

**"VICTOR BABEȘ" UNIVERSITY OF
MEDICINE AND PHARMACY TIMIȘOARA
DOCTORAL SCHOOL
MEDICINE**



**APPLIED PSYCHOLOGY IN MEDICAL FIELD -
MULTIDISCIPLINARY INTEGRATIVE
CORRELATIONS, PSYCHOLOGICAL AND
ETHICAL APPROACHES**

ABSTRACT

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THESIS SUMMARY

The objective of this habilitation thesis, entitled „**Applied Psychology in Medical Field - Multidisciplinary Integrative Correlations, Psychological and Ethical Approaches**”, is to present the most important academic and scientific achievements obtained after finishing the doctoral studies, in order to prove the qualification for obtaining habilitation certificate. Most of the scientific research has been conducted in the field of medical psychology, which involves activities such as: defining study problems (questions to be answered), collection of data (informations), data analysis and interpretation. At the same time, I focused on the therapeutic intervention, which aims to: clinical diagnosis, setting realistic goals and planning intervention strategies, modifying therapy and reorienting the patient if necessary, etc.

The most relevant results obtained after defending the doctoral thesis are structured in four main chapters.

The first chapter includes data on psychodiagnosis, clinical evaluation and personalized therapies in anxiety and depression, in children and adolescents, psychotic disorders in children and adolescents and their management, vulnerability markers, categories at risk of developing psychopathology, the role of psychotherapy.

Although adult-specific disorders are also found in children (such as depression, anxiety), they often manifest typical for the age of the patient; for example, anxiety also appears as separation anxiety. In addition, there are problems related to the activities and rigors of that development period; thus, in conditions of stress, children sometimes adopt behaviors specific to an age lower than their chronological age, refuse to go to school, etc.

Regardless of the therapeutic approach, the first phase of the intervention involves psychodiagnosis and clinical evaluation. In this way, the evaluation, either by clinical interview or by psychological testing, identifies the presence of psychopathology among children and young people. This is the main goal of professionals in the field, dedicated to the well-being of children and adolescents.

While pharmacological treatment is the cornerstone of psychosis therapy, psychoeducation and psychotherapies, such as cognitive-behavioral psychotherapy,

remain an essential adjunct. Such therapies play a direct role in the direct treatment of positive psychotic symptoms, help promote recovery and adaptation, and are also particularly important in preventing comorbidities associated with psychotic disorders such as depression and anxiety. Treatment requires the integrated use of pharmacological, individual, family and group psychotherapeutic interventions. It is essential that the treatment plan in child psychosis is carefully managed, with a particular focus on the safety, tolerability and efficacy aspects of medicines, so as to avoid the unpleasant side effects that usually occur with these medicines and which have a considerable negative impact on the trajectory of the child's life and overall development.

It is known that most psychopathologies have their onset in childhood. Delimiting the processes by which mental illness develops and changes over time has important implications for treatment and prevention. There are a number of problems in examining the child's psychopathology. First of all, psychopathology must be considered against the background of the developmental processes. Second, developmental changes over time require methodological procedures that include longitudinal studies and appropriate assessment tools in terms of psychometric properties. And third, contextual factors have an enormous influence on the etiology, course, and presentation of psychopathology. Low economic status, trauma, exposure to violence and mental illness of parents are just some of the most important environmental determinants of children's development.

I also included studies and articles on the diagnosis and therapy of autism spectrum disorders, ADHD, obsessive-compulsive behavior, PTSD affective disorder, etc.

Another area addressed is that of psychosomatics. Psychosomatics approaches the human being in a different sense, accepting the coexistence of the somatic and the psychic, seen as inseparable and complementary, according to the bio-psycho-social model. In this context, psychosomatic/psychosomatic medicine can be defined as an interdisciplinary field, which brings into question the involvement of emotional factors in the etiology of somatic disorders. Characteristic for this category of diseases is the fact that they have a disabling character for the patient, similar to organic (somatic) diseases. The main research topics and publications in the field of health include pathologies such as: breast cancer, hypertension, multiple sclerosis, hemophilia, etc.

The stake of this approach is sustainable development, difficult to achieve without the dissemination and implementation of multiple and convergent research, with impact in improving the quality of life of patients suffering from chronic diseases.

I have used a psycho-social and ethical approach to patient care. In the presented studies it is possible to observe the multidisciplinary approach of the patient, ways of involving the family in his life, counseling and psychotherapy, etc., contributions that lead to the increase of the quality of life.

The second chapter presents the results obtained from the study of the doctor's psychology and the consequences of the profession on personal life. Stress, burnout syndrome are common among doctors. The purpose of these studies is to report the described adverse effects on health, well-being and career. At the same time, we addressed the issue of the doctor-patient relationship and its importance in compliance with treatment.

The interdisciplinary research between psychology and medicine continues to have, in Romania, a pioneering character. The awareness of this fact and the urgency of such an approach determined me to dedicate an important time to the investigation and clarification of this issue. The results we reached were also published in ISI and BDI indexed journals (also revealed in the Thesis).

I am convinced that these studies and articles are as many arguments for my plurivalent development.

The next part of the habilitation thesis presents the evolution and development of one's professional, scientific and academic career, being conceived on a clear and objectified structure on one's own person and one's own development interests. Thus, it comprises the following chapters described below:

Chapter 3 includes aspects on academic evolution and achievements. Regarding the professional career, I started in the field of psychology after graduating from the Faculty of Psychology and Sociology, specializing in Psychology at the West University of Timisoara. I chose the specialty of clinical psychology and psychotherapy. I went through all the stages of the academic hierarchy, since 2008 when I became a university preparator at the „Victor Babes” University of Medicine and Pharmacy in Timisoara, Psychology and Behavioral Sciences Discipline. After obtaining the title of Associate Professor, in 2019, I became Head of the Psychology Discipline, Department of Neurosciences at the "Victor Babes" University of Medicine and Pharmacy Timisoara.

I have proven the skills and ability to lead or engage in research projects through the won grants, as Director, as Project Coordinator and as team member. Also, I founded the Neuropsychology and Behavioral Medicine Center, within our discipline, whose director I am.

I organized workshops for students and coordinated papers presented by students at scientific events, and numerous diploma papers. At the same time, I coordinate students in scientific research through the VADA volunteer system. I have developed teaching materials and coordinated continuing education courses.

I have been a psychologist in the specialty of clinical psychology since 2016 and I hold the position of specialist psychologist within the Obstetrics and Gynecology Clinic of the Municipal Emergency Clinical Hospital in Timisoara.

Throughout my professional, scientific and academic career, I have participated in numerous national and international conferences, both with oral presentations and posters but also as a guest speaker, disseminating the results of postdoctoral research. The research results also materialized through articles published in extenso in international journals, indexed by ISI Web of Science, (28 articles with impact factor) and in journals indexed by BDI (32 articles) in international databases, respectively in the form of abstracts from indexed journals ISI Web of Science, BDI, in volumes with ISBN or ISSN. I have written and published books and books chapters in CNCSIS recognized publishing houses. I have carried out research activities in the framework of grants won through national competitions.

The last chapter is dedicated to the academic career development plan for the coming years and details the research and teaching objectives. Remaining to the idea of intertwining theory with practice, emphasis was placed on involvement in fundamental research in the field of quality of life, integrative multidisciplinary approach, collaborations with other universities with tradition, encouraging continuing education, application and consolidation of skills and knowledge, etc. From a didactic point of view, the most important objectives are related to the continuous improvement of modern contents and teaching methods, as well as to the publication of textbooks that contribute to the consolidation of information related to psychological aspects involved in chronic disease and psychotherapeutic interventions.

At the end of the papers, we gathered the main references to the contributions of the personal scientist, the bibliographic references associated with the scientific content.