

Medical Psychology
Spring 2026

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: 2025/2026 Spring semester

Code of the course¹: AOKMAG735_2A

Course director: Prof. Dr. György Purebl

Course organizer: Dr. Tamás Szalai

Contact details: 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

Lectures: Week 1 – week 7, Thursday 13:30-15:00, NET building, Brown lecture hall

19FEB	Major Schools of Psychology	Dr. János Kollár
26FEB	Introduction to Human Behavior	Dr. Péter Ujma
5MAR	People Living with Disabilities	Dr. János Kollár
12MAR	Depression and Suicide – The Role of Online Prevention	Prof. György Purebl
19MAR	Conscious States, Sleep, Dreaming and General Anaesthesia	Prof. Dr. Róbert Bódizs
26MAR	Stress and Illness; Behavioral Interventions	Dr. Stauder Adrienne
2APR	Clinical Management of Eating and Body Image Disorders	Dr. Tamás Szalai

Seminars – thematic and slides:

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: 3 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 in the exam period (no mid-terms).

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, 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, 4th Edition, Danny Wedding, Hogrefe & Huber Publishers, Seattle, 2006.

Recommended textbooks:

Fadem B: Behavioural Science., Lippincott Williams & Wilkins, 5th ed., 2008.

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

Schedule of the seminars:

Group Nr.	Date	Location	Teacher
7	Monday 8.00-10.00	EOK Sz0	Karolina Szabó
8	Monday 10.15-12.15	EOK Sz0	Karolina Szabó
2	Tuesday 8.00-10.00	NET Sz10	Júlia Andróczi, Dr. Tamás Szalai
9	Tuesday 8.00-10.00	EOK Sz7	Nada Kanjo
16	Tuesday 8.00-10.00	EOK Sz0	Dr. Zsófia Hídvégi
14	Tuesday 9.15-11.15	EOK Beznák	Dr. Tamás Szalai
15	Tuesday 15.00-17.00	EOK Sz 7	Dr. Péter Ujma
5	Tuesday 17.00-19.00	EOK Sz7	Dr. Péter Ujma
17	Wednesday 8.00-10.00	EOK Sz0	Júlia Andróczi
18	Wednesday 8.00-10.00	NET Sz7	Dr. Tamás Szalai
20	Wednesday 11.30-13.30	NET Sz10	Dr. János Kollár
19	Wednesday 12.30-14.30	EOK Sz7	Viktor Kemény
10	Wednesday 12.45-14.45	NET Sz7	Eszter Bálint
6	Friday 8.00-10.00	EOK Sz0	Dr. Mónika Sándor
12	Friday 10.15-12.15	EOK Sz0	Dr. Mónika Sándor
13	Friday 12.30-14.30	EOK Sz0	Dr. Mónika Sándor
1	Friday 8.00-10.00	EOK Sz7	Kristóf Topa

5	Friday 10.15-12.15	EOK Sz1	Kristóf Topa
4	Friday 8.00-10.00	NET Sz7	Laura Losonczy
11	Friday 10.45-12.45	NET Sz4	Ágnes Mezei

Addresses:

NET Building: Budapest, Nagyvárad tér 4., 1089

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

Contacts of seminar teachers:

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