction. Social and personal identity. Person-to-person interaction. Interaction in groups (family, environment, community) and organizations.
Theme 11. Interaction in mass situations. Interaction in society. Conformity. Obedience. Behavioral influence of roles. Prejudices.
Theme 12. Self-concept and self-esteem.
Theme 13. Human Sexual Absorption (Gender and Identity)
Theme 14. Gender violence and domestic violence.
Theme 15. Prevention of stigma and discrimination based on gender, culture or other factors.

MODULE 5. Nursing care: psychosocial interventions in specific health situations.
Theme 16. Anguish and stress as, to basic concepts of getting sick (pain).
Theme 17. Losses and the grieving process
Theme 18. Managing emotions and communication. Attention, identification and repair of emotions. Assessment of emotional state and nursing interventions.

Methodology

The methodological approach of the subject is based on considering that each student is the protagonist in the teaching and learning process. Students must be active and autonomous throughout the process and teachers must support them, providing the information and resources necessary for learning to take place.

Directed activity:

The subject is face-to-face with non-compulsory attendance. The teaching methodologies used will be theory and practice in the classroom, promoting participation and active listening.

Supervised activity:

Different articles and documents are worked on. Tutorials can be face-to-face or electronic.

Training activities

Activity	Hours	ECTS	Learning Outcomes
Types: Directed . Theory (TE) . Classroom Internship (PAUL)	43 2	1,72 0,08	*E01.09 E07.01 E07.03 E07.04 E19.03 B01 B04 G04.02*
Types: Supervised . Tutorials	1	0,04	*E01.09 E07.01 E07.03 E07.04 E19.03 B01 B04 G04.02*
Type: Self-employed: . Personal study. . Bibliographic consultations and documents. . Reading articles/reports of interest.	90	3,60	*E01.09 E07.01 E07.03 E07.04 E19.03 B01 B04 G04.02*

The teaching staff will allocate approximately 15 minutes once the subject is finished to allow them to students can answer the assessment surveys on the teaching performance and the subject.

Evaluation

The student has only one call per academic year to pass the subject.

Academic progression and completion of the subject is assessed through continuous and formative evaluation, through a multiple-choice test and two assignments, one individual and one in a group.

In multiple-choice tests, the negative answers are according to the following formula:
X = Hits – (errors/n-1) where *n* is the number of answer options.

The indications of the works are established by the teaching staff at the beginning of the course and the presentation of the same must follow the regulations of the EUI to be accepted.

Delay in delivery, maximum 24 hours, will be penalized by subtracting one point from the grade of the work. Deliveries in longer delay periods will not be accepted.

The grade of the subject is given by the weighted average of the marks obtained in the tests described from a 5 in each of them.

The results of the evaluation tests will be retroacted through the classroom and tutorials where appropriate.
The work evaluation rubric is available in the virtual classroom.

Qualification

- 0 to 4.9: Fail
- 5.0 to 6.9: Pass
- 7.0 to 8.9: Remarkable
- 9.0 to 10: Excellent (in the event that the student has obtained a grade equal to or higher than 9, he/she may opt, at the discretion of the teacher, for an honors).

Unique assessment

1. In this subject there is no homework scheduled to be done in a group.

2. The date of the unique test will coincide with the date of the last continuous assessment test that appears in the daily schedule and in the calendar of training and evaluation activities.

3. The unique assessment will consist of:
   - Test 1, which will consist of **an objective written test of the test** and weights **50%.**
   - Test 2 which will consist of the **elaboration of individual work** and weights **30%.**
   - Test 3, which will consist **of the preparation of individual work** and weights **20%.**

Recovery activity

1. A unique date is determined for the remedial activity for all students, whether or not they are eligible for a unique evaluation
2. A remedial activity is proposed for those students who have been previously evaluated for the set of activities whose weight is equivalent to a minimum of 2/3 of the total grade of the subject, and have obtained a final grade higher than 3.5 and less than 5 out of 10.
3. This activity will consist of an evaluation test, to be determined by the teaching staff, which will include the failed contents, will be carried out in the period established for this purpose and will only allow a grade of 5 to be obtained.
4. Group work is not recoverable.
5. The retake mark, 5, will replace the mark originally obtained and the final weighted mark will be recalculated.
6. Once the subject has been passed, it cannot be re-evaluated

Not assessable

It is considered that the subject will not be assessable at the time that one of these circumstances is met:

1. Not having submitted any continuous assessment activity provided for in the teaching guide.
2. Not have attended any of the practical or compulsory sessions, when these are necessary to assess specific competences and this is indicated in the teaching guide.
3. Not having taken the final test (exam, written or oral test, job defence, etc.), if this represents an essential percentage of the qualification.
4. Not having completed the minimum required participation in training activities (e.g. seminars, presentations, forums, etc.), when these are part of the assessment.
5. Not having submitted the final work or compulsory project, if this constitutes central evidence of the learning of the subject.

Exam Review

Once the final grade has been published, the student can request a review of the retake test within the established period. Requests for revision are not accepted on dates outside this period.

Procedure in case of copying/plagiarism

1. Copying **or plagiarism** in any type of assessment activity is a crime, and will be penalised with a 0 as the grade of the subject, losing the possibility of recovering it, whether it is an individual or group work (in this case, all members of the group will have a 0).

2. If during the completion of an individual project in class, the teacher considers that a student is trying to copy or is discovered some type of document or device not authorised by the teaching staff, it will be graded with a 0, with no retake option, and therefore, the subject will be suspended.

3. A work, activity or exam is considered to be "copied" when it reproduces all or a significant part of the work of oneself or another classmate.

4. A work or activity will be considered "plagiarized" when a part of a text by an author is presented as one's own without citing the sources, regardless of whether the original sources are on paper or in digital format.

The use of Artificial Intelligence (AI) technologies

The use of Artificial Intelligence (AI) technologies is regulated according to the type of work to be performed:

1. In the event that the work aims at personal reflection and meaningful learning by the student, **the use of AI technologies is prohibited** in any of its phases of realization. Any work that includes AI-generated fragments (e.g., summaries, translations, text writing or image creation) is considered academic dishonesty and may lead to a partial or total penalty in the grade of the activity, as well as greater sanctions in cases of severity.

2. In other jobs, **the restricted use of AI technologies is allowed** only in those support tasks, such as bibliographic or information search, text correction, translations and other specific situations that are indicated. In these cases, the student will have to clearly identify which parts have been generated with this technology, specify the tools used and include a critical reflection on how these have influenced the process and the final result of the activity. The non-transparency of the use of AI in this assessable activity will be considered a lack of academic honesty and may lead to a partial or total penalty in the grade of the activity, as well as greater sanctions in cases of severity.

In any case, in the description of each work, the teacher in charge will clearly indicate **whether the prohibited or restricted use of AI applies.**

Aspects of assessment related to values and attitudes

1. The teacher may reduce the grade of the subject by between 1 and 2 points when the student repeatedly does not respect the indications of behavior in the classroom and/or disturbs the normal functioning of the classroom.

2. "No disrespect for colleagues or teachers will be tolerated. Homophobic, sexist or racist attitudes will not be tolerated either. Any student in whom any of the attitudes described above are detected will be classified as failing the subject."

Formal aspects of written work

In all activities (individual and group) linguistic correctness, writing and formal aspects of presentation will be considered.

Other considerations

1. All the evaluation tests will be published in the daily program and in the calendar of the training and evaluation activities.

2. The date of the unique test will coincide with the date of the last continuous assessment test.

3. Students who repeat the subject may request at the beginning of the academic year to take only a final synthesis assessment (Article 117, page 46 of the Academic Regulations of the Universitat Autònoma de Barcelona (Approved by agreement of the Governing Council of 7 July 2022, and amended by agreement of the Governing Council of 1 February 2023).

   Students in the second or higher enrolment who have taken all the assessment tests the previous year may choose to take assessment with a single synthesis assessment activity. This activity will consist of an exam at the end of the subject coinciding with the written exam of the subject. Students in the second or higher enrolment who wish to opt for the synthesis exam must notify the teaching staff responsible for the subject in writing two weeks before the published date.

Evaluation Activities

Activity	Weight	Hours	ECTS	Learning Outcomes
Written test 1 objective written test	*50%*	2	0,08	*E01.09 E07.01 E07.03 E07.04 E19.03 B01 B04 G04.02*
Individual work: **Group work:**	*30%* *20%*			*E01.09 E07.01 E07.03 E07.04 E19.03 B01 B04 G04.02*

Bibliography

Books:

Psychology for Nursing and Health Sciences 9788413821818
Author: Darío Díaz Méndez, José Miguel Latorre Postigo, César Leal Costa and Sandra Saldivia Bórquez.
Edition: Elsevier, 2023.
ISBN: 8413821819.

That's not sex
Author: Moroccan, Marina.
Edition: Fanbooks, 2023

Man in Search of Meaning
Author: Frankl, Viktor.
Edition: Herder Editorial, 2004.

Teaching platforms

- Moodle
- Mendeley
- Kahoot
- Genially
- Canva
- Google Forms