



LITHUANIAN UNIVERSITY  
OF HEALTH SCIENCES



# FACULTY OF PUBLIC HEALTH

BACHELOR DEGREE:  
**HEALTH PSYCHOLOGY**

MASTER DEGREE:  
**CLINICAL HEALTH PSYCHOLOGY**  
**LIFESTYLE MEDICINE**  
**APPLIED PUBLIC HEALTH**  
**DOUBLE DEGREE TRACK**

**Want to help others?**  
**Looking for work in the health system?**

Plan Your Career!  
Choose your studies at Faculty of Public Health!

# HEALTH PSYCHOLOGY

## BACHELOR DEGREE

Duration – 4 years

Degree – Bachelor of Social Sciences

### WHY HEALTH PSYCHOLOGY?

This study programme provides an opportunity to gain a solid foundation in psychology and related social and natural sciences, and get ready for practical work with people. Health psychology analyses how biology, behavior, thoughts and emotions influence human health and related outcomes. You will learn to understand how and why people behave and feel the way they do, how personality develops, and finally, what human beings can do to stay psychologically and physically healthy.

#### STUDY PROGRAMME SUMMARY

I year

Introduction to Health Psychology Studies, General Psychology and Psychologist's Practice, Psychology of Communication and Rhetoric, Psychophysiology and Biological Basis of Behaviour, Humanitarian and Social Sciences, Basics of Statistics etc.

II year

Developmental Psychology, Cognitive Psychology, Methodology and Statistics in Psychological Research, Social Psychology, Professional Ethics and Law of Psychologist, Personality Psychology, Basics of Experimental Psychology etc.

III year

Clinical Psychology, Education Psychology, Psychological Assessment, Psychiatry, Health Psychology and Teamwork, Course Work, Family and Parenting Psychology etc.

IV year

Psychological Counselling and Practice, Work and Organizational Psychology, Mental Health Policy, Research Methodology in Health Psychology, Group Psychology, Trauma and Crisis Psychology, Bachelor thesis etc.



Health psychology is uniquely positioned to help people change the behaviors contributing to health and well-being, also avoid risky or unhealthy behavior and maintain a positive outlook that can combat stress, depression and anxiety.

### WHAT KIND OF WORK DO HEALTH PSYCHOLOGISTS DO?

Health psychologists often conduct behavioral assessments, clinical interviews and personality tests. Other tasks involve educating and teaching people how to avoid unhealthy behaviors as well as providing psychological counseling to patients with somatic diseases. Rehabilitation, assistance to patients and medical personnel, preparation of public health promotion programmes, participation in health policy and improvement of the health care system are also important tasks that a health psychologist can carry out. A health psychologist can work in primary health care sector, in specialized clinics, in mental health, crisis or rehabilitation centers, in social care and welfare institutions, and many other private or public institutions.

### AFTER GRADUATION YOU CAN:

- ▶ Continue your education in Master and PhD programmes.
- ▶ Work as an assistant psychologist, a research assistant or HR assistant.
- ▶ Work in the projects.
- ▶ Work in health, social, educational and organizational sectors.

# CLINICAL HEALTH PSYCHOLOGY

## MASTER DEGREE

Duration – 2 years

Degree – Master of Social Sciences

Clinical Health Psychology is a specialized programme which combines clinical and health psychology teaching with research methods training and practice. The programme aims to prepare competent psychologists with good knowledge in health, health disorders and health care systems characteristics, being able to work in interdisciplinary teams, to use scientific arguments and effectively apply suitable methods in fields of clinical health psychology. Students have opportunities to specialize in oncopsychology, neuropsychology, rehabilitation psychology or child and family psychology.

### STUDY PROGRAMME SUMMARY

I year

Behavior, stress and health, Psychological counselling in health care, Clinical psychological evaluation I, Research in clinical health psychology, Psychotherapy and psychopharmacotherapy, Clinical psychological assessment II, Specialization in clinical health psychology, Planning and management of mental health projects

II year

Internship,  
Master thesis



Students learn and practice psychological counselling and clinical psychological assessment, improve communication and collaboration with other health care specialists. Moreover, students have a chance to choose one of the 4 possible specializations: Onco-psychology, Neuropsychology, Children and family psychology and Rehabilitation psychology. A graduated Bachelor's degree in Psychology is required to be eligible to study Clinical Health Psychology. In the third semester students have possibility to practice in Lithuania or abroad, as well as apply for funding and spend a semester abroad with the Erasmus+ exchange programme. Diploma is recognized in the EU. The programme is prepared according to the EuroPsy requirements.

### AFTER GRADUATION YOU CAN:

- ▶ Work as a psychologist or in supervised practice in health care or other fields according to the national requirements.
- ▶ Work as a research psychologist at University or Government agency.
- ▶ Work in health, social, educational and organizational sectors.
- ▶ Work in the projects.
- ▶ Work in private practice.
- ▶ Continue your education in Doctoral programs.

# LIFESTYLE MEDICINE

## MASTER DEGREE

Blended learning

Duration – 2 years

Degree – Master of Health Sciences

## STUDY PROGRAMME SUMMARY

Lifestyle Medicine study programme covers a modern approach to changing lifestyle (diet, physical activity, risky behaviour, psycho-emotional resilience, social environment) to prevent diseases, control chronic diseases, and act on their causes.

The study programme provides evidence-based competencies for the prevention of non-communicable diseases. Students are trained by the most prominent specialists in professional counselling of healthy nutrition, environmental, lifestyle, psychological and biological health risk factors for the best possible intervention plan or algorithm.

STUDY PROGRAMME SUMMARY	I year	Introduction to Lifestyle Medicine, Epidemiology of Chronic and Communicable Diseases, Public Health, Nutrition, Physical Activity and Health, Mental Health and Lifestyle, Research Work in Lifestyle Medicine, Elective Courses, Master Theses Preparation.
	II year	Health Promotion and Prevention, Tobacco, Alcohol, and Other Drugs: The Role of the Lifestyle Medicine Specialist in Prevention and Management of Substance Abuse; Implementing Lifestyle Medicine in clinics and practices, Environment, Health and Safety, Elective Courses, Practice, Master Theses Preparation.



## BLENDED LEARNING (online and onsite)

Blended learning curricula combines onsite and distant learning: brief 1–2-week onsite visits are organized (2-3 times per study year) with traditional methods of contact learning; the rest of study time is being utilized online, with educational material provided, through the interaction with course instructors. Online studies are organized via “Moodle” platform.

During the distant study sessions, students will be provided with all the necessary study material: online lectures, broadcasts, and other forms of studying. During the on-site visits to the University students will get the possibility to train and apply their theoretical knowledge in practice..

## AFTER GRADUATION YOU CAN:

- ▶ Prevent and manage different risk factors, improve individual behaviours related to noncommunicable diseases, and achieve this by working in primary health care settings, medical teams, public health bureaus or private practice.
- ▶ Continue your education by entering PhD programmes.

# APPLIED PUBLIC HEALTH

## MASTER DEGREE

Duration – 2 years

Degree – Master of Health Sciences

The degree programme Applied Public Health aims to provide competencies for students wishing to pursue a career in public and private health sectors as well as in non-governmental organizations. The MPH degree is the most widely recognized professional credentials for leadership in public health. The programme is intended for graduates already holding a bachelor's or master's degree, who are seeking to broaden their understanding and knowledge in the field of public health.

### STUDY PROGRAMME SUMMARY

I year

Public Health and Health Care; Prevention of Infectious and Noncommunicable Diseases; Environment and Health; Health Information Management and Research Methodology; Health Law, Ethics and Psychology of Communication; Applied Epidemiology and Qualitative Research.

II year

Health Promotion and Policy; Methods of Data Analysis; Health Economics; Practice; Occupational health and safety; Community health promotion; Preparation and Defence of Master's Thesis.

## DOUBLE DEGREE TRACK

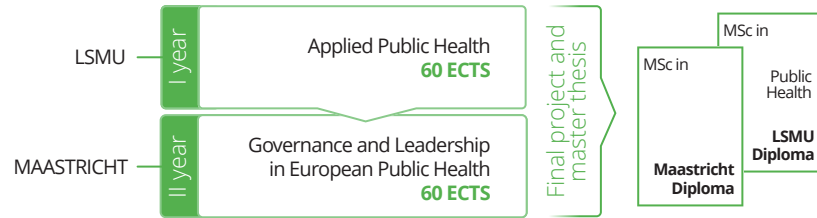
This programme has an international track for a double degree following joint master programme between Lithuanian University of Health Sciences and Maastricht University in the Netherlands. Read more on next page.

## AFTER GRADUATION YOU CAN:

- ▶ Work in public health care services in local, national and international public health centres and other institutions.
- ▶ Work in the inter-sectorial field within NGOs and public health projects, actions and initiatives.
- ▶ Play leadership and managerial roles in the health care system.
- ▶ Continue your education by entering PhD programmes.
- ▶ Pursue a professional career in research and teaching in the fields of communicable and non-communicable disease epidemiology, health care service research, preventive medicine and other areas.

## DOUBLE MSC DEGREE TRACK

Students attending the programme 'Applied Public Health' may choose an international double degree track provided by joint master programme between Lithuanian University of Health Sciences (LSMU) and Maastricht University in the Netherlands. It offers a unique opportunity to acquire TWO MASTER DIPLOMAS during 2 years of studies in TWO COUNTRIES.



## ADMISSION REQUIREMENTS

The programme is offered for students already enrolled in the Applied Public Health in Kaunas in LSMU. Students for this joint venture are selected by joint Selection Board during the first semester (September-October) studies in LSMU.

## EXTENDED COMPETENCIES FOR FURTHER CAREER

Double degree programme provides extended competencies in leadership and governance of health care and public health provider institutions at local, national or international levels and different European health policy institutions, WHO Europe, health-related NGO's, pharmaceutical and insurance industries.



## INSTITUTIONAL MEMBERSHIPS



- ▶ The Association of Schools of Public Health in the European Region (ASPHER).
- ▶ WHO Collaborating Centre for the Prevention & Control Noncommunicable Diseases;

## SELF DEVELOPMENT AND LEISURE ACTIVITIES

Public Health Faculty students can participate in various activities, Students' Scientific Society, students' scientific clubs. There are opportunities to participate in the ERASMUS+ Academic Student Exchange Program, to acquire study, linguistic and cultural experiences during part-studies at universities in different European countries.

LSMU has almost all facilities for sports: from basketball, tennis, volleyball, athletics, swimming to badminton and chess. There is also a University Student Council, student corporations, a choir, folk dance groups.

RESPECT LIFE



MORE INFORMATION AND ADMISSION INQUIRIES  
International Relations and Study Centre  
A. Mickevičiaus 9, LT-44307, Kaunas, Lithuania

Phone: +370 37 327 259



+370 659 07 224

[fstudent@ismu.lt](mailto:fstudent@ismu.lt)

[www.ismu.lt](http://www.ismu.lt)

[apply.ismuni.lt](http://apply.ismuni.lt)