

## COURSE UNIT INFORMATION SHEET (SYLLABUS)

2021/2022

### Study Programme “Undergraduate Degree in Psychology”

<b>Name</b> Introduction to the Observation of Fetal Behavior, of the New-Born and of the Early Relationship
<b>Teaching staff</b> Professor Doutor João Manuel Rosado de Miranda Justo
<b>6 ECTS</b>
<b>Functioning</b> One theoretical class (2 hours) and one practical class (2 hours) weekly.
<b>Learning goals</b> Providing students with the access to scientific contents related with the investigation about the earliest moments of human life as well as the exercise of the observation of prenatal behavior, perinatal behavior, postnatal behavior and of mother-baby interaction.
<b>Skills to be developed</b> <ol style="list-style-type: none"><li>1. Acquisition of knowledge related with the observation of prenatal, perinatal and postnatal behavior.</li><li>2. Research skills for published scientific contents on the domain of behavioral observation during pre, peri and postnatal periods.</li><li>3. Observational and recording skills relatively to fetal behavior.</li><li>4. Observational and recording skills relatively to the newborn’s behavior while in the hospital.</li><li>5. Observational and recording skills relatively to the newborn’s behavior after the hospital leave.</li><li>6. Observational and recording skills relatively to the mother-baby relationship.</li></ol>



## Prerequisites

There are no previous requirements for the attendance of this course.

## Contents

**Theoretical classes:** At the first place, psychological theories about pregnancy, motherhood and early interaction will be focused in both healthy and risk circumstances. At the second place, attention will be paid to observational methodologies of fetal behavior and of newborn's behavior as well as to the theoretical principles that provide the basis to the "Touchpoints" programs and to the NBAS scale authored by Professor T. B. Brazelton and to the NBO scale authored by Professor Kevin Nugent. At the third place, the natural and laboratorial contexts where the early mother-infant is observed will be focused.

**Practical classes:** Practical classes will be developed relatively to the observations (video recordings) performed by the students in specific contexts (observation of ultra-sound exams, NBAS and NBO observations and observation of early mother-infant interaction).

## Bibliography

Brazelton, T. B., & Nugent, J. K. (2011). *The Neonatal Behavioral Scale*. Mac Keith Press.

Colman, L. & Colman, A. (1994). *Gravidez: a experiência psicológica*. Edições Colibri, Coleção Cline.

Contreiras, D., & Sampaio, J. (2012). *Preterm infants: Development, prognosis and potential complications*. Nova Science Publishers.

Einspieler, C., Prayer, D., & Prechtl, H. F. R. (2012). *Fetal behaviour: A neurodevelopmental approach*. Mac Keith Press.

Reissland, N., & Kisilevsky, B. S. (2016). *Fetal development: Research on brain and behavior, environmental influences, and emerging technologies*. Springer.

## Teaching methods

**Theoretical classes:** a) theoretical presentation of scientific contents resorting to "Power-Point" presentations, b) presentation of behavioral observations resorting to video recordings and c) debate, with the students, about the contents presented during classes.

**Practical Classes:** a) presentation, by the students, of behavioral records performed in specific contexts (observation of ultra-sound exams, observation of NBAS and NBO exams and observation of early mother-infant interaction); b) debate, with the students, about the observations presented during the practical classes and c) organization of written reports about the already mentioned behavioral presentation (focusing on the observational records as well as on the debate that took place during the practical classes).



**Support for students in order to organize the observational reports:** During the development of the course, students must contact regularly the responsible for the course in order to obtain support for the organization of the written reports. This support will be available according to schedules that will be presented at the beginning of the course.

### **Evaluation Regimes**

General type of evaluation.

### **Evaluation Elements**

The evaluation includes four elements:

- 1) presentation of behavioral observation records during practical classes,
- 2) written report about the records presented during the practical classes,
- 3) contribution for the debate that takes place during the practical classes and
- 4) final written examination.

The presentation of behavioral observation records during practical classes corresponds to 20% of the final grade, the written report corresponds to 20% of the final grade and the contribution for the debate that takes place during the practical classes corresponds to 20% of the final grade. The final written examination corresponds to 40% of the final grade.

### **Rules for grade improvement**

Due to obvious reasons, grade improvement will be possible only for the final written examination.

### **Rules for students having previously failed the course unit**

Students having previously failed this course unit will have to full-fill all of the evaluation parameters.

### **Requirements on attendance and punctuality**

Only students with two thirds of attendance, both at the theoretical and practical classes, will be evaluated at the final written examination.

### **Rules for special students**



Students in special conditions will address an exposition to the teaching staff with a detailed description about their individual situation. The teaching staff will take this description into account in order to create an individual program relatively to academic activities as well as relatively to evaluation parameters.

### **Language of instruction**

Teaching is made in Portuguese language.

### **Disciplinary violations and penalties**

According to the Evaluation of Learning Regulation of the Faculty of Psychology of the University of Lisbon, the following behaviors are considered as disciplinary offenses subject to disciplinary action:

- a) To use or attempt to use materials, information, notes, study resources or other objects and equipment not authorized in academic exercises;
- b) To help or try to help a colleague in committing a disciplinary offense;
- c) To submit the same written work for evaluation in different course units without permission from the instructors, even if with minor changes;
- d) To present someone else's work as one's own;
- e) To forge, or change without permission from the author, any information or citation in an academic work;
- f) To interfere, change or attempt to change grades;
- g) To try to prevent or interfere with the proper functioning of classes, research or other academic activities;
- h) To make false accusations regarding instructors, governance bodies, other students or non-teaching staff of the FPUL;
- i) To falsify signatures in attendance sheets, documents relating to evaluation elements or in any official document relating to an academic process or status.

Disciplinary offenses committed in any assessment element can lead to its annulment, and must be reported to the Pedagogical Council or, considering their gravity and repetition, may lead to other penalties, to be determined by the Rector of the University of Lisbon.



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