

SYLLABUS

Health Psychology and Motivational Interviewing 15 credits H0009H

Hälsopsykologi och motiverande samtal i hälsovägledning

Course syllabus admitted: Autumn 2023 Sp 1 - Present

**DECISION DATE
2022-09-06**

Health Psychology and Motivational Interviewing 15 credits H0009H

Hälsopsykologi och motiverande samtal i hälsövägledning

First cycle, H0009H

Education level	Grade scale	Subject	Subject group (SCB)
First cycle	U G VG *	Hälsövägledning	Therapy, Rehabilitation and Dietary Treatment

Entry requirements

In order to meet the general entry requirements for first cycle studies you must have successfully completed upper secondary education and documented skills in English language

Selection

The selection is based on final school grades or Swedish Scholastic Aptitude Test.

Course Aim

On completion of the course, the student should, in a scientific way, be able to:

1. describe and reflect on the importance of psychological health factors for health
2. reflect on and argue for how health-psychological models can be used in health promotion work.
3. apply motivational interviewing, describe underlying theories and reflect on ethical aspects.
4. apply a cognitive approach and motivational interviewing to lead clients in processes that lead to health-promoting lifestyle changes

Contents

- Models in health psychology and health promotion
- Behavioural change to promote health from a cognitive approach
- Psychological health factors; motivation, coping, social support, self-efficacy, self-control, self-confidence/self-esteem, feedback, skills, positive challenges.
- Motivational interviewing, theory, exercises and ethical aspects
- Health plan and interview guides for health-promoting life style changes

Realization

Each course occasion's language and form is stated and appear on the course page on Luleå University of Technology's website.

The course is given by distance learning and is mainly web-based. The studies require computer experience and access to a broadband connection (at least 0.5 Mb/s, preferably 2.0 Mb/s) as well as a headset and web camera. Parts of the course are located on campus where practical exercises, seminars and examinations take place. In order to complete the course, it is required that the student actively seek knowledge and solve problems through an examining and critically reflective working method. This means that the student should take responsibility by actively contributing to the achievement of course objectives through the planning of content and time. The contents of the course are treated through group work, practical method training, lectures, oral and written presentations and seminars. Course requirements are completed study assignments as well as compulsory attendance and an active participation in discussions at seminars. Compulsory attendance at practical exercises. This course is part of the Health Guidance program. The program has a consistent pedagogical strategy that stimulates an active learning where team development is a recurrent element in the course. The group work aims to develop skills that can only be trained through interaction and the sharing of experience with others.

Examination

If there is a decision on special educational support, in accordance with the Guideline Student's rights and obligations at Luleå University of Technology, an adapted or alternative form of examination can be provided. Aim 1 is examined through assignments in groups and through a web-based seminar in exam 0005. Aim 2 is examined through individual assignments and a web-based seminar in exam 0008. Aim 3 is examined through assignments and method exercises, individually and in groups in exam 0006. Aim 4 is examined individually through assignments with opposition of report and a web-based seminar in exam 0007. Criteria for a pass and pass with distinction are stated in the course room in Canvas.

Unauthorized aids during exams and assessments

If a student, by using unauthorized aids, tries to mislead during an exam or when a study performance is to be assessed, disciplinary measures may be taken. The term "unauthorized aids" refers to aids that the teacher has not previously specified as permissible aids and that may assist in solving the examination task. This means that all aids not specified as permissible are prohibited. The Swedish version has interpretative precedence in the event of a conflict.

Remarks

This is a first-cycle course. Information about assignments during the course is provided in the course room in Canvas.

Overlap

The course H0009H is equal to S0021H, S0024H

Course offered by

Department of Health, Education and Technology

Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0005	Health Factors	U G#	3	Mandatory	S15	
0006	Motivational Talks, method	U G#	4	Mandatory	S15	
0007	Application MI-Health Talk	U G VG *	5	Mandatory	S15	
0008	Health Psychological Models	U G#	3	Mandatory	A17	

Last revised

by Anna Öqvist HUL 2022-09-06

Syllabus established

by Prefekt vid Institution för hälsovetenskap 2013-02-18