

COURSE DESCRIPTION (Group C)

| Course code | Course group | Volume in ECTS credits | Course valid from | Course valid to |
|-------------|--------------|------------------------|-------------------|-----------------|
| PSO 5005 | SD P(S) | 6 | 2019 03 20 | 2022 03 20 |

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|---|-----------------------|
| Course type (compulsory or optional) | compulsory |
| Course level (study cycle) | Master studies |
| Semester the course is delivered | Spring |
| Study form (face-to-face or distant) | Face-to-face |

Course title in Lithuanian

SVEIKATOS DARBE PSICHOLOGIJA

Course title in English

OCCUPATIONAL HEALTH PSYCHOLOGY

Short course annotation in Lithuanian (up to 500 characters)

Dalykas orientuojamas į sveikatos darbe dalykų studijavimą remiantis tarptautine patirtimi bei Pasaulio sveikatos organizacijos nuostatomis. Dėmesys skiriamas analizei priežasčių, sukeliančių fizinės bei psichikos sveikatos sutrikimus, kylančius dėl darbinės situacijos, darbo organizavimo ir kt. psichologinių, valdymo bei organizacinių priežasčių. Taip pat dėmesys skiriamas minėtų sutrikimų prevencijos organizacijoje galimybių analizei. Dalyko tikslų siekiama derinant įvairius mokymo metodus, tokius kaip paskaitos, seminarai, grupinės diskusijos, refleksijos, literatūros bei dokumentų studijavimas, savarankiškas darbas.

Short course annotation in English (up to 500 characters)

The course focuses on studying occupational health psychology issues. Upon completion of this course students should be able to understand terms and definitions related to occupational health psychology, be able to identify safety at work criteria, causes of work-related ill health (both physical and mental), and methods of psychological intervention to prevent diseases and maintain health. Teaching methods include lectures, seminars, group discussions, research project writing and presentation, literature study.

Prerequisites for entering the course

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Course aim

The aim of the course is to study psychological aspects of factors, fostering and harming health and well-being in the workplace.

Links among study programme outcomes, course outcomes, criteria of learning achievement evaluation, study and assessment methods

| Study programme outcomes | Course outcomes | Criteria of learning achievement evaluation | Study methods | Assessment methods |
|---|--|--|--|--------------------|
| 1. Describe, critically evaluate and apply modern psychological theories, explaining behaviour of an organization, person or group. | Describe occupational health psychology theories; | Properly described occupational health psychology theories; | Literature analysis, lectures, discussions, seminars, work in groups, brainstorming, analysis of cases, reflection, etc. | Testing |
| 2. Evaluate and analyse psychological aspects and problems of functioning of organizations | Describe causes, outcomes and control measures of work-related stress. | Described main causes, outcomes and control measures of work-related stress. | Literature analysis, lectures, discussions, seminars, work in groups, brainstorming, analysis of cases, reflection, etc. | Testing |

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| | Describe psychological characteristics, which influence health at work. | Described main psychological characteristics influencing health at work. | Literature analysis, lectures, discussions, seminars, work in groups, brainstorming, analysis of cases, reflection, etc. | Testing |
| 3. Carry out research on the basis of modern scientific methodology, to interpret the results properly, be able to present them appropriately, and give recommendations. | Name safety and health hazards and describe the ways of their control. | Named most often observed safety and health hazards and the ways of their control described. | Literature analysis, lectures, discussions, seminars, work in groups, brainstorming, analysis of cases, reflection, etc. | Testing |
| | To assess the level of psychosocial risks on the individual and the group levels. | Assessment of psychosocial risks on the individual and the group levels. | Literature analysis, lectures, discussions, seminars, work in groups, brainstorming, analysis of cases, reflection, etc. | Testing |
| 5. Elaborate and improve psychological intervention programmes (personnel education, health maintenance and promotion, team formation, employee adaptation and socialization, etc.) and be able to evaluate their effectiveness. | To describe work related health problems and design measures to help employers deal with these problems. | Described work related health problems and designed measures to help employers deal with these problems. | Literature analysis, lectures, discussions, seminars, work in groups, brainstorming, analysis of cases, reflection, etc. | Testing |
| | To prepare and present in class a programme aimed at promotion of a selected health aspect. | A programme aimed at promotion of a selected health aspect prepared and presented in class. | Literature analysis, discussions, work in groups, preparing of the project and it's presentations and review in a seminar, brainstorming, analysis of cases, reflection, etc. | Testing. Analysis of group work and its presentation. |

Links between course outcomes and content

| Course outcomes | Content (topics) |
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| Describe occupational health psychology theories; | History of occupational health. Occupational health theories. Integrated framework of comprehensive organizational wellness: concepts, practices, and research in workplace health promotion. |

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| Describe causes, outcomes and control measures of work-related stress. | Work stress; Stress management at work. |
| Describe psychological characteristics, which influence health at work. | Symptoms, disorders, intervention: Emotions at work; job-related burnout. Cardiovascular disease risks at work. Work-family balance. Shift work and working hours. |
| Name safety and health hazards and describe the ways of their control. | Safety at work: conceptual and assessment aspects. Organizational climate and health; Safety climate. Technology and safety at work. Controlling occupational safety and health hazards; global occupational health policies. Health and safety at work: causes and risks. |
| To assess the level of psychosocial risks on the individual and the group levels. | Psychosocial risks at work. Assessment of psychosocial risks at work. |
| To describe work related health problems and design measures to help employers deal with these problems. | Work hours and shift work. Technologies and health at workplace. Health promotion, maintenance programmes. |
| To prepare and present in class a programme aimed at promotion of a selected health aspect. | Worksite health intervention methods. Methodology and measurement of worksite health. |

Distribution of workload for students (contact and individual work hours)

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| Lectures | 30 hrs. |
| Seminars | 15 hrs. |
| Group work | 15 hrs. |
| Individual student work | 100 hours |
| Total: | 160 hours |

Structure of cumulative score and value of its constituent parts

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| Colloquium – 30%, Homework and team work – 20%, Exam - 50%. |
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Recommended reference materials

| No | Publication year | Authors and title of publication (e-source) | Publishing house | Number of copies in | | |
|------------------------|------------------|---|--------------------------|---------------------|------------------|-----------------|
| | | | | University library | Self-study rooms | Other libraries |
| Or link to e-source | | | | | | |
| <i>Basic materials</i> | | | | | | |
| 1. | 2017 | Ch. D. Reese Occupational safety and health: fundamental principles and philosophies | Taylor and Francis group | | 1 | |
| 2. | 2009 | The Oxford Handbook of Organizational Well-being (Eds. S. Cartwright, C. L. Cooper). | Oxford University Press | 1 | | |
| 3. | 2010 | Oxford handbook of positive psychology and work (Eds. P. A. Linley, S. Harrington, N. Garcea) | Oxford University Press | | | |
| 4. | 2011 | <i>Handbook of Occupational Health Psychology</i> . 2 nd edition (Eds. J. C. Quick, L. E. Tetrick). | APA, Washington, DC. | | 1 | |
| 5. | 2010 | Healthy workplaces: a model for action for employers, workers, policy-makers and practitioners. WHO. Prieiga per Internetą: http://www.who.int/occupational_health/publications/healthy_workplaces_model.pdf | | | | |
| 6. | 2010 | WHO Healthy Workplace Framework and Model: Background and Supporting Literature and Practices. WHO. Prieiga per Internetą: | | | | |

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| | | http://www.who.int/occupational_health/healthy_workplace_framework.pdf | | | | |
| <i>Supplementary materials</i> | | | | | | |
| 1. | 2009 | The Oxford Handbook of Organizational Well-being (Eds. S. Cartwright, C. L. Cooper). | Oxford University Press | 1 | | |

Course description designed by

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