


UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	Izbrane vsebine iz psihologije zdravja za dentalno medicino
Course title:	Selected Topics in Health Psychology for Dental Medicine

Študijski program in stopnja Study programme and cycle	Študijska smer Study option	Letnik Year of study	Semester Semester
Dentalna medicina/Dental Medicine 2. stopnja/2nd cycle		3	6.

Vrsta predmeta / Course type Izbirni/elective

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Clinical training	Druge oblike študija Other forms of study	Samost. delo Individual work	ECTS
25	20				45	3

Nosilec predmeta / Lecturer: doc. dr. Katja Kerman

Jeziki / Predavanja / Lectures: slovenščina/slovene

Languages: Vaje / Tutorial:

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti: / **Prerequisites:** /

Vsebina:

1. Opredelitev področja
 - Opredelitev zdravja in modeli zdravja
 - Opredelitev psihologije zdravja
 - Metode v psihologiji zdravja
2. Neenakosti v zdravju
 - Socialno ekonomski status in zdravje
 - Pripadnost manjšini in zdravje
 - Spol in zdravje
3. Z zdravjem povezano vedenje
 - Psihološki modeli z zdravstvenega vedenja
 - Psihološki modeli spreminjanja zdravstvenega vedenja
4. Zdravju škodljiva vedenja in zdravju podporna vedenja
 - Kajenje, zloraba alkohola in prepovedanih drog
 - Prehrana
5. Preventivno delovanje na področju zdravja

Content (Syllabus outline):

1. Definition of the field
 - Definition of health and models of health
 - Definition of health psychology
 - Methods in health psychology
2. Health inequalities
 - Socio-economic status and health
 - Minority status and health
 - Gender and health
3. Health-related behaviour
 - Psychological models of health-related behaviour
 - Psychological models of health behaviour change
4. Health risk behaviours and health promoting behaviours
 - Smoking, alcohol and illicit drug abuse
 - Diet

<ul style="list-style-type: none"> - Delo s posamezniki - Medijske promocije in kampanje - Intervencije in javnozdravstvene kampanje <p>6. Stres</p> <ul style="list-style-type: none"> - Psihološki modeli stresa - Stres in zdravje - Spoprijemanje s stresom <p>7. Razvoj bolezni</p> <ul style="list-style-type: none"> - Doživljanje in interpretacija simptomov, odziv na simptome - Posvet pri zdravniku - Upoštevanje zdravstvenih predpisov <p>8. Bolečina</p> <ul style="list-style-type: none"> - Doživljanje bolečine - Biopsihološki model bolečine - Spoprijemanje z bolečino <p>~</p>	<p>5. Preventive action in the field of health</p> <ul style="list-style-type: none"> - Working with individuals - Media campaigns and promotions - Interventions and public health campaigns <p>6. Stress</p> <ul style="list-style-type: none"> - Psychological models of stress - Stress and health - Coping with stress <p>7. Development of illness</p> <ul style="list-style-type: none"> - Experiencing and interpreting symptoms, responding to symptoms - Consultation with a physician - Adherence to medical advice <p>8. Pain</p> <ul style="list-style-type: none"> - Experiencing pain - Biopsychological model of pain - Coping with pain <p>~</p>
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Temeljni literatura in viri / Readings:

1. KERMAN, Katja, TEMENT, Sara, KORUNKA, Christian. Don't leave your heart at work : profiles of work-life interference and cardiometabolic risk. International journal of stress management. May 2021, vol. 28, iss. 2, str. 105-116. ISSN 1072-5245. [COBISS.SI-ID 55460611]
2. KERMAN, Katja, TEMENT, Sara, KORUNKA, Christian. Don't leave your heart at work : profiles of work-life interference and cardiometabolic risk. International journal of stress management. [COBISS.SI-ID 55460611]
3. KERMAN, Katja, PREM, Roman, KUBICEK, Bettina, MEYER, Edo, TEMENT, Sara, KORUNKA, Christian. Conflict at work impairs physiological recovery during sleep : a daily diary study. International journal of environmental research and public health. [COBISS.SI-ID 121332995]
4. LAMOT, Monika, KERMAN, Katja, KIRBIŠ, Andrej. Distrustful, dissatisfied, and conspiratorial : a latent profile analysis of COVID-19 vaccination rejection. International journal of environmental research and public health. [COBISS.SI-ID 118416643].
5. LAMOT, Monika, KERMAN, Katja, KIRBIŠ, Andrej. Ideological differences in COVID-19 vaccine intention : the effects of trust in the healthcare system, in complementary and alternative medicine, and perceived threat from the disease. Frontiers in psychology. [COBISS.SI-ID 183585027]

Cilji in kompetence:

Cilj predmeta je študentom dentalne medicine zagotoviti celovito razumevanje psihologije zdravja s poudarkom na psihosocialnih vidikih zdravja. Predmet obravnava različne modele zdravja, vpliv socialno-ekonomskih dejavnikov, dejavnikov manjšin in spola na zdravje ter dinamiko z zdravjem povezanega vedenja, ki neposredno vpliva na zobozdravstveno oskrbo.

Objectives and competences:

This course aims to provide dental medicine students with a comprehensive understanding of health psychology, emphasizing oral health's psychosocial aspects. The course covers various models of health, the impact of socio-economic, minority, and gender factors on oral health, and the dynamics of health-related behaviors that directly affect dental care. Students will engage

Študentje se bodo seznanili z najnovejšimi raziskovalnimi metodami na področju zdravstvene psihologije, da bi razumeli kritična področja, kot so neenakosti na področju zdravja, zdravju škodljivo vedenje, stres in mehanizmi spoprijemanja, vse v okviru zobozdravstvene prakse.

S predavanji, literaturo in praktičnimi vajami bo študent(ka) razvil(a) naslednje splošne in specifične kompetence:

- Analiza in razlaga psiholoških modelov, povezanih z vedenjem za zdravje in spremembo vedenja, s poudarkom na vedenju, ki vpliva na zdravje ustne votline, kot sta kajenje in prehrana.
- Razumevanje psihosocialnih dejavnikov, ki prispevajo k zdravstvenim tveganjem in spodbujajo vedenje, ki vpliva na izid ustnega zdravja.
- Oblikovanje in ocenjevanje intervencij za preventivne ukrepe na področju ustnega zdravja, vključno z izobraževanjem pacientov, medijskimi kampanjami in javnimi pobudami za zobozdravstveno varstvo.
- Razumevanje psihološkega vpliv stresa, bolezni in bolečine na paciente ter njihove mehanizme za spoprijemanje z njimi.
- Izboljšanje spretnosti analitičnega in ustvarjalnega razmišljanja v okviru zdravstvene psihologije.
- Samostojnost in kritično razmišljanje o lastnem učenju in zobozdravstveni praksi.
- Razvijanje spretnosti učinkovitega komuniciranja in sodelovanja v strokovnem in medkulturnem kontekstu v zdravstvenih okoljih.

Razvijanje empatije in občutljivost za individualne in družbene izzive, povezane z oralnim zdravjem.

with the latest research methods in health psychology to examine critical areas such as health inequalities, health risk behaviors, stress, and coping mechanisms, all within the context of dental practice.

Through lectures, literature, and practical exercises, students will develop the following general and specific competences:

- Analyze and interpret psychological models related to health behavior and behavior change, with a focus on behaviors impacting oral health, such as smoking and diet.
- Explore the psychosocial factors contributing to health risks and promoting behaviors that influence oral health outcomes.
- Learn to design and evaluate interventions for preventive actions in oral health, including patient education, media campaigns, and public dental health initiatives.
- Understand the psychological impact of stress, illness, and pain on patients and their coping mechanisms.
- Enhance skills in analytical and creative thinking in the context of health psychology.
- Cultivate autonomy and critical reflection on one's own learning and dental practice.
- Develop effective communication and cooperation skills in professional and intercultural contexts within dental settings.
- Build empathy and sensitivity towards individual and social challenges related to oral health.

Predvideni študijski rezultati:

Znanje in razumevanje: Študent(ka) bo znal(a):

- Opredeliti psihologijo zdravja in opisati njene glavne modele in metode, s poudarkom na tistih, ki se uporabljajo v dentalni medicini.

Intended learning outcomes:

Knowledge and Understanding: The student will be able to:

- Define health psychology and describe its main models and methods, with an emphasis on those applicable to dental medicine.

<ul style="list-style-type: none"> - Razložiti vpliv socialno-ekonomskega statusa, statusa manjšin in spola na zdravje in oralno zdravje. - Predstaviti načela psiholoških modelov zdravstvenega vedenja in spreminjanja vedenja, zlasti v povezavi s praksami oralnega zdravja. - Razpravljati o odnosu med stresom, zdravjem in strategijami obvladovanja stresa. - Analizirati vlogo psiholoških dejavnikov pri razvoju bolezni, upoštevanju zdravniških nasvetov ter spoprijemanju z bolečinami in boleznimi. <p>Prenosljive/ključne spretnosti in drugi atributi:</p> <p>Uporaba: Študent(ka) bo znal(a):</p> <ul style="list-style-type: none"> - Uporabiti psihološke teorije za razumevanje in vplivanje na vedenje, ki vpliva na oralno zdravje. - Opisati učinkovite strategije za promocijo oralnega zdravja in preprečevanje bolezni. - Razumeti in uporabljati mehanizme za obvladovanje stresa pri pacientih in zobozdravstvenih delavcih. - Kritično oceniti kampanje in intervencije na področju javnega zdravja s poudarkom na oralnem zdravju. <p>Refleksija: Študent(ka) bo:</p> <ul style="list-style-type: none"> - Reflektiral(a) o posledicah psihologije zdravja v osebni in zdravstveni kontekstu. - Razvil(a) samozavedanje in poglobljeno razumevanje, kako psihološki, socialni in kulturni dejavniki vplivajo na ustno zdravje in oskrbo pacientov. <p>~</p>	<ul style="list-style-type: none"> - Explain the influence of socio-economic, minority, and gender status on health and oral health. - Articulate the principles behind psychological models of health behavior and behavior change, especially as they relate to oral health practices. - Discuss the relationship between stress, health, and coping strategies. - Analyze the role of psychological factors in the development of illnesses, adherence to medical advice, and coping with pain and illnesses. <p>Transferable/Key Skills and other attributes:</p> <p>Use: The student will be able to:</p> <ul style="list-style-type: none"> - Apply psychological theories to understand and influence behaviors affecting oral health. - Describe effective strategies for oral health promotion and disease prevention. - Understand and employ coping mechanisms to manage stress in both patients and dental professionals. - Critically evaluate public health campaigns and interventions with a focus on oral health. <p>Reflection: The student will:</p> <ul style="list-style-type: none"> - Reflect on the implications of health psychology in both personal and health contexts. - Develop self-awareness and a deeper understanding of how psychological, social, and cultural factors influence oral health and patient care.
<p>Metode poučevanja in učenja:</p> <p>Predavanja, seminarji, diskusije; individualne konzultacije s predavateljico - poleg predavanj in interaktivnih oblik (diskusije, paneli ipd.) bodo študentje pripravili seminar (projektno nalogo), se posvetovali ob pripravi samostojnega dela in v interaktivnem učenju utrjevali kompetence na</p>	<p>Learning and teaching methods:</p> <p>Lectures, seminars, discussions, individual consultations with the lecturer; apart from lectures and interactive work (discussions, panels, etc.), students will independently prepare a seminar (project work, case study) and will be given the opportunity for consultations during its preparation;</p>

področju psihologije zdravja. Del obvezne literature bo predmet panel diskusij.	during the process, interactive learning ability and health psychology skills will be strengthened. Part of the mandatory literature will be the subject of panel discussions.	
Načini ocenjevanja:	Delež (v %) / Weight (in %)	Assessment:
<ul style="list-style-type: none"> • Pisni izpit (pisni izpit lahko nadomesti sprotno preverjanje znanja z dvema pozitivno ocenjenima kolokvijema) • Seminarska naloga <p>Ocenjevalna lestvica:</p> <ul style="list-style-type: none"> • 0-11 % = 1 (nezadostno) • 12-23 % = 2 (nezadostno); • 24-35 % = 3 (nezadostno); • 36-47 % = 4 (nezadostno); • 48-59 % = 5 (nezadostno); • 60-66 % = 6 (zadostno); • 67-74 % = 7 (dobro); • 75-85 % = 8 (prav dobro); • 86-93 % = 9 (prav dobro); • 94-100 % = 10 (odlično) <p>Prisotnost na vajah in seminarju je obvezna in predstavlja pogoj za pristop na izpit. Študenti se morajo udeležiti najmanj 80 % vaj in seminarjev, za izostanke pa predložiti (zdravniško) opravičilo.</p> <p>–</p>	<p style="text-align: center;">80</p> <p style="text-align: center;">20</p>	<ul style="list-style-type: none"> • Written exam (written exam can be substituted by two midterm exams with passing grades) • Completed seminar paper with presentation, attendance and active collaboration <p>Grading scale:</p> <ul style="list-style-type: none"> • 0-11 % = 1 (insufficient) • 12-23 % = 2 (insufficient); • 24-35 % = 3 (insufficient); • 36-47 % = 4 (insufficient); • 48-59 % = 5 (insufficient); • 60-66 % = 6 (sufficient); • 67-74 % = 7 (acceptable); • 75-85 % = 8 (good); • 86-93 % = 9 (very good); • 94-100 % = 10 (odlično) <p>Attendance at tutorials and seminars is mandatory and is a condition for taking the exam. Students must attend at least 80% tutorials and seminars, respectively; in case of absence a (medical) certificate must be submitted.</p>

Reference nosilca / Lecturer's references:**dr. Katja Kerman [54304]**<https://cris.cobiss.net/ecris/si/sl/researcher/50875>**Bibliografija za obdobje 2016-2024**https://bib.cobiss.net/bibliographies/si/webBiblio/bib201_20240425_172537_54304.html**1.01 Izvirni znanstveni članek**

1. LAMOT, Monika, KERMAN, Katja, KIRBIŠ, Andrej. Ideological differences in COVID-19 vaccine intention : the effects of trust in the healthcare system, in complementary and alternative medicine, and perceived threat from the disease. *Frontiers in psychology*. 2024, vol. 15, str. 1-8, ilustr. ISSN 1664-1078. [COBISS.SI-ID 183585027]

2. KERMAN, Katja, KORUNKA, Christian, TEMENT, Sara. Work and home boundary violations during the COVID-19 pandemic : the role of segmentation preferences and unfinished tasks. *Applied psychology*. July 2022, vol. 71, iss. 3, str. 784-806. ISSN 1464-0597. DOI: 10.1111/apps.12335. [COBISS.SI-ID 69119747]

3. LAMOT, Monika, KERMAN, Katja, KIRBIŠ, Andrej. Distrustful, dissatisfied, and conspiratorial : a latent profile analysis of COVID-19 vaccination rejection. *International journal of environmental research and public health*. [Online ed.]. 2022, vol. 19, iss. 16, str. 1-11, tabele, graf. prikazi. ISSN 1660-4601. <https://www.mdpi.com/1660-4601/19/16/10096>, <https://dk.um.si/IzpisGradiva.php?id=88263>, DOI: 10.3390/ijerph191610096, DOI: 20.500.12556/DKUM-88263. [COBISS.SI-ID 118416643]
4. KERMAN, Katja, PREM, Roman, KUBICEK, Bettina, MEYER, Edo, TEMENT, Sara, KORUNKA, Christian. Conflict at work impairs physiological recovery during sleep : a daily diary study. *International journal of environmental research and public health*. [Online ed.]. 2022, vol. 19, iss. 18, str. 1-9, ilustr., tabele. ISSN 1660-4601. <https://www.mdpi.com/1660-4601/19/18/11457>, DOI: 10.3390/ijerph191811457. [COBISS.SI-ID 121332995]
5. KERMAN, Katja, TEMENT, Sara, KORUNKA, Christian. Don't leave your heart at work : profiles of work-life interference and cardiometabolic risk. *International journal of stress management*. May 2021, vol. 28, iss. 2, str. 105-116. ISSN 1072-5245. <https://doi.apa.org/fulltext/2021-25913-001.pdf>, <https://dk.um.si/IzpisGradiva.php?id=88266>, DOI: 10.1037/str0000224, DOI: 20.500.12556/DKUM-88266. [COBISS.SI-ID 55460611]
6. VIDMAR, Maša, KERMAN, Katja. The development of teacher's Relational competence scale : structural validity and reliability. *Šolsko polje : revija za teorijo in raziskave vzgoje in izobraževanja*. [Tiskana izd.]. 2016, letn. 27, št. 1/2, str. 41-62, 196-198, tabele. ISSN 1581-6036. <http://www.dlib.si/details/URN:NBN:SI:doc-V4ORJBA1>. [COBISS.SI-ID 2982743]