# Social and Community Psychology applied to Health Promotion

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***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

This course is designed as an introduction to the applications of social and community psychology to health issues. It will provide students with conceptual skills to define human problems with consideration to levels of analysis, understanding environmental factors related to human functioning, and selection of interventions appropriate for the problem definition and intervention goals in community settings. The course will also introduce to the application of a psychosocial approach to the role of the family in health promotion and will include the description of a method for intervention with and for the family to promote well-being and health.

**Learning outcomes**

*Knowledge and understanding*

By the end of the course, students should be able to:

* Understand the field of community psychology: its history, aims, values, theories, methods and contributions to people’s well-being.
* Understand how the principle of community psychology are applicable to health issues.
* Understand the basic socio-psychological principles regarding family’s identity, transition, and resources and their implication for individual well-being and health promotion.
* Become familiar with innovative programmes and practices geared towards prevention and health promotion.

*Applying knowledge and understanding*

By the end of the course, students should be able to:

* Reflect on the relevance of community psychology on everyday life and societal issues.
* Gain beginning experience using community psychology practice skills in community research and intervention.
* Develop basic skills in research and intervention on family-related issues.
* Discuss with others how social, family and community psychology concepts are relevant to one's own experiences and real-world issues.

*Making judgements*

By the end of the course, students should be able to:

* Evaluate real-world problems critically, using principles of community psychology.
* Formulate judgements on real-world health issues that affect our communities, that include reflecting on social and ethical responsibilities linked to the application of their knowledge and judgements.

*Communication Skills*

By the end of the course, students should be able to:

* communicate their conclusions, and the knowledge and rationale underpinning these, to specialist and non-specialist audiences clearly and unambiguously.

***COURSE CONTENT***

The course is organised into five modules.

Module 1. Introduction to Community Psychology

Module 2. Research methods in Community Psychology

Module 3. Key concepts in Community Psychology: Social-ecological approach, empowerment and participation

Module 4. Family and health

Module 5. Principles of prevention and health promotion. This module includes thematic classes on the use of mixed methods and logic models in prevention, issues of intervention transferability to different settings, and the importance of communicating when developing and disseminating research.

***READING LIST***

B. Kloos, J. Hill, E. Thomas, A.D. Case, V.C. Scott, & A. Wandersman (2020). *Community Psychology: Linking Individuals and Communities (4th ed.)*. American Psychological Association, 2021, ISBN 978-1433830594. Chapters 1 to 10 (chapters 2 and 7 are not to be studied but read only).

V. Cigoli, & E. Scabini (2006). *Family Identity: Ties, Symbols, and Transitions (1st ed.)*. Routledge. <https://doi.org/10.4324/9781410617712>. Chapters 2, 3, 4.

A. M. M. Bertoni, G. Rapelli, M. Parise, A. F. Pagani & S. Donato (2022). “Cardiotoxic” and “cardioprotective” partner support for patient activation and distress: Are two better than one? *Family Relations*. <https://doi.org/10.1111/fare.12694>.

In addition to the above textbooks, slides presented during class and any content uploaded on the Blackboard platform are required reading material.

***TEACHING METHOD***

Class will be conducted in a combination of lecture, seminar discussion and groupwork. Some lectures will be used to introduce and orient students to material, but it is expected that learning and application will occur through discussion and participation to brief individual or group activities. A project work on a community or family intervention will complement the lectures.

***ASSESSMENT METHOD AND CRITERIA***

The final examination will consist of a written exam in a quiz format followed by an oral exam on the same day/session.

The written exam will evaluate students’ acquisition and understanding of basic concepts, theories, and methods of the discipline, as covered by the course classes and textbooks. The oral exam will evaluate whether and how students are able to apply the concepts and theories to real-world scenarios, make meaningful connections and critically discuss them.

The written exam will consist of multiple-choice and/or short answer questions. The written exam grade will be calculated by adding correct answers: one point per correct answer. Passing the written exam (grade ≥ 18) is a prerequisite to be admitted to the oral exam.

The oral exam will be graded independently from the grade of the written exam, and the final exam grade will result from the mean of the two.

***NOTES AND PREREQUISITES***

Knowledge of the principles and theories of social psychology is a prerequisite to attend this course.

Attending classes is not compulsory thought it is strongly recommended. In any case, interest and active participation during classes will be expected.

Erasmus and exchange students should get in touch with professor Aresi.

*Meetings with professors*

Students are required to get in contact with the professors in advance to schedule an appointment. Both in person and online meetings are possible.

Professor Giovanni Aresi receives students at the end of each class. Appointments can also be scheduled by e-mail: giovanni.aresi@unicatt.it

Professor Manuel Faggiano receives students at the end of each class. Appointments can also be scheduled by e-mail: manuel.faggiano@unicatt.it

Professor Simon C. Moore receives students at the end of each class. Appointments can also be scheduled by e-mail: simon.moore@unicatt.it