

MEDICAL PSYCHOLOGY

Institute of Behavioral Sciences

Type of the course: compulsory

credit: 4 credits

Presenter of the course: Dr. Tamás Dömötör Szalai

Course leader: Dr. György Purebl

Course objectives: The course is designed to give a broad overview of the field of medical psychology, including concepts, theory, and research.

Learning objectives:

Develop an understanding of the complex interplay between one's physical well-being and a variety of biological, psychological, and social factors.

Learn the nature of the stress response and its impact in the etiology and course of many health problems.

Understand the approach of bio-psycho-social model and become familiar with some frequent psychosomatic diseases.

Be able to identify various psychological disorders and key personality traits related to health / disease.

Course Syllabus:

Lectures:

Week 1.	Introduction to Human Behaviour
Week 2.	Major Schools of Psychology
Week 3.	Stress and illness; behavioral interventions
Week 4.	Conscious states, sleep, dreaming and general anesthesia
Week 5.	Stigmatization and people living with disabilities
Week 6.	Psychological correlates of cardiovascular disorders
Week 7.	Affects, Emotion and Motivation

Seminars:

Week 1.	Developmental psychology, attachment theories
Week 2.	Personality theories
Week 3.	Human sexuality and sexual disorders, psychology of reproduction, psychology of birth
Week 4.	Depression and mood disorders.
Week 5.	Anxiety and medical illnesses.
Week 6.	Eating disorders.
Week 7.	Psychosomatic disorders – case studies; 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.

Participation and making up for absences: Students are expected to attend regularly the course and participation list will be recorded at the end of every lecture and every seminar. To participate on at least 75% of the total number of lessons is a prerequisite for getting the signature needed to absolve the course. The maximum number of absences permitted: one absence from the lectures and three absences from the

seminars. Content of the lectures may appear in the exams.

Justification of the absence in the lectures and examinations: Absence should be justified for the seminar leading teacher within three working days.

Checks during the semester (reports, written checks): Every student should prepare presentations on the topics designated by the seminar leader teacher. Active participation is expected.

Requirements for the signature at the end of the semester: Active participation on the practices. The teacher has the right for refusing to give signature to the students who didn't work on the desired level on the seminars.

Method of the calculation of marks: Grades will be based on student's performances at the final written exam.

Type of the exam: Written final examination taken in the examination period.

Requirements for the exam: The material of the lectures and seminars.

Application for the exam: Through the Neptun system.

Changing the application for the exam: Through the Neptun system.

Justification of the absence from the exam: Absence should be justified for the course leading teacher within three working days.

Course and recommended text books:

Required textbook:

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

Recommended text books:

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

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

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

Additional readings:

The powerpoint slides and prezi presentations used for the lectures and seminars and also some related papers will be assigned for reading during the course, and they will be made available on the course website.