

SYLLABUS

1. Course title:

Stress and mental health

2. Code:**3. Cycle of study:****4. ECTS credits:****5. Type of course:** Mandatory Elective**6. Prerequisites:**

regular attendance at lectures / exercises, duly completed pre-examination obligations

7. Class restrictions:

psychology students

8. Duration / semester:**9. Weekly contact hours:**

9.1. Lectures:

9.2. Seminars:

9.3. Laboratory/Practice classes:

10. Faculty:

Humanities and Social Sciences

11. Department/study program:

Psychology

12. Lecturer:**13. Lecturer's e-mail:**

14. Web site:

www.ff.unitz.ba

15. Course aims:

The aim of the course is to acquaint students with the areas of prevention and ways to improve mental health. Students will be introduced to models of healthy and sick, points of contact between medical and psychological approach and the needs for the emergence and study of health psychology

16. Learning outcomes:

After completing the course, students will gain knowledge about risk factors that negatively affect people's quality of life, and ways in which preventive action can be taken to improve health and avoid various diseases, especially those related to stress. Also, students will gain basic knowledge about the role and importance of the quality of communication in the hospital environment, as well as the role of communication in the success and duration of the treatment.

17. Course content:

- definition and field of action of health psychology
- terminological and practical difficulties in the differentiation of healthy and pathological
- stress and stress adjustment; ways of coping in stressful situations
- alcoholism and nicotine addiction
- hospitalization
- the importance of doctor-patient communication and communication problems
- psychology of pain- family and illness

18. Learning methods:

lectures,
- exercises, (individual and team / group work).

19. Assessment methods:

Continuous testing of knowledge is conceived through colloquia on the basis of which you will gain insight into regular monitoring and adoption of the presented teaching content. The final exam consists of a written and oral test, and the success of the final exam will be supplemented by student activity in classes / exercises, success in pre-exam obligations and demonstrated knowledge in colloquial tests.

20. Assessment components:

number of points:	final grade:
90-100	ten (10),
81-89	nine (9),
72-80	eight (8),
63-71	seven (7),
54-62	six (6),
do 53	five (5).

21. Required reading list:

1. Havelka, M. (1999): Zdravstvena psihologija. Naklada Slap, Jastrebarsko.
2. Lazarus, R.S. i Folkman, S. (2004.). Stres, procjena i suočavanje, Naklada "Slap", Jastrebarsko.
3. Vidanović, I., Kolar, D. (2003). Mentalna higijena. Beograd: Linea
4. Vlajković, J. (1998). Životne krize i njihovo prevazliženje. Beograd: Plato

22. Web sources:

23. Applicable starting from the academic year:

2022/2023

24. Adopted in the Faculty/Academy session:
