

CHART OF DISCIPLINE/ SYLLABUS

1. Study Program Data

1.1 High Education Institution	UNIVERSITY OF MEDICINE AND PHARMACY "VICTOR BABES" TIMISOARA
1.2 Faculty	MEDICINE FACULTY
1.3 Department	NEUROSCIENCE (VIII)
1.4 Study Domain ¹⁾	Health
1.5 Cycle Studies ²⁾	Licence
1.6 Study programme/ Qualification	MEDICINE

2. Course Data

2.1.Course/Department	Medical psychology							
2.2 Course tutor	S.L.dr. ANGHEL TEODORA							
2.3 Practical activity tutors	S.L.dr. ANGHEL TEODORA							
2.4. Year of study	III	2.5 Semester	VI	2.6 Assessment	Colloquium	2.7 Course rank	Content ³⁾ Mandatory /Compulsory ³⁾	DO DO

3. Duration/Estimated Time (number of hours/ semester of teaching activity)

3.1 Number of hours/ week	1	3.2 lecture/course	1	3.3 laboratory	0
3.4 Total hours of curriculum	14	3.5 lecture/course	14	3.6 laboratory	0
Time distribution for course activities					Hours
Study support- manuals, lectures, references and notes					14
Additional documentation – library, dedicated platforms from domain					14
Documentation for seminars/ practical activity/ projects, themes, portofolios and essays					0
Tutoring					2
Assessment					1
Other activities					5
3.7 Total number of hours for individual study	36				
3.8 Total number of hours per semester	50				
3.9 Number of credits ⁵⁾	2				

4. Preconditions (if applicable and requested)

4.1 Courses- studied curriculum / rules for attending the course	Behavioral sciences
4.2 Practical activities/seminars/projects studied curriculum, basic skills/ rules for attending the course	Knowledges: <ul style="list-style-type: none"> • The importance of the biopsychosocial model • The connection between the psyche, the nervous system and the immune system • Notions of psychosomatics • Typologies present in various diseases

5. Condition (if if applicable and requested)

5.1 Courses	<ul style="list-style-type: none"> • using the video projector • attendance at the course in 70% of the cases
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	<ul style="list-style-type: none"> 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; the students' delay in the course will not be tolerated
5.2 Laboratory/practical activity/ project	

6. Key competencies and basic skills

Professional Competencies	<ul style="list-style-type: none"> Demonstrate the ability to use the notions of medical psychology appropriately Demonstrate the ability to identify the main characteristics of psychosomatic disorders To acquire skills to identify personality disorders To know ways to manage stress and pain To identify the disease state and to establish the diagnosis of the main diseases from a psychosomatic point of view
Transversal Competence	<ul style="list-style-type: none"> Demonstrate concern for professional development Demonstrate involvement in scientific activities, such as case studies, projects To demonstrate concern for the acquisition of new knowledge following the reading of references To participate in scientific events

7. Disciplines/Course objectives (based on the key competences)

7.1 Disciplines/Course general objectives	<ul style="list-style-type: none"> Adequate use in professional communication of concepts specific to medical psychology Knowing the relationship between soma and psyche, patterns of sanogenesis, the role of stress in health and disease, identifying the type of personality corresponding to a particular condition Familiarizing students with constitutional predispositions Awareness of psychological patterns that occur in various diseases
7.2 Disciplines/Course specific objectives	<ul style="list-style-type: none"> To know and understand the main psychological factors involved in the disease To define the main concepts in the field of medical psychology To explain psychological phenomena using basic concepts in the field of medical psychology To identify concepts specific to medical psychology in specialized materials

8. Content

8.1 Course	Teaching method	Number of hours	Notification
1. Historical landmarks of medical psychology. The four models of health and disease in medicine	PPT Lecture	1	
2. Psychocardiology. The role of social support		1	
3. Psychooncology		1	
4. Pain and methods of management		1	
5. Psychosomatic diseases of the respiratory organs.		1	
6. Dermatopsychology		1	
7. Psychotraumatology – trauma and microtraumas		1	
8. Disorders of the endocrine system		1	
9. Disorders of the skeletal and muscular system		1	

10. Disorders of sexual dynamics from the perspective of psychoanalysis		1	
11. Psychotatology		1	
12. The importance and benefits of the Mindfulness based stress reduction program		1	
13. The psychology of addiction. Types of dependencies.		1	
14. Psychoterapy. Classification		1	
Mandatory references: <ol style="list-style-type: none"> 1. Conner, M., Norman, P., 2005, Predicting health behavior: Research and practice with social cognition models, Open University Press 2. Dispenza, J., You are Placebo 3. Fadem, B., 2000, Behavioral science, Lippincot Williams &Wilkins 4. Feldman, M., Christensen, 2008, Behavioral Medicine, Mc Graw Hill Medical 5. Taylor, S., 2003, Health Psychology, Mc Graw Hill Medical 6. Quinn, G., 2009, Behavioral science, Mc Graw Hill Medical 7. Sapolsky, R., Why zebras don't get ulcer 8. Aldwin, C., 2007, Stress, coping and development, The Guilford Press, New York London 9. Zinn, K.J., 2013, Full Catastrophe Living – using the wisdom of your body and mind to face stress, pain, and illness – the program of the stress reduction clinic of Massachusetts Medical Center 10. Matrenitsky, V, 2019, Carcinogenic Mind, Ed Anticncr. Help Publishing, Ukraine 11. Zinn, J.K, The healing power of mindfulness, 2018, Hachette Books; 1st edition 			

9. Correlations between the content of the course and the requirements of the professional field and relevant employers

The ability to responsibly refer the patient to psychotherapy and collaborate with a psychotherapist.
Knowledge and application of psychological counseling principles.

10. Assessment

Activity	10.1 Assessment criteries	10.2 Assessment methods	10.3 Percentage of the final grade
10.4 Course	<ul style="list-style-type: none"> • knowledge of the terminology used in general and medical psychology • the ability to recognize and properly use the notions presented 	Oral presentation - presentation of a project	90%
		Presence	10%
10.5 Practical activity/ seminar			
10.6 Minimum performance standard-basic knowledge			
The minimum note is 5			

Date	Signature of the course holder	Signature of the laboratory/seminar holder
		Senior Lecturer Assistant Professor

Signature of the Head of Discipline		
Date of approval in the Department	Signature of the Head of Department	