

DESCRIPTION OF THE COURSE OF STUDY

Course code	0912.4.LEK.B.MP	
Name of the course in	Polish	Psychologia lekarska
	English	Medical Psychology

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	medicine
1.2. Mode of study	Full-time
1.3. Level of study	Uniform Master's study
1.4. Profile of study*	General academic
1.5. Person preparing the course description	mgr Laura Osęka
1.6. Contact	laura.oseka@ujk.edu.pl

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	English
2.2. Prerequisites*	

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Lecture: 15 hours, Classes: 10 hours	
3.2. Place of classes		
3.3. Form of assessment		
3.4. Teaching methods	Lecture: 15 hours, Classes: 10 hours	
3.5. Bibliography	Required reading	<p>Bishop, M. (2005). <i>Quality of Life and Psychosocial Adaptation to Chronic Illness and Disability. Rehabilitation Counseling Bulletin</i>, 48(4), 219–231. doi:10.1177/00343552050480040301</p> <p>Cantos-Egea, J., Tous-Pallarés, J., & Tierno-García, J. M. (2023). Model of psychosocial determinants of health in processes of social exclusion. <i>Frontiers in Public Health</i>, 11, 1156569.</p> <p>González-Rodríguez, R., Gandoy-Crego, M., & Vilaça, T. (2024). Social determinants and psychosocial factors that impact on health status. <i>Frontiers in Psychology</i>, 15, 1405206.</p> <p>Van Teijlingen E. & Humphris, G. (2019). <i>Psychology and Sociology Applied to Medicine</i>. Elsevier</p>
	Further reading	<p>1. Ofri, D. (2014) <i>What Doctors Feel: How Emotions Affect the Practice of Medicine</i>. Beacon Press.</p> <p>2. Gabe, J. & Monaghan, L. (2013) <i>Key Concepts in Medical Sociology</i> (SAGE Key Concepts series). SAGE Publications Ltd.</p> <p>Silverman J, Kurtz S, Draper J (2008) <i>Skills for Communicating with Patients</i>. Radcliffe Publishing</p>

4.1. Course objectives (lecture)

Lecture

1. C1. Acquaint students with psychology as a science.
2. C2. Providing knowledge about the nature of stress, psychosomatic diseases, chronic diseases in terms of the psychological functioning of the patient.
3. C3. Acquaint students with the essence, nature and classification of mental disorders.
4. C4. Acquaint students with the mechanisms of domestic violence.

C2.

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Classes

1. C1 .Acquaint students with the concepts of quality of life, wellbeing and the sources of those.
2. C2. The development of communication skills in the relationship with the patient.
3. C3/ The development of the ability to motivate the patient to change health behaviors.

4.2. Detailed syllabus

Lecture

1. Psychology as a science. Definitions and goals of psychology. Current trends in psychology. Can the world exist without psychology?
2. Ordinary psychology. Human knowledge and understanding of himself. Emotions, stress and health. Health psychology- salutogenic approach in health psychology. Early and contemporary approach to the abnormality. Clinical health psychology. Psychological conditions of somatic disease. Stress and illness. Ways of coping with the disease.
3. Mental factors and somatic disorders. Psychological aspects of chronic disease and disability.
4. Mechanisms and consequences of domestic violence.
5. Health promotion and prevention of disorders from the perspective of psychology. Health behaviors of the patients. Motivating the patient to change health behaviors.
6. Communication with the patients: the role of verbal and non-verbal communication in the medical profession.

Classes

1. Quality of life in illness – adaptation and consequences of illness.
2. Psychosocial determinants of health/risk factors of illness.
3. Psychosocial aspects of disability. Psychosocial aspects of aging.
4. Communication with the patient.

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED TEACHING OUTCOMES

4.3 . Education outcomes in the discipline

Code	A student, who passed the course	Relation to teaching outcomes
within the scope of KNOWLEDGE :		
W01	Human behaviors that promote health and the principles of motivating patients towards health-promoting behaviors (Prochaska and DiClemente's change model, motivational interviewing);	D.W3.
W02	The concept of stress, including eustress and distress, and the impact of stress on the etiopathogenesis and course of somatic diseases and mental disorders, as well as mechanisms of coping with stress;	D.W4.
W03	The concept of empathy and the expressions and behaviors that serve to demonstrate it;	D.W6.
W04	Dependencies on psychoactive substances and behavioral addictions, their mechanisms of development, goals and methods of treatment, and prevention strategies.	D.W12.
W05	The concept of norms and pathology in sexual behavior;	D.W14.
within the scope of ABILITIES :		
U01	Develop and refine self-awareness, the ability for self-reflection, and self-care, and contemplate with others one's own communication and behavior;	D.U7.
U02	Recognize one's own emotions and manage them in relationships with others, to effectively perform work despite one's emotional reactions;	D.U8.
U03	Describe and critically evaluate one's own behavior and communication style, considering alternative behaviors;	D.U9.
within the scope of SOCIAL COMPETENCE , the graduate is able to:		
K01	do what is right for the patient;	K.S2
K02	respect medical confidentiality and patient's rights;	K.S3
K03	take actions concerning the patient on the basis of ethical principles, being aware of social conditions and restrictions resulting from illness;	K.S4
K04	promote healthy lifestyle;	K.S6
K05	use reliable information sources;	K.S7

4.4. Methods of assessment of the intended teaching outcomes

Teaching outcomes (code)	Method of assessment (+/-)																				
	Exam oral/written*			Test*			Project*			Effort in class*			Self-study*			Group work*			Others* Observation		
	Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes		
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	..
W01-W04																					
U01-U03																					
K01-K05																					

*delete as appropriate

4.5. Criteria of assessment of the intended teaching outcomes

Form of classes	Grade	Criterion of assessment
lecture (L)	3	Achieving the 61% - 68% of the total number of points possible to achieve
	3,5	Achieving the 69% - 76% of the total number of points possible to achieve
	4	Achieving the 77% - 84% of the total number of points possible to achieve
	4,5	Achieving the 85% - 92% of the total number of points possible to achieve
	5	Achieving the 93% - 100% of the total number of points possible to achieve
	3	Achieving the 61% - 68% of the total number of points possible to achieve

classes (C)*	3,5	Achieving the 69% - 76% of the total number of points possible to achieve
	4	Achieving the 77% - 84% of the total number of points possible to achieve
	4,5	Achieving the 85% - 92% of the total number of points possible to achieve
	5	Achieving the 93% - 100% of the total number of points possible to achieve

☐ **Thresholds are valid from 2018/ 2019 academic year**

5. BALANCE OF ECTS CREDITS – STUDENT'S WORK INPUT

Category	Student's workload
	Full-time studies
NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/	25
<i>Participation in lectures*</i>	15
<i>Participation in classes, seminars, laboratories*</i>	10
<i>Preparation in the exam/ final test*</i>	
<i>Others*</i>	
INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/	25
<i>Preparation for the lecture*</i>	15
<i>Preparation for the classes, seminars, laboratories*</i>	10
<i>Preparation for the exam/test*</i>	
<i>Gathering materials for the project/Internet query*</i>	
<i>Preparation of multimedia presentation</i>	
<i>Others*</i>	
TOTAL NUMBER OF HOURS	50
ECTS credits for the course of study	2

***delete as appropriate**

Accepted for execution (date and signatures of the teachers running the course in the given academic year)

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