

## DISCIPLINE FILE

### 1. Program data

1.1 Education institution	<b>UNIVERSITY OF MEDICINE AND PHARMACY "VICTOR BABEȘ" TIMIȘOARA</b>
1.2 Faculty	<b>FACULTY OF DENTAL MEDICINE</b>
1.3 Department	NEUROSCIENCE(VIII)
1.4 Domain of study <sup>1)</sup>	Licence
1.5 Cycle of study <sup>2)</sup>	Licence
1.6 Study program/qualification	<b>GENERAL MEDICINE</b>

### 2. Discipline data

2.1. The name of discipline	<b>MEDICAL PSYCHOLOGY</b>							
2.2 The owner of the course activities	s.l.dr. ANGHEL TEODORA							
2.3 The owner of the laboratory activities	s.l.dr HOGEA LAVINIA							
2.4 Year of study	<b>II</b>	2.5 Semestre	<b>IV</b>	2.6 Type of evaluation	<b>The colloquium</b>	2.7 The discipline regime	Content <sup>3)</sup>	<b>DD</b>
							Obligatory <sup>3)</sup>	<b>DO</b>

### 3. Time

3.1 Număr de ore pe săptămână Hours on a week	<b>2</b>	3.2 from which: course	<b>1</b>	3.3 seminary	<b>1</b>
3.4 All hours from educational plan	<b>28</b>	3.5 from which: course	<b>14</b>	3.6 seminary	<b>14</b>
Distribution of time fund					ore
Study after manual, course support, bibliography and notes					<b>14</b>
Additional documentation in the library, on the specialized electronic platforms and on the field					<b>10</b>
Training seminars / laboratories / projects, themes, papers, portfolios and essays					<b>10</b>
Tutoring					<b>2</b>
Examinations					<b>2</b>
Other activities(workshops)					<b>4</b>
<b>3.7 Total individual study hours</b>	<b>34</b>				
<b>3.8 Total hours per semester</b>	<b>70</b>				
<b>3.9 Number of credits<sup>5)</sup></b>	<b>2</b>				

### 4. Preconditions

4.1 curriculum	Behavioral science
4.2 competences	Knowledges: <ul style="list-style-type: none"> <li>the main orientations in psychology</li> <li>some elements of psychoanalysis</li> <li>mental processes: sensation, perception, attention, memory, thinking, language, imagination, intelligence</li> <li>temperamental typologies</li> <li>normal personality and accentuated personality</li> <li>acquiring general notions of human consciousness and brain</li> <li>acquiring basic notions of health psychology</li> </ul>

### 5. Conditions

5.1 course	<ul style="list-style-type: none"> <li>using the video projector</li> <li>attendance at the course in 70% of the cases</li> <li>students will not attend the course with their mobile phones or open laptops. Also, telephone conversations will not be tolerated during the course, nor do students leave the classroom to take over personal telephone calls;</li> <li>the students' delay in the course will not be tolerated</li> </ul>
5.2 for laboratory	<ul style="list-style-type: none"> <li>the deadline for the submission of the project or seminar booklet is established by the teacher in agreement with the students. Claims for postponement will not be accepted for reasons other than a legitimate objective</li> </ul>

## 6. Competencies

Competențe Profesionale	<ul style="list-style-type: none"> <li>To know the terminology used in medical psychology</li> <li>To determine the capacity for proper use of the notions of health psychology</li> <li>To identify the psychosomatic diseases</li> <li>To have the skills to identify personality disorders</li> <li>To use the good communication skills between physician-patient</li> </ul>
Competențe transversale	<ul style="list-style-type: none"> <li>To demonstrate preoccupation for professional development</li> <li>To determine the implications in scientific activities, such as the development of case studies, a project</li> <li>To participate in scientific events</li> </ul>

## 7. Objectives

7.1 General objective	<ul style="list-style-type: none"> <li>acquiring the knowledge of medical psychology</li> </ul>
7.2 Specific objectives	<ul style="list-style-type: none"> <li>To know the various explanatory models of health and disease;</li> <li>To know the sanogenesis models;</li> <li>To know the role of stress and identifying the burnout phenomenon</li> <li>To identify the appropriate personality status with a number of issues;</li> <li>knowledge of the psychosomatic aspects of the area;</li> <li>knowledge of the management of anxiety, stress of the body.</li> </ul>

## 8. Contents

8.1 Course	Teaching methods	Number of hours	Observations
1. Conceptual delimitation in psychology. Medical psychology in dentistry	Lecture Videoprojector	1	
2. Explanatory models of health and disease. Models of sanogenesis		1	
3. The role of stress. Burnout syndrome in medical practice		1	
4. Personality disorders		1	
5. Anxiety and pain in dental medicine. Various Approaches: Behavioral Management Techniques, Hypnosis, Psychotherapy etc.)		1	
6. Pediatric Dentistry (Child Approach by Age). Causes of bruxism.		1	
7. Psychosomatic disorders of the oral area. Dysmorphic disorders in dental aesthetics.		1	
8. Type A personality and cardiovascular disease. Type C personality and oncological diseases		1	
9. Approach diabetes in dentistry.		1	
10. Approach the patient with special needs in dental medicine		1	
11. Elderly patient approach to dental medicine.		1	
12. The Placebo vs Nocebo phenomenon in medical practice		1	
13. Pathological Aspects of Behavior in Food		1	
14. Therapeutic Compliance. Patient physician communication		1	

### Bibliography:

1. Akira Toyofuku, 2016, *Psychosomatic problems in dentistry*, BioPsychoSocial Medicine
2. Carmen S., 2008, *The role of the psychological factor in paediatric dental management*,
3. Eugenia M., 2013, *Fear and anxiety in dental treatments and psychological interventions*, Anuario de Psicología Clínica y de la Salud Annuary of Clinical and Health Psychology, Volume 09, Pages 45 to 47
4. Hoge L., 2015, *Psychology in dental medicine*, Ed. V. Babes, Timisoara
5. Hristina L., Staneva M., 2005, *Pain, stress, anxiety and psychotherapeutic modalities for their management in dental practice*, Journal of IMAB - Annual Proceeding (Scientific Papers), vol. 11, book 2
6. Kandagal V. S., 2015, *Oral mucosal diseases in anxiety and depression patients: Hospital based observational study from south India*, J Clin Exp Dent;7(1):e95-9

7. Suman S., Ankit S., 2014, <i>Effect of Psychosomatic Factors in Oral Diseases</i> , Int J Clin Prev Dent ;10(2):51-54			
8. Thorakkal S., 2014, <i>The Psychosomatic Disorders Pertaining to Dental Practice with Revised Working Type Classification</i> , The Korean Pain Journal, January; Vol. 27, No. 1: 16-22			
9. Sapolsky, R.,2004, <i>Why zebras don't get ulcer</i> , third edition, St Martin' Griffin, United States of America			
10. <i>Clinical psychology in dentistry</i> , 2009, Briefing paper no 11, The British Psychological Society			
8.2 Laboratory / internship / project	Teaching and learning methods	Number of hours	Observations
1. Methods to induce bodily relaxation.	Lecture Debate Studies	1	
2. Methods of personality investigation.		1	
3. Practice non-verbal language		1	
4. Self-knowledge exercises		1	
5. Thematic documentary		1	
6. Case study		1	
7. Clinical evaluation scales of pain, forms of pain. Therapeutic interventions in pain reduction.		1	
8. Individual work		1	
9. Somatization scale, personality questionnaire - TYPE A, C.		1	
10. Examples		1	
11. Coping mechanisms. Stress scales		1	
12. Methods of investigation: observation, anamnesis		1	
13. Emotional intelligence		1	
14. Phillips 6-6: Improving physician-patient communication. Nonverbal language - exercises		1	
<b>Bibliography:</b>			
1. Milton H. Erickson, M.D., 2005, <i>The practical application of medical and dental hypnosis</i> , OTC Publishing Corp			

**9. Corroborating the contents of the discipline with the expectations of the representatives of the epistemic communities, professional associations and representative employers in the field related to the program**

--

**10. Evaluation**

Type of activity	10.1 5 Evaluation criterias	10.2 Evaluations methods	10.3 Weight of the final grade
10.4 Course	<ul style="list-style-type: none"> <li>knowledge of the terminology used in medical psychology</li> <li>the ability to recognize and properly use the notions presented</li> </ul>	Written exam, subjects type, - covering the entire subject matter of the semester.	50%
10.5 Laboratory	<ul style="list-style-type: none"> <li>Acquiring psychological methods to combat stress, anxiety and pain</li> </ul>	Presentation of individual work The attendance of the seminars as well as the active participation	40% 10%
10.6 Minimum performance standard			

Date of completion	Signature of course holder .....	Signature of lab holder / trainee 1..... 2.....
Signature of the Head of Discipline .....		
Date of approval in the department	Signature of Department Director Prof. Dr.....	

