

**Field of study:****Psychology****Subject: Psychology of chronic illness**

Level of study: graduate studies

System of study: Full-time

Profile of studies: general academic

Subject: Psychology of chronic illness

Form of classes and the ECTS points

	Number of hours	ECTS points	Credit
lectures	30		exam
Total	30	5	

Aims of teaching

1. To familiarize the students with the theoretical framework enabling the analysis of psychological adaptation to chronic somatic illness
2. To acquire the knowledge on psychological processes involved in the process of adaptation to chronic somatic illness
3. To acquire the knowledge on factors affecting the process of adaptation to chronic somatic illness
4. To teach students how to translate the theoretical knowledge onto clinical practice
5. To teach students how to apply the theoretical knowledge in research in the field of psychology of somatic illness

Intended learning outcomes

KNOWLEDGE		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_W1	Knows the the theory of stress and coping as the theoretical framework for the analysis of adaptation to chronic somatic illness	Ps_WG10_Mgr Ps_WG12_Mgr
P_W2	Knows what psychological processes are involved in the adaptation process and understands how they interact and add to the adaptational outcomes	Ps_WG08_Mgr Ps_WG10_Mgr Ps_WG12_Mgr
P_W3	Knows methods which allow assessment of processes involved in the adaptation to somatic illness	Ps_WG09_Mgr Ps_WG10_Mgr Ps_WG12_Mgr
P_W4	Knows major clinical, sociodemographic, personality and social factors affecting the outcomes of the adaptation to chronic illness	Ps_WG07_Mgr Ps_WG08_Mgr Ps_WG12_Mgr
P_W5	Understands ethical aspects of clinical practice and doing research among patients with somatic illness	Ps_WK01_Mgr Ps_WK04_Mgr
P_W6	Understands the increasing relevance of problems related to chronic somatic illnesses in modern societies and the significance of psychology in their prevention and treatment	Ps_WK02_Mgr Ps_WK04_Mgr
SKILLS		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_U1	The student is able to apply the theory of stress to describe and explain adaptational outcomes of patients with a chronic somatic illness	Ps_UW02_Mgr Ps_UW07_Mgr
P_U2	Is able to distinguish psychological processes involved in the adaptation to chronic illness and to apply appropriate methods to assess these processes	Ps_UW02_Mgr Ps_UW04_Mgr Ps_UW07_Mgr
P_U3	Is able to plan psychological evaluation of the patient with a chronic illness using terminology and concepts from the theory of stress and is able to adapt the existing evaluation methods to a particular case.	Ps_UW02_Mgr Ps_UW08_Mgr Ps_UW11_Mgr
P_U4	Is able to come up with a valid research problem and to propose methods of its scientific verification in the field of psychology of somatic illness using the theory of stress as a framework	Ps_UW04_Mgr Ps_UW05_Mgr

SOCIAL COMPETENCES		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_K1	The student is aware of the significance of evidence-based knowledge for the clinical practice of the psychologists working with people with somatic illness	Ps_KK02_Mgr
P_K2	Can critically evaluate different sources of knowledge within the field of psychology of somatic illness and can use scientifically grounded knowledge to plan research or clinical interventions in this field	Ps_KK02_Mgr Ps_KK03_Mgr
P_K3	Can critically evaluate his/her own professional competences in the field of psychology of chronic illness and is open to ask for help from other professionals when needed	Ps_KO01_Mgr Ps_KR02_Mgr Ps_KK04_Mgr
P_K4	Is sensitive to ethical aspects of clinical practice and research among patients with somatic illness	Ps_KR01_Mgr Ps_KR02_Mgr Ps_KR05_Mgr

Course content

NUMBER	DESCRIPTION	FORM OF CLASSES	NUMBER OF HOURS
1	The significance of chronic somatic illnesses, their prevention and treatment for modern societies	lectures	1 / 1
2	Lazarus and Folkman's theory of stress and coping and its applications to psychology of somatic illness	lectures	5 / 5
3	Illness-related cognitive appraisal, their relevance to psychosocial functioning of patients with somatic illness and assessment methods	lectures	3 / 3
4	Cognitive representation of illness, its relevance to psychosocial functioning of patients with somatic illness and assessment methods	lectures	3 / 3
5	Coping with illness-related stress, its significance for psychosocial functioning of patients with somatic illness and assessment methods	lectures	3 / 3
6	Adaptational outcomes in patients with somatic illness - conceptualizations, indicators and assessment methods	lectures	3 / 3
7	Clinical and sociodemographic factors affecting the adaptational outcomes in patients with somatic illness	lectures	3 / 3
8	Personality as a factor affecting the adaptational outcomes in patients with somatic illness	lectures	3 / 3

NUMBER	DESCRIPTION	FORM OF CLASSES	NUMBER OF HOURS
9	Social support as a factor affecting the adaptational outcomes in patients with somatic illness; assessment methods of illness-related social support	lectures	3 / 3
10	The ethical aspects of clinical intervention and research in the field of psychology of somatic illness	lectures	1 / 1
11	The significance of evidence-based knowledge for clinical practice in the field of psychology of somatic illness	lectures	1 / 1
12	Research in the field of psychology of somatic illness - difficulties and challenges	lectures	1 / 1

Conditions of completion

LECTURES

TYPE OF CREDIT	CREDIT INFLUENCE (IN %)
Exam (for the lecturers only)	80
Class work	20

Teaching methods

- Lecture
- multimedia presentations
- discussion
- case studies
- homeworks
- analysis of research articles

Reading (compulsory)

- Lazarus R., Folkman S.. Stress, appraisal and coping 1984
- Konrad Janowski, Stanisława Steuden. The Multidisciplinary Approach to Health and Disease. Selected Papers 2011

Reading (additional)

- Konrad Janowski, Stanisława Steuden. Biopsychosocial aspects of health and disease T. 1 2009
- Konrad Janowski, Stanisława Steuden. Biopsychosocial aspects of health and disease T. 2 2009
- Stanisława Steuden, Monika Sadowska, Konrad Janowski, Anna Cecot, Konrad Janowski, Stanisława Steuden. Psychological Correlates of the Disease-Related Appraisals in Patients with Vitiligo (The Multidisciplinary Approach to Health and Disease. Selected Papers) 2011
- Daniel Pankowski, Konrad Janowski, Witold D. Owczarek, Adam Borzęcki. Sociodemographic variables, health-related behaviors, and disease characteristics in patients with psoriasis (Family Medicine & Primary Care Review, vol. 20, nr. 2, strony 149-153) 2018
- Katarzyna Szymona-Pałkowska, Konrad Janowski, Agnieszka Pedrycz, Dariusz Mucha, Tadeusz Ambroży, Piotr Siermontowski, Jolanta Adamczuk, Marta Spalska, Dawid Mucha, Janusz Jacek Kraczkowski. Knowledge of the disease, perceived social support and cognitive appraisals in women with urinary incontinence (BioMed Research International, vol. 2016, nr. 3694792, strony 1-7) 2016
- Konrad Janowski, Stanisława Steuden, Aldona Pietrzak, Dorota Krasowska, Łukasz Kaczmarek,

Ilona Gradus, Grażyna Chodorowska. Social support and adaptation to the disease in men and women with psoriasis (Archives of Dermatological Research, nr. 304, strony 421-432) 2012

Odniesienie efektów przedmiotowych do efektów kierunkowych, treści kształcenia, metod weryfikacji

SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
KNOWLEDGE			
P_W1	Ps_WG10_Mgr Ps_WG12_Mgr	2	Exam
P_W2	Ps_WG08_Mgr Ps_WG10_Mgr Ps_WG12_Mgr	3 4 5 6 8 9	Exam
P_W3	Ps_WG09_Mgr Ps_WG10_Mgr Ps_WG12_Mgr	3 4 5 6 9	Exam
P_W4	Ps_WG07_Mgr Ps_WG08_Mgr Ps_WG12_Mgr	7 8 9	Exam
P_W5	Ps_WK01_Mgr Ps_WK04_Mgr	10 12	Exam class activity
P_W6	Ps_WK02_Mgr Ps_WK04_Mgr	1 11 12	Exam class activity
SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SKILLS			
P_U1	Ps_UW02_Mgr Ps_UW07_Mgr	2 6 8 9	Exam
P_U2	Ps_UW02_Mgr Ps_UW04_Mgr Ps_UW07_Mgr	3 4 5 6 8 9	Exam
P_U3	Ps_UW02_Mgr Ps_UW08_Mgr Ps_UW11_Mgr	3 4 5 6 7 8 9 11	Exam class activity

SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SKILLS			
P_U4	Ps_UW04_Mgr Ps_UW05_Mgr	2 5 6 7 8 9 12	Exam class activity
SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SOCIAL COMPETENCES			
P_K1	Ps_KK02_Mgr	2 3 5 6 7 9 12	Exam
P_K2	Ps_KK02_Mgr Ps_KK03_Mgr	2 9 11 12	Exam class activity
P_K3	Ps_KO01_Mgr Ps_KR02_Mgr Ps_KK04_Mgr	10 11 12	class activity
P_K4	Ps_KR01_Mgr Ps_KR02_Mgr Ps_KR05_Mgr	10 11 12	Exam class activity