

# Evaluation report, Autumn 2022

PSY2101 – Health Psychology

Course coordinators: Ingela Lundin Kvalem, Ruben Rodriguez Cano

The course provided an initial introduction to key areas of health psychology and how biological, psychological and social factors can affect illness and health. The course covered a wide range of topics such as social inequality, chronic disease, psychological and physiological responses to stress and pain, as well various types of health behaviors. The course comprised of 14 lectures and 4 seminars. Attendance at lectures was voluntary, students were also provided with video recordings of the lectures. Attendance at the seminars was compulsory and students needed to attend 3 out of 4 seminars, with the first seminar having compulsory attendance. It was the first year that the seminars were introduced in this subject.

The evaluation of the course was carried out at the end of the course. The link to evaluation form was distributed to students via Canvas in the course and seminar rooms. The response rate was 24.4%.

Overall students rated academic benefit from the course, gained knowledge and skills (based on the description from the course page) and quality of lectures as slightly above average. In specific feedback students pointed out differences in quality and content between the lectures and an issue with some of the lectures having been canceled and only provided in the digital format. Some considered lecture topics too basic. This course is supposed to be an introductory course, which has been stated at the course page, but more coordination between the lecturers could be introduced to improve cohesion and presentation of the lectures.

Students were also asked to provide feedback regarding the seminars that were piloted this semester. Students rated the seminars as above average on such aspects as getting to know other students, clarity of structure, satisfaction with the presentation topics and work outcomes, satisfaction with the instruction from seminar leaders, working in small groups, and the quality of the feedback they received. Overall academic benefit of the seminars was rated as slightly below average. In the specific feedback students pointed out that the structure/content of the seminars could be improved. Since this was the first time the seminars were introduced, course coordinators will be considering this feedback when planning the seminars next semester.