

## Master's Degree in General Health Psychology COMPETENCES

### **BASIC AND GENERIC COMPETENCES**

BC6 -Acquire knowledge and understanding that provide a background or opportunity to be original in the development and/or application of ideas, often in a research context.

BC7- Apply the knowledge acquired and problem-solving capacity in new or little-known settings within wider (or multidisciplinary) contexts related to the subject area.

BC8.- Be capable of integrating knowledge and performing the complex task of forming an opinion based on information which, although incomplete or limited, includes reflection on social and ethical responsibilities linked to the application of knowledge and judgements.

BC9. – Be capable of communicating one’s conclusions (and the knowledge and rationale underpinning them) to specialist and non-specialist audiences in clear and unambiguous terms.

BC10.-Develop the learning skills to continue studying in a largely self-directed or autonomous way.

### **GENERIC COMPETENCES**

GC1 - Understand and apply the methodologies necessary to carry out psychological research, evaluations and interventions on those aspects of people's behaviour and activity that influence the promotion and improvement of their general state of health, provided that they do not require specialised attention by other health professionals.

### **SPECIFIC COMPETENCES**

1. - Acquire, develop and implement a holistic concept of health, taking into account the biopsychosocial components of health, in accordance with the guidelines established by the WHO.

2. - Apply the fundamentals of bioethics and the method of deliberation in professional practice, adjusting their practice as health professionals to the provisions of Law 44/2003, of 21 November, on the organisation of health professions.
3. - Show interpersonal communication and emotional management skills appropriate for effective interaction with patients, relatives and carers in the processes of problem identification, assessment, communication of the diagnosis and psychological intervention and follow-up.
4. - Critically analyse and use sources of clinical information.
5. - Use information and communication technologies in professional performance.
6. - Draft psychological reports to appropriately tailor them to the target audience.
7. - Formulate working hypotheses in research and collect and critically evaluate information for problem solving, applying the scientific method.
8. - Understand the framework of action of the general health psychologist and know how to refer to the relevant specialist professional.
9. - Perform one's duties from the perspective of quality and continuous improvement, with the necessary capacity for self-criticism required for responsible professional performance.
10. - Know how to communicate and interact with other professionals, and master the necessary skills for working in teams and multidisciplinary groups.
11. - Understand the obligations and responsibilities of healthcare personnel regarding confidentiality of information and protection of patients' personal data.
12. - Have an in-depth understanding of the psychological nature of human behaviour, as well as the social and biological factors that can affect it.
13. - Gain an in-depth understanding of the psychological nature of human behavioural disorders.
14. - Gain an in-depth knowledge of the psychosocial factors associated with health problems and illness.
15. - Gain an in-depth understanding of the biological and psychosocial factors associated with health problems and illness, especially those related to mental health.
16. - Delve into the different models of assessment and intervention in the field of General Health Psychology, and into the techniques and procedures derived from them for tackling behavioural disorders and the psychological factors associated with health problems.
17. - Plan, carry out and, where appropriate, supervise the process of psychological assessment of human behaviour and the psychological factors associated with health problems in order to assess them.

18. - Design, develop and, where appropriate, supervise and evaluate psychological intervention plans and programmes, depending on the psychological assessment and the individual and social variables involved in each case.
19. - Understand the activities necessary to set up, start up and manage a company, its different legal forms and the associated legal, accounting and tax obligations.
20. - Understand the regulations in force in the Spanish health sector.
21. - Carry out activities to enhance psychological health promotion and education for individuals and the community.