

Health Psychology
UPZMV/HP-GM/10

Students register for the course via the e-learning portal lms.upjs.sk through their Microsoft 365 account used also for university email. After logging in to the portal, they log in to the subject UPZMV/HP Health Psychology.

Login link: <https://lms.upjs.sk/course/view.php?id=997>

Login key: HealthPsychology2026

Brief outline of the course:

1st block of lectures: Being healthy and staying healthy

1. Health and social determinants of health
2. Health-related behaviour
3. Changing health-related behaviour
4. Health promotion

2nd block of lectures: Becoming ill

5. Theories and mechanisms of stress
6. Stress moderators, coping and personality
7. Social support

3rd block of lectures: Being ill

8. Being ill
9. Chronic disease from the patient's perspective
11. Complementary, alternative and integrative medicine in patient care
12. Health literacy

4th block of lectures: Improving healthcare

13. Access to health care
14. Doctor-patient relationship
15. Patient safety, second victim

	UNIT 1	UNIT 2	UNIT 3	UNIT 4
LECTURES	Sep 11th, 2026, 08:00 Jan 11th, 2027, 08:00	Oct 5th, 2026, 8:00 Jan 11th, 2027, 08:00	Oct 26th, 2026, 8:00 Jan 11th, 2027, 08:00	Nov 16th, 2026, 8:00 Jan 11th, 2027, 08:00
QUIZZES	Sep 11th, 2026, 08:00	Oct 5th, 2026, 8:00	Oct 26th, 2026, 8:00	Nov 16th, 2026, 8:00
TEST YOUR PROGRESS	Oct 5th, 2026, 8:00	Oct 26th, 2026, 8:00	Nov 16th, 2026, 8:00	Dec 7th, 2026, 8:00
TASKS	Sep 11th, 2026, 08:00 Oct 5th, 2026, 8:00	Oct 5th, 2026, 8:00 Oct 26th, 2026, 8:00	Oct 26th, 2026, 8:00 Nov 16th, 2026, 8:00	Nov 16th, 2026, 8:00 Dec 7th, 2026, 8:00
TEST - ONLINE	Oct 5th, 2026 16:00-16:30	Oct 26th, 2026, 16:00-16:20	Nov 16th, 2026, 16:00-16:30	Dec 7th, 2026, 16:00-16:30
ASSIGNMENT	Sep 11th, 2026, 08:00 Oct 12th, 2026 08:00	Oct 5th, 2026, 8:00 Nov 2nd, 2026, 8:00	Oct 26th, 2026, 8:00 Nov 23rd, 2026, 8:00	Nov 16th, 2026, 8:00 Dec 14th, 2026, 8:00
SEMINAR – IN PERSON	Oct 12th, 2026 15:45-17:15	Nov 2nd, 2026, 15:45-17:15	Nov 23rd, 2026, 15:45-17:15	Dec 14th, 2026, 15:45-17:15
FEEDBACK	Oct 12th, 2026, 8:00 Oct 19th, 2026, 8:00	Nov 2nd, 2026, 8:00 Nov 9th, 2026, 8:00	Nov 23rd, 2026, 8:00 Nov 30th, 2026, 8:00	Dec 14th, 2026, 8:00 Dec 18th, 2026, 8:00

Conditions for course completion: completion of online lectures, elaboration of assignments and its presentation, essay

Dear students,

let me welcome you to the subject **Health Psychology**, to which you have assigned for the winter term of this school year.

The **subject of Health Psychology is taught in a hybrid form**, most part of it is done online (lectures and tests), presentation of your seminar work will be done in person.

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A guide for the subject is available for your there, explaining everything you need to know about our subject from 11th of September.

Also, please make sure to attend the Introductory lecture next Monday September 21st 15:45-17:15 which will be IN PERSON at the Faculty of Medicine building, 9th floor lecture room PJ.

With best regards
prof. Zuzana Dankulincova PhD.