**MEDICAL PSYCHOLOGY**

**Table 1.**

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| **1. PURPOSE AND OBJECTIVES OF TRAINING** |
| The discipline Medical Psychology is in the list of non-compulsory subjects in the Medicine curriculum. It is studied in the first semester of the first year and ends with a semestral exam. The main objective of medical psychology course is to familiarise medical students with the basic terms and concepts of general and clinical psychology as well as with the psychological methods for examination and assessments of patients. Following the line of historical development of medicine, students are presented with the biopsychosocial approach to patients, which is the successor of the classical medical model. Along this line, psychological symptoms and syndromes occurring in various somatic illness are emphasized together with the mechanisms underlying this process (i.e. stress response). Besides, essential psychological aspects of “Doctor-patient” communication are explored. Furthermore, the role of psychological factors in the development, course, outcome and prevention of various somatic conditions is covered. Some methods of psychological examination and psychotherapy and their application in medically ill persons are aslo presented. |
| **2. TEACHING TEAM (FACULTY TEACHERS)** |
| **Lecturer:**   * **Assoc. Prof. Kaloyan Stoychev**,MD**,** PhD, Dept. of Psychiatry, “Dr Georgi Stranski” University Hospital, tel: +359 64 886 867, e-mail: [kaloyan\_stoichev@abv.bg](mailto:kaloyan_stoichev@abv.bg) * **Assoc. Prof. Petranka Chumpalova,** MD**,** PhD, Dept. of Psychiatry, “Dr Georgi Stranski” University Hospital, tel: +359 64 886, e-mail: [chumpalova@abv.bg](mailto:chumpalova@abv.bg)   **Assistant professors:**   * **Assist. Prof. Aleksandar Todorov,** MD, Dept. of Psychiatry, UMHAT “Dr Georgi Stranski” – Pleven, Storgozia 113 University Hospital, tel: +359 64 886 862 * **Assist. Prof. Emiliya Dimitrova,** MD, Dept. of Psychiatry, UMHAT “Dr Georgi Stranski” – Pleven, Storgozia 113 University Hospital, tel: +359 64 886 862 * **Assist. Prof. Elisaveta Krasteva,** MD, Dept. of Psychiatry, UMHAT “Dr Georgi Stranski” – Pleven, “San Stefano 55” tel: +359 64 886 581 * **Part time assistant Georgi Georgiev,** MD, Dept. of Psychiatry, UMHAT “Dr Georgi Stranski” – Pleven, Storgozia 113 University Hospital, tel: +359 64 886 854 |
| **3. PROGRAM OF STUDY (CURRICULUM)** |
| The Medical Psychology course is based on a programme developed by the Department of Psychiatry and Medical Psychology according to the System of quality of education. The content of the program was initially approved by the Department council andfinally - by the Faculty council. The program includes the thesis plan of lectures and laboratory exercises. Its content is annually updated in accordance with the latest discoveries in the field. |
| **4. LECTURE COURSE** |
| The lecture course is intended for medical students. The course comprises seven 2 hour-lectures. A detailed presentation is given for all of them. | |
| **5. ADDITIONAL MATERIALS** |
| To help students prepare for the Medical Psychology exam and to extend the students' learning, the following additional sources of information are recommended:   * Ayers S & de Visser R. Psychology for Medicine. Sage Publications 2011 - 530 pages * Ayers S & de Visser R. Psychology for Medicine and Healthcare. Sage Publications 2018 – 648 pages. |
| **6. PRACTICAL EXERCISES** |
| Practicals in medical psychology are compulsory. They are held at the department of psychiatry of the University Hospital of Pleven in specially designated workshop halls having multimedia presentation capabilities. Further to reinforcing theoretical knowledge provided bz the lecture course, practicals also introduce students to real life medical cases and give them opportunity to see how psychological methods of assessment work in everyday clinical work.  **The theses of the lab topics can be found using the link below.**  File: Practical exercise-4.docx  File: Practical exercise-5.docx  File: Practical exercise-6.docx  File: Practical exercise-7.docx |
| **7. EXAMINATION SYNOPSIS IN MEDICAL PSYCHOLOGY (CONSPECTUS FOR THE EXAM)** |
| File: Examination synopsis in medical psychology.docx |
| **10. FORUM ON THE DISCIPLINE** |
| The forum on the subject is the place where you can accommodate comments, questions and recommendations on ways of presenting the material. The forum is open to all students and the information in it should be brief and clear in strict compliance with the requirements of academic ethics. Thank you for your understanding. |
| **11. CONSULTATIONS** |
| Consultations on the course are in attendance and remote form. Attendance consultations are optional and are held in the Psychiatry department of Pleven University Hospital upon prior appoitnemnt. These consultations explain the methodology and terms of preparation for the course in distance learning. In remote consultation teachers contact with the students through forums and email. |

**Table 2.**

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| **Lecture 1: PSYCHOLGY AND MEDICINE - AN INTRODUCTION** |
| Definitions of and theoretical approaches to health – biomedical vs biopsychosocial approach. Role of psychological factors in health and illness. Historical perspectives, definition and subject of medical and health psychology and other related disciplines. Methods of assessment in medical and health psychology and related disciplines. |
| **Lecture 2: PERSONALITY** |
| Definitions of and theoretical approaches to personality – psychoanalytic, humanistic, social-cognitive, behavioural, biological/genetic theories and systematic theories. Assessment of personality – ideographic and nomothetic approach. Personality and illness. |
| **Lecture 3: EMOTIONS AND MOTIVATION** |
| Emotions - definitions and terms. Components of emotions – physiological, cognitive and behavioural. Theories about emotions. Development of emotions. Emotions and health. Motivation – biological and social motives. Theories about motivation. Motivation and health. |
| **Lecture 4: STRESS AND HEALTH** |
| Stress - definitions and terms. Physical responses to stress. Stress and the immune system. Life events and stress. Stress as a person-environment interaction. Stress and health. Stress in medicine. Managing stress.  [pdf-icon Presentation of Lecture 4..](http://do2.mu-pleven.bg/mod/resource/view.php?id=13664) Files: Lecture \_stress\_and\_health-4.ppt |
| **Lecture 5: PERCEPTION, LEARNING, MEMORY, INTELLIGENCE** |
| Perception: definition, terms, theories; Attention: definition, terms, theories; attention and clinical skills; biased attention. Learning: definition and terms (classical and operant conditioning etc.); Memory: definition, organization and characteristics; memory and studying medicine; Intelligence: definition, terms, assessment.  [pdf-icon Presentation of Lecture 5...](http://do2.mu-pleven.bg/mod/resource/view.php?id=13664) Files: Lecture \_perception, learning, memory, intelligence -5.ppt |
| **Lecture 6: PSYCHOSOCIAL DEVELOPMENT ACROSS THE LIFESPAN** |
| Psychological development across the lifespan: childhood and adolescence development. Psychological development across the lifespan: psychological changes in adulthood and old age.  [pdf-icon Presentation of Lecture 6...](http://do2.mu-pleven.bg/mod/resource/view.php?id=13664) Files: Lecture \_psychological development across the lifespan-6.ppt |
| **Lecture 7: DOCTOR-PATIENT COMMUNICATION AND CLINICAL INTERVIEWING** |
| Communication – verbal and non-verbal. Doctor-patient communication. Clinical interviewing – the “Doctor-Patient” and “Calgary-Cambridge” models of clinical interview. Difficult interviews – angry and anxious patients, giving bad news. Iatrogenesis – clinical and social iatrogenesis; Informed consent.  [pdf-icon Presentation of Lecture 7...](http://do2.mu-pleven.bg/mod/resource/view.php?id=13664) Files: Lecture \_doctor-patient communication and clinical interviewing-7.ppt |

**Prepared by,**

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