Course Specifications
Valid as from the academic year 2019-2020

Health Promotion and E-Health (H002158)

Course

Valid as from the academic year 2019-2020

Course specifications

Lecturers in academic year 2019-2020

Lauwerier, Emelien
PP05 lecturer-in-charge

De Paepe, Annick
PP05 co-lecturer

Course offerings and teaching methods in academic year 2019-2020

A (semester 1)

Dutch

Contact hrs 30.0 h

Study time 90 h

Lecture 8.75 h

Project 3.75 h

Guided self-study 7.5 h

Seminar: coached exercises 8.75 h

On-line discussion group 1.25 h

Offered in the following programmes in 2019-2020

Master of Science in Teaching in Behavioural Sciences (main subject Psychology) 3 A

Master of Science in Psychology (main subject Clinical Psychology) 3 A

Teaching languages

Dutch

Keywords

eHealth, blended interventions, health promotion, mental wellbeing, self-management, clinical health problems

Position of the course

The course “Health promotion and eHealth” is an elective for 1st and 2d Master students “Clinical Psychology”. The electives offer students the opportunity to deepen and specialize in relevant areas of clinical psychology. In this elected the focus is on the practical utility of eHealth in the workflow of clinical psychologists.

Contents

This course covers the following topics:

• A definition of eHealth and related concepts (telemmedicine, blended care, mHealth, uHealth)
• A state of the art review about eHealth (past, present and future), and a review of opportunities and limitations
• A positioning of eHealth in healthcare: an (international) perspective
• A roadmap to develop eHealth programs
• A toolkit for evaluating the quality of eHealth programs, and for selecting eHealth tools for specific workflows
• The evaluation of available eHealth programs (e.g. prevention of suicide, treatment of depression) based upon quality criteria (toolkit)
• The usefulness and employability of specific eHealth programs in the workflow of an organisation or clinical psychologist
• Organisational, juridical and business conditions in the implementation of eHealth programs in the workflow
• A presentation of the most important Dutch language eHealth tools relevant for clinical psychology
• The implementation of an eHealth intervention for a specific clinical setting (e.g. case)

(Approved)
Initial competences
- Basic Knowledge and skills of research methods and statistics in psychology
- Basic knowledge of psychological processes in cognition, emotion and behaviour
- Basic knowledge of the most important models in clinical psychology

Final competences
1. Describing the specificity of eHealth in comparison with ‘traditional’ interventions, and formulating the advantages and disadvantages
2. Having advanced knowledge about the background, state of the art, and future evolutions of eHealth, both at international and national (Flanders/Belgium) level
3. Having advanced knowledge of a roadmap to develop eHealth programs
4. Having advanced knowledge of a toolkit for evaluating the quality of eHealth programs.
5. Having topical knowledge of juridical, organisational and business conditions for the implementation of eHealth programs.
6. Having topical knowledge of eHealth programs relevant for the workflow of clinical psychologists
7. Having advanced knowledge about the background, state of the art, and future evolutions of eHealth, both at international and national (Flanders/Belgium) level
8. Having topical knowledge of juridical, organisational and business conditions for the implementation of eHealth programs.
9. Having advanced knowledge of eHealth programs relevant for the workflow of clinical settings
10. Having topical knowledge of juridical, organisational and business conditions for the implementation of eHealth programs.

Conditions for credit contract
Access to this course unit via a credit contract is unrestricted: the student takes into consideration the conditions mentioned in ‘Starting Competences’

Conditions for exam contract
Access to this course unit via an exam contract is unrestricted

Teaching methods
Guided self-study, lecture, on-line discussion group, project, seminar: coached exercises

Extra information on the teaching methods
Via lectures and supervised self-study students acquire knowledge about eHealth and about a roadmap for the development, selection and implementation of eHealth programs in the workflow. Via supervised exercises and seminars students learn to apply this knowledge to practical situations (exemplary programs and settings). The course offers a practical case, which will be project-based elaborated in an assignment.

Learning materials and price
A list of publications and videos is available.
Slides. Cost: 30 EUR

References

Course content-related study coaching
Interactive support using MINERVA. By appointment.

Evaluation methods
continuous assessment

Examination methods in case of periodic evaluation during the first examination period

Examination methods in case of periodic evaluation during the second examination period

Examination methods in case of permanent evaluation
Portfolio, participation, assignment, report

Possibilities of retake in case of permanent evaluation
examination during the second examination period is possible in modified form

(Approved)
Extra information on the examination methods

The evaluation consists of several components
• Engagement and participation, including timely submission of assignments of sufficient quality (20%).
• 1 assignment on coaching through the internet (30%)
• 1 reflection report (30%), in which the student reflects and argues upon a series of questions and/or specific situations
• 1 assignment on practical case (30%)
Participation during seminars (7x) is a necessary condition in order to succeed for the non-periodic evaluation.

Description of second exam opportunity: For the non-periodical evaluation there is the possibility for an alternative exam in the second examination period. Description: Revision of assignments, and individual presentation.

Calculation of the examination mark

The weights of the diverse components is as follows
• Engagement and participation (20%).
• Assignment on coaching through the internet (20%)
• Reflection report (30%)
• Assignment on practical case (30%)

Nevertheless, participation during seminars (7x) is a necessary condition in order to succeed for the non-periodic evaluation.

Students who do not fulfill the condition of participation during the lessons, can no longer pass the course. Final scores will be reduced to the highest non-deliberative quotation (7/20) in case the final score is higher.