



Medical Psychology

1. IMPRINT

Academic Year	2026/2027
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	Obligatory
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	Dr hab. n. o zdr. Dorota Włodarczyk dorota.wlodarczyk@wum.edu.pl
Person responsible for syllabus	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Teachers	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	II year, 4 th semester	Number of ECTS credits	1.00
FORMS OF CLASSES	Number	ECTS credits calculation	

Contacting hours with academic teacher	of hours	
Lecture (L)	8	0.32
Seminar (S)	12	0.48
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	5	0.20

3. COURSE OBJECTIVES	
O1	Gaining basic psychological knowledge in the context of medical help.
O2	Gaining knowledge on the state-of-art views on health and disease, impact of the social surrounding (family, social network) and social inequalities on health, socio-cultural differences and role of social stressors in health.
O3	Getting familiar with the concept of dental health related quality of life. Gaining knowledge on the psychosocial risk factors of somatic diseases and basic human psychological mechanisms of functioning in health and disease.
O4	Gaining knowledge and basic skills concerning psychological aspects of dental help.
O5	Gaining basic knowledge on working with pain and anxiety and on the basic of preventing dentophobia.
O6	Gaining knowledge on health promotion and diagnosing patients attitude towards health and illness. Familiarizing with basic methods of motivating patients for a health behavior change.
O7	Gaining knowledge on the principles of developmental psychology.
O8	Gaining knowledge on the professional burnout syndrome and the ways to prevent it.

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.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.	zasady motywowania pacjenta do zachowań prozdrowotnych i zachowania człowieka sprzyjające zachowaniu zdrowia
D.W11.	the concept of stress, including eustress and distress, and the impact of stress on the aetiopathogenesis and course of somatic diseases and mental disorders, as well as mechanisms of coping with stress
D.W12.	symptoms of professional burnout syndrome in dentists and methods of prevention

Skills– Graduate* is able to:

D.U5.	recognise and analyse difficult situations and communication challenges, including crying, strong emotions, anxiety, interruptions, awkward and sensitive issues, silence, withdrawal, aggressive and demanding behaviour, and deal with these in a constructive manner
D.U10.	take actions to improve the patient's quality of life and prevent its future deterioration
D.U11.	recognize the syndrome of professional burnout of a dentist and counteract it

* 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	-
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Skills– Graduate is able to:

S1	-
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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	L1 - Lecture 1 – Stress and Professional burnout Definitions and models, development, early symptoms, prevention. L2 - Lecture 2 – Modern perspective on health and disease Holistic perspective on human functioning, psychology and medicine, the state of art views on health and disease in the context of dental care, psychosocial risk factors of the somatic disease, salutogenesis.	D.W11., D.W12., D.U11. D.W1., D.W4., D.W8.

	L3 - Lecture 3 – Dental Health Related Quality of Life Definitions of QoL, HRQoL, and DHRQoL; the importance of considering the patient's quality of life in clinical practice; subjective and patient-centered methods of measuring quality of life; the significance of health and disease in relation to social attitudes. Functioning in health and illness, selected aspects of adaptation to disease and disability as difficult situations (including terminal illness). The impact of stereotypes, prejudices, and discrimination. L4 - Lecture 4 – Principles of developmental psychology allowing to apply the acquired knowledge to work with a young patient Theories of the life-span development, stages of early development, dental care for children. Principles of communication with the child and their caregiver. Behavioral techniques in pediatric patient management.	D.W4., D.U10. D.W1., D.W6.
Seminars	S1-S2 - Seminar 1 and Seminar 2 - Stress and coping Definition of stress, the role of stress in etiopathogenesis and progress of the somatic disease and recognizes coping mechanisms, role of social stressors in health, basic relaxation techniques S3-S4 - Seminar 3 and Seminar 4 - Pain, anxiety and dentophobia Definition of pain, anxiety, dental anxiety, and dentophobia; development of dental anxiety; techniques for working with patients experiencing pain. Communication with patients suffering from negative emotions related to treatment. S5-S6 - Seminar 5 and Seminar 6 - Attitude towards illness and health, and health promotion Definition of attitudes toward illness and treatment; fundamentals of motivational interviewing and health promotion, illustrated by the example of a dental patient, with consideration of psychosocial factors.	D.W11., D.W12., D.U5., D.U11. D.U5. D.W2, D.W9

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
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D.U5., D.U10., D.U11.	Performing tasks during seminar classes (work in pairs and small task groups) - Observation and assessment of practical skills	Active participation in the seminars
D.W1., D.W2., D.W4., D.W6., D.W8., D.W9., D.W11., D.W12., D.U5., D.U10., D.U11.	Written test including the content presented at lectures and seminars.	Test with Multiple Choice Questions (MCQ) with one of 4 answers positive, pairing, short open questions and 2 longer open questions > 55% of correct answers. Criterion assessment 2.0 (failed) 0-54% 3.0 (satisfactory) - 55-63% 3.5 (rather good)- 64-72% 4.0 (good) - 73-81% 4.5 (more than good) 82-90% 5.0 (very good) 91-100%

9. ADDITIONAL INFORMATION

1. The course "Medical Psychology, Parts I and II" (in the second and third years of study) is delivered by the Department of Health Psychology of the Medical University of Warsaw.
2. Attendance at lectures and seminars is an essential requirement for acquiring up-to-date knowledge and serves as the basis for examination questions. Attendance is recorded during both lectures and seminars. One excused absence is permitted; however, it must be made up by preparing a written assignment on a topic agreed with the instructor.
3. Late arrival to class is generally not tolerated. Arrival more than 15 minutes after the start of class will be recorded as an absence. Repeated minor delays may result in additional requirements, such as submitting an essay, preparing a report, or demonstrating knowledge of the missed material to the instructor (depending on the content missed).
4. To justify absence from classes and assessments, students are required to notify the class instructor and the course coordinator by email or in writing no later than within three working days after the day on which the class, assessment, examination, or practical training took place. Later submission of justification is permitted if the student was unable to provide it earlier for justified reasons; in such a case, the document should be submitted as soon as the reason for the absence no longer applies.
5. The test takes place during the final class. Students participating in the classes have the right to make two attempts to retake the test. If the student does not pass the test on the second retake date, they have the right to take a committee assessment before the head of the unit.
6. In the case of justified absence from an assessment, the student has the right to take the assessment on the next date scheduled by the unit. Unjustified absence constitutes grounds for recording a failure to complete the course on that date. If the student does not pass the course by the final date set by the unit in a given academic year, they do not receive credit for the classes in that course. If a student receives an unsatisfactory grade, they have the right to two resit assessment dates. In the case of the second resit assessment date, the student may request that the Dean allow an observer indicated by the student self-government to participate in the assessment. The Dean may consent to a committee assessment if justified reservations are raised regarding the course of the assessment.
7. Student Research Opportunities: The Department of Health Psychology hosts the Psychological Students' Science Club "Psyche" (in English). For more information, please contact: magdalena.lazarewicz@wum.edu.pl.
8. Department Website: <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