



## MEDICAL PSYCHOLOGY I. LECTURE

### LEARNING-OUTCOME-BASED SUBJECT DESCRIPTION

|                                    |  |
|------------------------------------|--|
| <b>Program:</b>                    | Medicine   |
| <b>Course:</b>                     | <b>Medical Psychology I. lecture – AOK-OAK421</b>  |
| <b>Type of course:</b>             | compulsory subject   |
| <b>Academic year and semester:</b> | Year IV. / Fall semester   |
| <b>Head of Department:</b>         | <b>Oguz Kelemen M.D., Ph.D., Habil</b> – associate professor   |
| <b>Course coordinator:</b>         | <b>Annabella Obál</b> – health psychologist<br>Department of Behavioral Sciences (6722 Szeged Mars square 20.)<br>e-mail: <a href="mailto:obal.annabella@med.u-szeged.hu">obal.annabella@med.u-szeged.hu</a> |
| <b>Type of class:</b>              | <b>lecture</b>   |
| <b>Weekly hours:</b>               | 1 (for 5 weeks)  |
| <b>Credit vale:</b>                | 2  |
| <b>Type of examination:</b>        | evaluation (5)   |
| <b>Parallel Completion:</b>        | <b>Medical Psychology I. practice – AOK-OAK422</b>   |

#### Purpose of course:

Understanding and mastering the complex view of illnesses within the bio-psycho-social framework. Presenting the relationship between the psychological and physiological processes, and showing the related symptom formation during the course of the illness. Demonstrating the psychological aspects of medical practice in terms of prevention, everyday doctor-patient interactions, adherence, chronic illness and grief. To raise awareness to the importance of safeguarding the physician's own mental health.

#### Outcome requirements:

##### Knowledge

- Knows the concepts of the bio-psycho-social model in detail.
- Comprehensively knows the viewpoints of system theory.
- Knows at user level the models that help everyday doctor-patient communication: CLASS, Motivational Interview
- Knows in detail the role of doctors in health promotion, their possibilities.
- Understands in depth the psychological factors involved in the process of becoming ill, of chronic illness and grief.

##### Competences

- Recognizes and analyzes the relationship between psychological functioning and physiological processes.
- Analyzes the elements of system theory in family processes.
- Applies these models in practice.
- Recognizes those situations where preventive approach is primary.
- Analyzes the complex psychological situations emerging in somatic medicine.

##### Attitudes

- Thinks critically about the one-sided biomedical framework.



- Aims to follow the philosophy of these communication models.
- Follows the principles of motivational interviewing.
- Is sensitive to the individual differences of patients and psychological problems.

#### **Autonomy and responsibility**

- In clinical practice represents the bio-psycho-social view.
- Represents the principles of health-protection independently.
- Takes responsibility for his/hers own actions during teamwork

#### **Topics:**

- Medical psychology and border areas
- Communication Strategies e.g. suggestive communication
- Health promotion, Health protective behavior
- Symptoms and illness: perception (pain, placebo) / Health and illness related beliefs / The psychological process of becoming ill
- Stress and Health / Chronic illness, death, dying

#### **Methods:**

- lecture
- group discussions

#### **Criteria of the competition of the course:**

- Participation at the lectures as per the general regulations.
- **Completing the practice is required for taking the exam.**
- **Writing the online Coospace test exam**, 8th week of the semester at the time of the lecture
- The exam is compulsory, can not be retaken. (only as a repeated exam in the exam period)
- Successfully passing the test: 60%

#### **Evaluation:**

- Test results, completion of the practice

#### **Mandatory reading list:**

- *Lecture handouts* (will be posted on Coospace)

#### **Recommended reading list:**

- Márta Csabai – Péter Molnár:  
*Health, Illness, and Care. A textbook of medical psychology.* Budapest, 2000. Springer
- Suls J.M. – Davidson, K. – Kaplan, R.M. (eds):  
*Handbook of Health Psychology and Behavioral Medicine.*  
The Guilford Press, 2010. (available in the library of the Behavioral Sciences Institute)
- János Pilling (ed): *Medical Communication.*  
Budapest, 2011. Medicina (available in the library of the Behavioral Sciences Institute)



## MEDICAL PSYCHOLOGY I. LECTURE

2023/2024 1<sup>st</sup> semester

- Lecture place:** Kulka Frigyes Hall, Baló József Educational Building (Lecture Hall in Old Press Building)  
(6722 Szeged, Szikra u. 8.)
- Lecture time:** Monday, 13-14
- Lecturers:** Oguz Kelemen M.D., Ph.D., Habil – associate professor  
email: kelemen.oguz@med.u-szeged.hu
- Test-exam:** 30-Oct-2023, 13.00-14.00  
Online (CooSpace test)

### Schedule:

| WEEK | DATE       | TOPIC  | LECTURER         |
|------|------------|--|------------------|
| 1.   | 11-09-2023 | <b>NO LECTURE IN THE FIRST WEEK!</b>                   | -                |
| 2.   | 18-09-2023 | Introduction; Health and Illness I.                    | Dr. Oguz Kelemen |
| 3.   | 25-09-2023 | Health and Illness II.; Symptoms-Experience of Illness | Dr. Oguz Kelemen |
| 4.   | 02-10-2023 | Nature-Nuture; Biological-Psychological factors        | Dr. Oguz Kelemen |
| 5.   | 09-10-2023 | Stress   | Dr. Oguz Kelemen |
| 6.   | 16-10-2023 | Chronic illness, Thanatological aspect of medicine     | Dr. Oguz Kelemen |



## MEDICAL PSYCHOLOGY I. PRACTICE

### LEARNING-OUTCOME-BASED SUBJECT DESCRIPTION

|                                    |  |
|------------------------------------|--|
| <b>Program:</b>                    | Medicine   |
| <b>Course:</b>                     | <b>Medical Psychology I. practice – AOK-OAK422</b>   |
| <b>Type of course:</b>             | compulsory subject   |
| <b>Academic year and semester:</b> | Year IV. / Fall semester   |
| <b>Head of Department:</b>         | <b>Oguz Kelemen M.D., Ph.D., Habil</b> – associate professor   |
| <b>Course coordinator:</b>         | <b>Annabella Obál</b> – health psychologist<br>Department of Behavioral Sciences (6722 Szeged Mars square 20.)<br>e-mail: <a href="mailto:obal.annabella@med.u-szeged.hu">obal.annabella@med.u-szeged.hu</a> |
| <b>Type of class:</b>              | <b>practice</b>  |
| <b>Weekly hours:</b>               | 2 (for 10 weeks)   |
| <b>Credit vale:</b>                | 0  |
| <b>Type of examination:</b>        | signature  |
| <b>Parallel Completion:</b>        | <b>Medical Psychology I. lecture – AOK-OAK421</b>  |

#### Purpose of course:

Developing students' competence in order to be able to build the trust necessary in doctor-patient relationship, and to know those factors and strategies that are the bases of forming a well-functioning doctor-patient collaboration. During the practice, students learn about different communication strategies of doctor-patient relationship through situational exercises.

#### Outcome requirements:

##### Knowledge

- Thoroughly knows the elements of the CLASS model.
- Knows the stages of the transtheoretical model and the corresponding communication strategies
- Understands the principles of the Motivational Interview.
- Knows the strategies of developing positive suggestions.
- Has general knowledge about Burnout Syndrome

##### Competences

- Applies the CLASS model when communicating with patients.
- Analyzes the stages and related communication strategies.
- Applies the principles of the Motivational Interview in situational exercises.
- Applies positive suggestion techniques during situational exercises and communicating with patients.
- Recognizes the development of the syndrome and treatment possibilities.

##### Attitudes

- Aims to follow the approach of the CLASS model.
- Aims to follow the philosophy of the Motivational Interview.
- Considers the motivations and goals of others.
- Recognizes the importance of positive suggestion techniques.
- Recognizes the importance of one's own mental health



**Autonomy and responsibility**

- Capable of self-inspection while applying the CLASS model in practice.
- Supports health-promoting behaviors creatively.
- Applies positive suggestion techniques creatively and with responsibility.
- Acts with responsibility for maintaining their own mental health.

**Topics:**

- Adherence in the patient-physician relationship
- CLASS model, bio-psycho-social model, system theory
- Active listening skills and Acknowledgement of Emotion strategies
- Suggestive Communication
- Motivational interview I-II.
- Building competence through video analyses
- Skill lab practice I-II.

**Methods:**

- case discussions
- video analysis
- situational exercises

**Criteria of the competition of the course:**

- Participation in the practices as per the general regulations.
- Active participation in classroom exercises
- Participation in case discussions
- One absence is permitted

**Evaluation:**

- Signature (if criteria of the course is met)

**Mandatory reading list:**

- *Lecture handouts* (will be posted on Coospace)

**Recommended reading list:**

- János Pilling (ed): *Medical Communication*. Budapest, 2011. Medicina (available in the library of the Behavioral Sciences Institute)





## MEDICAL PSYCHOLOGY I. PRACTICE

2023/2024 1<sup>st</sup> semester

### Schedule:

|          |   |
|----------|---|
| WEEK 1.  | <b>NO CLASS</b>   |
| WEEK 2.  | Adherence in the patient-physician relationship                   |
| WEEK 3.  | CLASS model, bio-psycho-social model, system theory               |
| WEEK 4.  | Active listening skills and Acknowledgement of Emotion strategies |
| WEEK 5.  | Suggestive Communication  |
| WEEK 6.  | Motivational interview I.   |
| WEEK 7.  | Motivational interview II.  |
| WEEK 8.  | Building competence through video analyses                        |
| WEEK 9.  | <b>Clinical practice</b>  |
| WEEK 10. | <b>Clinical practice</b>  |
| WEEK 11. | <b>Clinical practice</b>  |
| WEEK 12. | <b>Skill lab practice I.</b>                                      |
| WEEK 13. | <b>Skill lab practice II.</b>                                     |
| WEEK 14. | Consultation (optional)   |

### Teachers:

**Annabella Obál** – health psychologist  
email: [obal.annabella@med.u-szeged.hu](mailto:obal.annabella@med.u-szeged.hu)  
**Kinga Palatinus** – psychologist  
email: [palatinus.kinga@med.u-szeged.hu](mailto:palatinus.kinga@med.u-szeged.hu)  
**Dr. Szilvia Kassai Ph.D.** - psychologist  
([kassai.szilvia@med.u-szeged.hu](mailto:kassai.szilvia@med.u-szeged.hu))  
**Luca Szabó** – psychologist  
([szabo.luca@med.u-szeged.hu](mailto:szabo.luca@med.u-szeged.hu))

| Group | Day       | Time     | Place   | Teachers           |
|-------|-----------|----------|---|--------------------|
| 1.    | Thursday  | 10.30-12 | Dormitory of Miklós Jancsó, room 3.                 | Dr. Szilvia Kassai |
| 2.    | Thursday  | 10.30-12 | Baló József Educational Building, room 3.           | Luca Szabó         |
| 3.    | Wednesday | 10.30-12 | Szent-Györgyi Albert Educational Building, room 49. | Dr. Szilvia Kassai |
| 4.    | Wednesday | 8-9.30   | Szent-Györgyi Albert Educational Building, room 25. | Luca Szabó         |
| 5.    | Tuesday   | 10.30-12 | Dormitory of Miklós Jancsó, room 1.                 | Kinga Palatinus    |
| 6.    | Tuesday   | 10.30-12 | Gellért Albert Educational Building, room T11.      | Annabella Obál     |