



Medical Psychology with Basic Sociology

1. IMPRINT	
Academic Year	2024/2025
Department	Faculty of Medicine and Dentistry
Field of study	English Dentistry Division
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory, one of two to choose from, mandatory to complete a year of studies
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Studium Psychologii Zdrowia [Department of Health Psychology] ul. Litewska 14/16, 00-575 Warszawa, Tel. +48 22 116 92 11 e-mail: zpikm@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Professor Dorota Włodarczyk, MA, PhD
Course coordinator	Professor Dorota Włodarczyk, MA, PhD dorota.wlodarczyk@wum.edu.pl
Person responsible for syllabus	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Teachers	Magdalena Łazarewicz, MA, PhD

2. BASIC INFORMATION			
Year and semester of studies	I year, 2 nd semester	Number of ECTS credits	2.00
FORMS OF CLASSES			

Contacting hours with academic teacher	Number of hours	ECTS credits calculation
Lecture (L)	20	0.75
Seminar (S)	20	0.75
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	15	0.5

3. COURSE OBJECTIVES

O1	Gaining knowledge on psycho-social aspects of dental care and developing understanding of human functioning (as an individual and as an individual within society).
O2	Gaining knowledge about specific groups of patients (or situations), their functioning and the doctor's tasks in working with them and their families (including patients not motivated to change health behaviours, the elderly, people experiencing violence, terminally ill patients, patients with selected problems in the field of psychopathology) and gaining the ability to work with them.
O3	Acquiring the skills of self-analysis and caring for one's own well-being in the context of professional work

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of:
Knowledge – Graduate* knows and understands:	
D.W1.	the notions of health and disease, the impact of the social environment (family, social networks), as well as socio-cultural circumstances (background, social status, faith, nationality, ethnic group) on the patient's health
D.W2.	human behaviours conducive to maintaining health, principles of health promotion, prophylaxis as well as primary and secondary prevention
D.W3.	forms of violence, including domestic violence, social determinants of different forms of violence, and the role of a dental surgeon in its recognition, as well as the principles of conduct in the event of suspecting violence, taking into account the "Blue Card" procedure
D.W4.	social attitudes towards illness, disability, and old age, as well as particular influence of stereotypes, prejudice, and discrimination

D.W6.	psycho-physical development of the human being from birth to death, considering the specifics of physical, emotional, cognitive, and social development
D.W8.	the role of the patient's family in the illness process (illness recognition, adaptation to illness, recovery) and ways of coping with difficult situations (illness progression, the process of dying, mourning)
D.W9.	the principles of motivating the patient to maintain healthy lifestyle and behave in a manner conducive to maintaining health
D.W14.	the principles of the interdisciplinary therapeutic team

Skills– Graduate* is able to:

D.U8.	recognise their own emotions and manage them in their relationships with others to carry out their work effectively despite their own emotional reactions
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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	major psychological schools (psychoanalysis, psychodynamic, cognitive, behavioural, humanistic) and basic concepts of psychology and medical psychology
K2	basic assumptions of positive psychology, including the psychology of happiness and resilience
K3	basics of psychopathology
K4	the importance of cultural differences in health care

Skills– Graduate is able to:

S1	recognize your own needs and implement activities to build happiness and mental resilience
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Social Competencies – Graduate is ready for:

SC1	-
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6. Classes

Form of class	Class contents	Effects of Learning
Lectures	<p>L1 - Lecture 1 - Medical psychology in the practice of a dentist What does psychology do? The role of psychological knowledge in medical practice, major schools of psychology (psychoanalysis, psychodynamic, behavioural, cognitive, humanistic); key psychological concepts; psychologist, psychotherapist and psychiatrist - what are the scopes of their duties; medical psychology and psychopathology, the importance of psychological knowledge.</p> <p>L2 – Lecture 2 – Psychology of Happiness. What do we know about happiness and how to build it?</p>	D.W1., K1

	<p>L3 – Lecture 3 – Resilience. What is resilience and how to develop it?</p> <p>L4 - Lecture 4 - Health habits and lifestyle versus health The importance of lifestyle for health; habits and disorders of the oral cavity and their treatment from a psychological perspective (e.g. ethology and development of thumb sucking, bruxism, dysfunction of the temporomandibular joint, self-mutilation). Basic theoretical models of changes in health behaviours.</p> <p>L5 - Lecture 5 - Health promotion and motivational interviewing Place of salutogenesis, health promotion, positive psychology in the dentist's work. Theoretical foundations of motivational interviewing in relation to the models of health behaviour change.</p> <p>L6 - Lecture 6 - Social context and cultural differences The role of the family, social context and culture for the development and adaptation to a somatic disease. Work in an interdisciplinary and multicultural team.</p> <p>L7 - Lecture 7 - Problems of domestic violence The phenomenon of domestic violence - definitions and statistics. Blue Card Procedure in Poland.</p> <p>L8 - Lecture 8 - Psychological aspects of geriatric dentistry Aging, the phenomenon of ageism, understanding the aging processes of the population; life-span psychology, positive aging.</p> <p>W9 - Lecture 9 – The process of dying and palliative care Psychological processes related to adaptation to death and dying. The mourning process. Palliative care in Poland and in the world.</p> <p>W10 - Lecture 10 - Basics of psychopathology and referral to a mental health specialist The basics of psychopathology: what is psychopathology, understanding the norm and disorders. ICD and DSM classifications. Disorders including anxiety, depression, and eating disorders. Recommendations when and how to address psychologically.</p> <p>Online lectures on the MT platform in real time, recorded.</p>	<p>D.W2., K2.</p> <p>D.W2., D.W8., K2.</p> <p>D.W2., D.W9.</p> <p>D.W9.</p> <p>D.W4., D.W8., D.W14.</p> <p>D.W3.</p> <p>D.W4., D.W6.</p> <p>D.W8.</p> <p>K3</p>
<p>Seminars</p>	<p>S1 - Seminar 1 - Psychology and me Insight into resources and own weaknesses in the context of studies and future professional work. Self-diagnosis.</p> <p>S2 - Seminar 2 – Prescription for happiness Exercises and activities that influence your level of happiness.</p> <p>S3 – Seminar 3 – Resilience Exercises and activities that influence your level of resilience.</p> <p>S4 - Seminar 4 - My habits - my health Recognition of individual and behavioral risk factors for somatic diseases, basics of medical interview focused on the analysis of the patient's lifestyle and health habits.</p>	<p>D.U8.</p> <p>K2, D.U8., S1</p> <p>K2, D.U8., U1</p> <p>D.W2., D.W9.</p> <p>D.W14., D.U8.</p>

	<p>S5 - Seminar 5 – Analysis of own attitude towards dental profession, analysis of own communication style, communication and role in the group. Communication games.</p> <p>S6 - Seminar 6 - Social context and cultural differences Working with the patient and his family and social support in the context of various social expectations and cultural differences. Work in a multicultural team. Stereotypes and prejudices.</p> <p>S7 - Seminar 7 - Problems of domestic violence Recognizing signs of violence (physical and behavioural symptoms). Basics of intervention for a person experiencing violence.</p> <p>S8 - Seminar 8 - Psychological aspects of geriatric dentistry Beliefs about old age and the elderly, the phenomenon of ageism, positive aging and the Baltes' selection, optimization and compensation (SOC) model in practice.</p> <p>S9 - Seminar 9 - Death, dying and palliative care Attitude towards death. The phenomenon of medicalizing death. Funeral rituals and the mourning process. Difficult conversations: the ABCDE and SPIKES models.</p> <p>S10 - Seminar 10 - Basics of psychopathology and referral to a mental health specialist Communication with a patient with a psychopathological problem. Referral to a mental health specialist (psychologist, psychotherapist, psychiatrist) in practice.</p>	<p>D.W4, K4</p> <p>D.W3.</p> <p>D.W4., D.W6.</p> <p>D.W8.</p> <p>K3</p>
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7. LITERATURE

Obligatory

PDF materials provided by the teacher during the course.

Supplementary

1. Mostofsky D. I. & Fortune F. (2013). Behavioral Dentistry, 2nd Edition. Wiley-Blackwell.
2. Ayer W. Jr (2005). Psychology and Dentistry: Mental Health Aspects of Patient Care. Routledge.
3. Bochner S. (2011). The Psychology of the Dentist-Patient Relationship (Contributions to Psychology and Medicine). Springer.
4. Sugnani S. (2011). Developmental Child Psychology- Implications in paediatric dentistry. LAP LAMBERT Academic Publishing.
5. Weiner A. (2010). The Fearful Dental Patient: A Guide to Understanding and Managing. Wiley-Blackwell.
6. Mahadevan G. (2011). Theories of Child Psychology In Clinical Dental Practice: Extensive look into the theories of child psychology. LAP LAMBERT Academic Publishing.
7. Öst L-G. & Skaret E.(2013). Cognitive Behavioral Therapy for Dental Phobia and Anxiety. Wiley-Blackwell.

The above textbooks are available for short rental from the Department of Health Psychology library (single copies).

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.W1., D.W2., D.W3., D.W4., D.W6., D.W8, D.W9., D.W14,	Kolokwium testowe zaliczające treści prezentowane na wykładach i seminariach	Multiple Choice Questions (MCQ) test - 30 questions with

D.U8., K1, K2, K3, K4		one correct answer out of 4 available. Achieving the expected learning outcomes of at least 55% 0-16 points - fail 17-30 points – pass (completion without a grade)
D.W2., D.W3, D.W4., D.W4., D.W6., D.W8, D.W9., D.W14, D.U8., K2, K4, S1	Preparation of a presentation on a given topic, integration or communication exercise for the group or a case study report	Reliability of sources, formal and logical correctness of statements, substantive preparation

9. ADDITIONAL INFORMATION

1. Lectures are available online. Participation in seminars is mandatory. The attendance list is verified. On a absence is accepted, however it has to be credited with the preparation of a written essay or a presentation.
2. Coming late for class is generally not tolerated. Being late for over 15 minutes counts as an absence. Recurring shorter late-coming is a basis for additional work: an essay, a report or passing the material with a teacher (depending on missed material).
3. The MCQ test takes place during the last seminar class. Students have the right to two retakes. Students who fail to pass the second retake, have a right to take a final retake with the Head of the Department.
4. The Department of Health Psychology runs the Psychological Students Science Club "Psyche" (in English) (contact information: magdalena.lazarewicz@wum.edu.pl).
5. The Department's webpage: <http://zpkm.wum.edu.pl/>

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers