

Course Title	<b>Medical Psychology</b>				
Course Code	<b>MED-104</b>				
Course Type	Required				
Level	Undergraduate				
Year / Semester	Year 1/ Semester 1 (Fall)				
Teacher's Name	<b>Course Lead:</b> Dr Stelios Georgiades				
ECTS	6	Lectures / week	3	Laboratories / week	0
Course Purpose and Objectives	<p>The objective of this course is to introduce students to the principle domains of psychology that are most relevant to medicine. Its aim is to teach students the key areas of psychology that would provide the basis for viewing people not only as biological but also as psychological beings. Furthermore the course also aims to introduce students to the application of psychology in the wider practice of medicine. In this course, students are introduced to the interaction between psychological and medical principles in the development, assessment and diagnosis and in the treatment of medical illnesses.</p>				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <p><b>Week 1</b></p> <p><b>Lobs covered during lectures:</b></p> <ol style="list-style-type: none"> <li>1. Explain what the field of Psychology studies.</li> <li>2. Describe the different areas of Psychology.</li> <li>3. Describe the way by which Psychology is linked to Medicine.</li> </ol> <p><b>Week 2</b></p> <p><b>Lobs covered during lectures:</b></p> <ol style="list-style-type: none"> <li>4. Describe the basics of Neural Communication.</li> </ol> <p><b>Week 3</b></p> <p><b>Lobs covered during lectures:</b></p> <ol style="list-style-type: none"> <li>5. Explain the Basic Structure and function of the Nervous system.</li> <li>6. Outline the link between biology and behaviour.</li> </ol> <p><b>Week 4</b></p> <p><b>Lobs covered during lectures:</b></p>				

7. Describe the role and the importance of the different types of senses.
8. Outline the main functional theories of vision.
9. Outline the main functional theories of audition.
10. Outline the main theories of somatosensation.
11. Outline the main theories of the functions of smell.

### **Week 5**

#### ***Lobs covered during lectures:***

12. Outline the role of the different types of perception.
13. Describe the main theories of visual perception.
14. Describe the main theories of auditory perception.
15. Outline the main types of attention.
16. Describe the main theories of attention.
17. Outline the main types of memory.
18. Describe the main theories of memory.

### **Week 6**

#### ***Lobs covered during lectures:***

19. Describe the different stages of development from birth to adolescence.
20. Outline the main theories of child development.
21. Outline the main theories of early stages of language acquisition.
22. Describe the main theories of language development.
23. Outline the theories connecting language and cognition.
24. Language and the brain.

### **Week 7**

#### **MIDTERM EXAM**

#### ***Lobs covered during lectures:***

25. Outline the area of Motivation.
26. Outline the way by which motivation is link with emotion.
27. Outline the main theories of Emotions.
28. Describe the biological theories of emotions.
29. Describe the psychological theories of emotions.
30. Outline the role of individual differences as observed in everyday activities and as measured by psychometric tools.
31. Outline the main Psychometric tools and their role in diagnosis.
32. Outline the main Personality tests and their value in clinical assessment.

## **Week 8**

### ***Lobs covered during lectures:***

33. Describe the characteristics of Adulthood.
34. Outline the interconnection between psychological and biological characteristics of this stage of human development.
35. Distinguish between Psychoanalytic and Psychological views on sexuality.
36. Describe the role of sex in human relationships.
37. Describe the psychological factors contributing to our better understanding of sexual behaviour between sexes.

## **Week 9**

### ***Lobs covered during lectures:***

38. Explain the different stages of sleep as described by EEG studies
39. Outline the three theories of sleep
40. Explain the usefulness of sleep with reference to research studies on total and on selective sleep deprivation
41. Describe the role of the family from a developmental perspective and its contributory role in the development of individuals as social and biological beings.
42. Describe the conclusion of the human life cycle and the way by which psychology and biology are interconnected.
43. Outline the impact of death on both the dying person and the family.
44. Describe the conclusion of the human life cycle and the way by which psychology and biology are interconnected.
45. Outline the impact of death on both the dying person and the family.

## **Week 10**

### ***Lobs covered during lectures (Poster Presentation)***

46. Outline the role played by psychological factors such as emotions and stress in the development of illnesses and/or dysfunctions.
47. Outline the Biomedical and the Biopsychosocial Approaches to Medicine.
48. Identify the advantages and disadvantages of each approach in the development of modern medicine.
49. Outline the impact of psychological principles in doctor patient contact and communication.

## **Week 11**

### ***Lobs covered during lectures:***

	<p>50. Describe the different factors contributing to the impact that hospitalisation has on people.</p> <p>51. Describe the potential psychological impact that hospitalisation may have on people.</p> <p>52. Outline the role of psychosocial approaches in medical practice.</p> <p>53. Outline the role of placebo effect in the treatment of both physical and psychological treatments.</p> <p>54. Describe the role of psychological principles and psychoeducation in facilitating problem solving and diagnosis.</p> <p>55. Outline the way by which psychological factors contribute to the development of somatic problems.</p> <p>56. Describe different types of psychosomatic problems.</p> <p>57. Outline possible ways of distinguishing between psychosomatic and physical problems.</p> <p><b>Week 12</b></p> <p><b><i>Lobs covered during lectures:</i></b></p> <p>58. Outline the psychological factors contributing to coping with illness and disability.</p> <p>59. Describe the different approaches and techniques employed for coping with these difficulties.</p> <p>60. Outline the different areas of Psychopathology.</p> <p>61. Outline the methods employed in the diagnosis of psychological and psychiatric disorders.</p> <p>62. Outline the treatments often used in the treatment of psychiatric and psychological disorders.</p> <p>63. Explain what is meant by chronic mental illness and the process of rehabilitation.</p>		
Prerequisites	None	Required	None
Course Content	<p><b><i>Topics covered in lectures:</i></b></p> <ul style="list-style-type: none"> <li>• An Introduction to Psychology</li> <li>• Psychology and Medicine</li> <li>• Brain Mechanisms and Behaviour</li> <li>• Senses</li> <li>• Integration on Senses</li> <li>• Perception</li> <li>• Attention</li> <li>• Memory</li> <li>• Child Development (from birth to adolescence)</li> </ul>		

	<ul style="list-style-type: none"> <li>• Language</li> <li>• Motivation and Emotions</li> <li>• Individual Differences in Intelligence and Personality</li> <li>• Adulthood</li> <li>• Sexual Behaviour</li> <li>• Sleep and Consciousness</li> <li>• Family</li> <li>• Aging, Death and Bereavement</li> <li>• Stress, Emotion and illness</li> <li>• Psychology and Medicine</li> <li>• Patients and Doctors</li> <li>• Psychosomatic Problems</li> <li>• Psychosocial Aspects of Hospitalization</li> <li>• Psychosocial Approaches Treatment</li> <li>• Coping with illness and Disability</li> <li>• Psychopathology</li> <li>• Mental illness and Rehabilitation</li> </ul>																								
Teaching Methodology	Lectures.																								
Bibliography	<p><b>Required Textbooks/Reading:</b></p> <table border="1"> <thead> <tr> <th>Authors</th> <th>Title</th> <th>Edition</th> <th>Publisher</th> <th>Year</th> <th>ISBN</th> </tr> </thead> <tbody> <tr> <td>Susan Ayers and Richard de Visser</td> <td>Psychology for Medicine</td> <td>1<sup>st</sup> Edition</td> <td>Sage</td> <td>2010</td> <td>9781412946919</td> </tr> </tbody> </table> <p><b>Recommended Textbooks/Reading:</b></p> <table border="1"> <thead> <tr> <th>Authors</th> <th>Title</th> <th>Edition</th> <th>Publisher</th> <th>Year</th> <th>ISBN</th> </tr> </thead> <tbody> <tr> <td>Karen L. Fingerman, Cynthia A. Berg, Jaqui Smith and Toni C, Antonucci</td> <td>Handbook of Life Span Development</td> <td>1<sup>st</sup> Edition</td> <td>Springer</td> <td>2011</td> <td>9780826110794</td> </tr> </tbody> </table>	Authors	Title	Edition	Publisher	Year	ISBN	Susan Ayers and Richard de Visser	Psychology for Medicine	1 <sup>st</sup> Edition	Sage	2010	9781412946919	Authors	Title	Edition	Publisher	Year	ISBN	Karen L. Fingerman, Cynthia A. Berg, Jaqui Smith and Toni C, Antonucci	Handbook of Life Span Development	1 <sup>st</sup> Edition	Springer	2011	9780826110794
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	John Sommers-Flanagan, Rita Sommers-Flanagan	Counselling and Psychotherapy Theories in Context and Practice	2 <sup>nd</sup> Edition	John Wiley and Sons	2012	9780470617939
	Carrie Winterowd, Aaron T. Beck, Daniel Gruener	Cognitive Therapy with Chronic Pain Patients	1 <sup>st</sup> Edition	Springer Publishing Company	2003	9780826145956
Assessment	Poster and oral presentation (10%) Midterm Exam (30%) and Final Exam (60%). Assessment is by Short Answer Questions (SAQs) and Single Best Answers (SBAs).					
Language	English					