

PARECER OPP

**EFPA Standing Committee Psychology and Health**

***White Paper on the Role of Psychologists within Health***

**Scientific Statement – White Paper on the Role of Psychologists within Health**, published Order of Portuguese Psychologists (Ordem dos Psicólogos Portugueses).

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## Parecer OPP / Scientific Statement

### *White Paper on the Role of Psychologists within Health*

#### Recommendations for Action

Emphasise the fact that all Psychologists, in all their professional contexts, intervene and aim to promote Health and well-being.

Include mention to the following aspects:

- Contribution to integral and healthy development.
- Contribution to increase Health Literacy.
- Intervention in crisis and emergency situations, through Psychological First Aid responses.
- Contribution to humanization of health care and improvement of the quality of health services.
- Contribution to the development and improvement of Health technologies.

This document follows a request for a statement, by the Standing Committee on Psychology and Health of the EFPA (European Federation of Psychologists' Associations), on the White Paper on the Role of Psychologists within Health.

The Association of Portuguese Psychologists (Ordem dos Psicólogos Portugueses) welcomes the opportunity to comment on this document, whose succinctness and clearness we praise. In fact, more than ever, it is imperative to intervene in Health, Well-Being, and its determinants, in particular, in **Psychological Health as a protective factor and crucial element for global health and resilience of people and communities, and in building sustainable and prosperous economies and societies.**

The impact of such determinants cannot be realized without considering human behavior, as well as the social, cultural, economic, structural, and political factors that influence it. Taking their profile, skills and experience into account, **Psychologists are trained to understand and intervene, in an integrated way, in the multiple aspects of health, well-being and disease,** as well as to contribute to the understanding and knowledge about the motivational, cognitive and thoughtless aspects of human habits and behaviors that are fundamental for initiating and maintaining actions or for change, towards the prevention of diseases and the promotion of Health and well-being, in different life contexts.

In this sense, as a science of behavior, and within the framework of a transdisciplinary approach, **Psychology is a natural and indispensable ally in the formulation of Health policies and in the elaboration of programs for the prevention and promotion of Health, well-being, and quality of life** in all life contexts (e.g., family, school, work).

In the document in question, we suggest emphasising the fact that **all Psychologists, in all their professional contexts, intervene and aim to promote health and well-being** (as well as disease prevention).

Moreover, we suggest mentioning some aspects regarding the applicability of Psychological Science to Health:

In paragraph 5 (b):

- Contribute to **well-being** and **integral and healthy development**.
- Contribute to **increase Health Literacy**.
- Intervene in **crisis and emergency situations**, through **Psychological First Aid responses**.

In paragraph 5 (c):

- Contribute to **humanization of health care** and to **improve the quality of health services**.
- Contribute to the **development and improvement of Health technologies**.
- Contribute to mitigate systemic inequalities in access to Health, Physical and Psychological care.

We underline the willingness of OPP and Portuguese Psychologists to continue collaborating to reflection on this matter, as well as to the sharing and dissemination of knowledge and practices that promote people's Psychological Health, Well-Being, and Resilience.



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