

COURSE SYLLABUS

(1) GENERAL

SCHOOL	OF HEALTH SCIENCES OF ADMINISTRATIVE AND ECONOMIC SCIENCES		
DEPARTMENTS	<ul style="list-style-type: none"> ▪ SOCIAL WORK ▪ NUTRITION AND DIETETICS SCIENCES ▪ BUSINESS ADMINISTRATION AND TOURISM 		
LEVEL OF STUDY	Graduate/Master's		
COURSE CODE	CDDA-A03	SEMESTER	1
COURSE TITLE	Understanding Health and its Determinants		
INDEPENDENT TEACHING ACTIVITIES	TEACHING HOURS WEEKLY	CREDIT UNITS (ECTS)	
Lectures	3	7.5	
COURSE TYPE	General knowledge - Mandatory		
PREREQUISITE COURSES:	-		
LANGUAGE OF TEACHING and EXAMINATIONS:	Greek		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	-		
COURSE WEBSITE (URL)	https://eclass.hmu.gr/courses/SW355/		

(2) LEARNING OUTCOMES

Learning Outcomes
<p>The dominant model for explaining differences in health and disease outcomes focuses excessively on biological and genetic factors and individual choices, and neglects to systematically include the broader social and political factors that determine them. The purpose of the course is to provide a comprehensive exploration of the multifaceted nature of health, disability and their determinants, examining their historical development and contemporary definitions. Students will gain knowledge about the contemporary social model of understanding and approaching disability, as well as the social determinants of health and health inequalities. The course explores the complex relationship between social networks, social capital and their effects on health indicators, providing a holistic approach to understanding health. In-depth analysis of early life exposures and their link to chronic disease, through mother-child studies, is also an important focus of the course. In addition, students will explore the relationship of personality to health, analyze the biological, psychological, and social factors that contribute to mental illness, and critically appraise the interaction of climate change and health. At the same time, during the course, emphasis is placed on understanding the cause-effect relationship and the complex web of causality in health. Finally, the course negotiates the paradox of prevention and introduces the dual strategy for prevention in health, equipping students with a comprehensive understanding of the determinants that shape health outcomes and strategies to promote them.</p> <p>The course is offered at postgraduate level and the learning outcomes correspond to level 7 of the European Qualifications Framework for Lifelong Learning (EQF). Based on the above, after the successful completion of the course, students are expected to have acquired the following:</p> <p>Knowledge. Students will be able to:</p> <ol style="list-style-type: none"> 1. They recognize the multiple dimensions of health. 2. They articulate the different theoretical approaches of the biomedical and psychosocial models of health, disease, illness and disease. 3. They evaluate the concept of adaptation to disease and illness. 4. They understand the varying definitions of health by the population.

5. They summarize the basic principles of the medical and social models of disability.
6. They recognize the differences between impairment, disability and disability.
7. They explain how social and environmental factors shape the experience of disability.
8. They distinguish the different types of barriers that people with disabilities face.
9. They define what social epidemiology is and describe the social determinants of health.
10. They understand the interaction between individual choice and social environment.
11. They define mental health according to the WHO.
12. They understand the concept of psychiatric epidemiology and know the prevalence of mental and mood disorders.
13. They know the main theories of personality, as well as the main theories linking personality to health.
14. They describe the relationship between mental disorders and general medical conditions.
15. They know the mechanisms of influence of biological factors on mental health.
16. They understand that each disease has a particular distribution that depends on characteristics of individuals, place and time.
17. They understand the difference between causation and simple statistical correlation.
18. They critically evaluate Hill's causality criteria.
19. They know what mother-child studies are.
20. They describe why the early years of life are important and the importance of early exposures to the development of obesity and other chronic diseases.
21. They recognize the different effects on infants of different biological sexes (boys - girls).
22. They describe what has been found about the relationship of early exposures to obesity and other cardiometabolic risk factors as well as respiratory problems.
23. They define the 'prevention paradox' according to Geoffrey Rose.

Skills. Students will be able to:

1. They critically analyze the interaction between personality traits and their associations with health.
2. They analyze the effect of social inequalities on health and the effect of the social environment on various health indicators.
3. Differentiate between persistent and non-persistent organic pollutants and their effects on health indicators.
4. They evaluate the advantages and disadvantages of various health prevention strategies.

Abilities. Students will be able to:

1. They design strategies that target high-risk individuals and the entire population.
2. They implement social network-based interventions to improve individual and population health.

General Skills

The course aims for the students to acquire the following general skills:

- Search, analysis and synthesis of data and information, using the necessary technologies
- Autonomous work
- Demonstrating social, professional and ethical responsibility and sensitivity to gender issues
- Work in an interdisciplinary environment
- Decision making
- Teamwork
- Promotion of free creative and inductive thinking
- Respect for diversity and multiculturalism

(3) COURSE CONTENT

The course includes the following thematic sections:

- Time evolution and contemporary definitions of the concepts of health, disease, illness and disease.
- Contemporary definitions and models of approach to disability.
- Invisible disabilities and neurodiversity.
- Social determinants of health and social inequalities in health.
- Social networks, social capital and health.
- Early exposures and chronic diseases. Mother Child Study of Crete – Rhea Study.
- Personality and health (part I & II).
- Biological, psychological and social determinants of mental illness (parts I & II).
- Cause / effect relationship and the web of causality.
- The paradox of prevention and the double strategy for prevention in health.

(4) TEACHING and LEARNING METHODS - EVALUATION

METHOD OF DELIVERY	<p>The teaching of the course includes:</p> <ul style="list-style-type: none"> • Interactive live and distance lectures, with additional critical commentary on case studies / modern literature, exercises and group work during the course (Seminars). • Viewing part of shows / documentaries (e.g. TedTalks) and reflective discussion. 	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	View slides and videos. Use of the e-class electronic platform to access the slides/ex. articles. By using the same platform and teachers.hmu.gr, frequent communication with the students about everything related to the educational process and academic life.	
TEACHING ORGANIZATION	Activity	Semester Workload
	Lectures, Seminars and Interactive teaching	39
	Writing individual work	50
	Study and analysis of articles - bibliography - Independent Study	95
	Peer proofreading	6
	Total Course	190
STUDENT EVALUATION	<p>The course has three (3) assessment forms:</p> <ol style="list-style-type: none"> 1. Final written exams with Multiple Choice Questions during the January-February exam period. Written exam weightage: 75% of the final grade. 2. An individual work that is described in another document. Weight of written assignment: 20% of the final grade. Details and instructions for the assignment can be found in eclass platform 3. Peer review: 5% of the final grade. <p>All graded papers are accessible to students</p> <p>Evaluation language: Greek</p>	

(5) RECOMMENDED-BIBLIOGRAPHY

- Suggested Bibliography:

- Alexiadou E. A. (2020). *Disability and inequalities in health care in Greece from a human rights perspective*. *Archives of Greek Medicine*, 37(1):98-105.
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- Fruda M.(2023). *Health [Chapter 1]*. In Fruda M., Michalopoulou E., Michalopoulou A., & Partsalaki I. 2023. *Conceptual quiver of Health Education*. Kallipos Open Academic Publications.
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- Dominguez S. & Arford T.(2010). *It is all about who you know: Social capital and health in low-income communities*. *Health Sociology Review*, 19(1), 114-129.
- Frank LD, Saelens BE, Powell KE, & Chapman JE(2007). *Stepping towards causation: do built environments or neighborhood and travel preferences explain physical activity, driving, and obesity?* *Social Science & Medicine*, 65(9), 1898-1914.
- Goel MS, McCarthy EP, Phillips RS, & Wee CC(2004). *Obesity among US immigrant subgroups by duration of residence*. *JAMA*, 292(23), 2860-2867.
- Ioannidis JP(2005). *Contradicted and initially stronger effects in highly cited clinical research*. *JAMA*, 294(2), 218-228.
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- Oshio A., Taku K., Hirano M., & Saeed G.(2018). *Resilience and Big Five personality traits: A meta-analysis. Personality and Individual Differences, 127, 54-60.*
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- Remes O., Mendes JF, & Templeton P.(2021). *Biological, psychological, and social determinants of depression: a review of recent literature. Brain Sciences, 11(12), 1633.*
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-Related scientific journals:

- American Journal of Public Health
- British Journal of Social Work
- Disability and Rehabilitation
- Disability Studies Quarterly
- European Journal of Clinical Nutrition
- European Journal of Public Health
- International Journal of Epidemiology
- International Journal of Nursing Studies
- Journal of Advanced Nursing
- Journal of Applied Research in Intellectual Disabilities
- Journal of Clinical Nursing
- Journal of Disability Policy Studies
- Journal of Gerontological Social Work
- Public Health Nutrition
- Research in Developmental Disabilities
- Scandinavian Journal of Disability Research
- Social Science & Medicine
- Social Work in Health Care