

## Medical Psychology

**Semmelweis University, Faculty of General Medicine**

**Name of the Institute teaching the subject: Institute of Behavioural Sciences**

**Name of the subject: Medical Psychology**

**Credits: 3**

**Total number of hours: 49 Lectures: 7 Practices: 0 Seminars: 14**

**Type of the course (mandatory/elective): Mandatory**

**Academic year: 2023/2024 Spring semester**

**Code of the course<sup>1</sup>: AOKMAG735\_2A**

**Course director: Prof. Dr. György Purebl**

**Course organizer (tutor): Dr. Tamás Szalai**

**Contact details: [szalai.domotor@gmail.com](mailto:szalai.domotor@gmail.com)**

**Position: assistant professor**

**Aim of the subject and its place in the curriculum:** The course is designed to give a broad overview of the field of medical psychology, including concepts, theory, and research.

**Location of the course:** Lecture hall, practice rooms.

**Competencies gained upon the successful completion of the subject:**

- Developing an understanding of the complex interplay between one's physical well-being and a variety of biological, psychological, and social factors.
- Learning the nature of the stress response and its impact in the etiology and course of many health problems.
- Understanding the approach of bio-psycho-social model and become familiar with some frequent psychosomatic diseases.
- Being able to identify various psychological disorders and key personality traits related to health/disease.

**Prerequisite(s) for admission to the subject: Medical Communication and Medical Sociology.**

**Minimum and maximum number of students registering for the course:** None.

**Student selection method in case of oversubscription:** Every student is accepted.

**How to register for the course:** By the Neptun.

### Detailed thematic of the course

**Date, place and slides of the lectures: Week 1 – week 7, Thursday 13:30-15:00, NET building, Brown lecture hall**

15FEB	Introduction to Human Behavior	Dr. Péter Ujma
22FEB	Major Schools of Psychology	Dr. Péter Ujma
29FEB	Conscious States, Sleep, Dreaming and General Anesthesia	Dr. Róber Bódizs
7MAR	Depression and Suicide – The Role of Online Prevention	Prof. György Purebl
14MAR	Human Attachment, Mental Health and Doctor-Patient Relationship	Dr. Tamás Szalai
21MAR	Stress and illness; Behavioral Interventions	Dr. Stauder Adrienne
28MAR	The Diagnosis and Treatment of Eating and Body Image Disorders	Dr. Tamás Szalai

**Thematic and slides of the seminars:**

Week 1.	Developmental psychology, attachment theory
Week 2.	Personality theories
Week 3.	Human sexuality and sexual disorders
Week 4.	Depression and mood disorders
Week 5.	Anxiety and medical illnesses
Week 6.	Eating and body image disorders
Week 7.	Psychosomatic disorders; somatization and dissociative disorders
Week 8.	Personality disorders
Week 9.	Sleep disorders
Week 10.	Addiction, substance use
Week 11.	Suicide, cry for help, crisis intervention
Week 12.	Psychology of death, grief, and dying
Week 13.	Behaviour change and psychotherapy. Stress management in medical practice
Week 14.	Mental health of medical doctors. Prevention and management of burn-out. Bálint-groups.

**Potential overlap(s) with other subjects:** Medical Communication, Psychotherapy.

**Special training activities required:** None.

**Policy regarding the attendance and making up absences:** Students are expected to attend regularly the course and participation list will be recorded at the end of every seminar. Participating on at least 75% of the total number of seminars is a prerequisite for getting the signature to absolve the course. **The maximum number of absences permitted: three absences from the seminars.**

**Means of assessing the students' progress during the semester:**

Students are requested to prepare presentations based on specific topics of the seminars.

**Requirement for acknowledging the semester (signature):**

An active participation on at least 75% of the total number of seminars, and keeping a presentation from a specific topic related to the seminars are prerequisites for getting the signature needed to absolve the course.

**Type of the examination:** Written exam.

**Exam requirements:** Theoretical exam based on the topics of the lectures and seminars (simple choice, multiple choice, and short essay questions).

**Type and method of grading:** The sole source of grading is the achievement reached on the written exam.

**How to register for the exam:** By the Neptun.

**Opportunities to retake the exam:** According to the examination rules of Semmelweis University.

**Literature, i.e. printed, electronic and online notes, textbooks, tutorials** (URL for online material):

**Lecture and seminar slides are the compulsory material for the exam, and are available on our website: <https://semmelweis.hu/magtud/en/education/faculty-of-medicine/medical-psychology/>**

*Textbook:*

Behavior & Medicine, 4<sup>th</sup> Edition, Danny Wedding, Hogrefe & Huber Publishers, Seattle, 2006.

*Recommended textbooks:*

Kopp M. – Skrabski Á.: Behavioural Sciences Applied in a Changing Society, Corvina, 1996.

Fadem B: Behavioural Science., Lippincott Williams & Wilkins, 5<sup>th</sup> ed., 2008.

Sarafino E.P.: Health Psychology. Biopsychosocial interactions. 6<sup>th</sup> ed., New York, Wiley, 2008.

### Schedule of the seminars:

Group No.	Date	Place	Seminar teacher
7	Monday 8:00-10:00	EOK Seminar 0	Dr. Tamás Szalai
8	Monday 10:00-12:00	EOK Seminar 1	Dr. Péter Ujma
2	Tuesday 8:00-10:00	City Corner kupola	Dr. Zsófia Hídvégi
9	Tuesday 8:00-10:00	EOK Seminar 7	Júlia Andróczi
16	Tuesday 8:00-10:00	EOK Seminar 0	Zoltán Illyés
15	Tuesday 15:00-17:00	EOK Seminar 7	Dr. Péter Ujma
5	Tuesday 17:00-19:00	EOK Seminar 7	Dr. Péter Ujma
17	Wednesday 8:00-10:00	EOK Seminar 0	Kristóf Topa
18	Wednesday 8.00-10.00	City Corner kupola	Eszter Bálint
20	Wednesday 11:45-13:45	NET Seminar 10	Dr. László Lajtai
19	Wednesday 12:30-14:30	EOK Seminar 7	Ágnes Mezei
10	Wednesday 12:45-14:45	NET Seminar 7	Karolina Szabó
3	Friday 8:00-10:00	EOK Seminar 0	Mónika Sándor
12	Friday 10:15-12.15	EOK Seminar 0	Mónika Sándor
13	Friday 12:30-14:30	EOK Seminar 0	Mónika Sándor
1	Friday 8:00-10:00	EOK Seminar 7	Roland Kasek
6	Friday 10:15-12:15	EOK Seminar 1	Roland Kasek
4	Friday 8:00-10:00	City Corner kupola	Dr. Zsófia Hídvégi
11	Friday 10:15-12:15	City Corner kupola	Dr. Zsófia Hídvégi
14	Friday 12:30-14:30	City Corner kupola	Dr. Zsófia Hídvégi

### Addresses:

NET Building: Budapest, Nagyváradi tér 4., 1089

EOK: Budapest, Tűzoltó utca. 37-43., 1094

### Contacts of seminar teachers:

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