



FIȘA DISCIPLINEI

1. Date despre program

1.1.	UNIVERSITATEA DE MEDICINĂ ȘI FARMACIE “CAROL DAVILA”
1.2.	FACULTATEA Medicină / DEPARTAMENTUL 3 Preclinic (Științe complementare)
1.3.	DISCIPLINA Psihologia sănătății și comunicare medicală (ENGLEZĂ)
1.4.	DOMENIUL DE STUDII Sănătate - Reglementat sectorial în cadrul Uniunii Europene
1.5.	CICLUL DE STUDII: LICENȚĂ
1.6.	PROGRAMUL DE STUDII Medicină

2. Date despre disciplină / Information regarding the course

2.1.	Denumirea disciplinei (Name): Psihologia Sănătății și Comunicare Medicală (<i>engleză</i>) / Health Psychology and Medical Communication (<i>English</i>)						
2.2.	Locația disciplinei (Location): Facultatea de Medicină (Faculty of Medicine)						
2.3.	Titularul activităților de curs (Course instructor): Popa-Velea Ovidiu, Conferențiar universitar dr. / Associate Professor, PhD, 49 ani / 49 years, 24 ani experiență didactică / 24 years didactic experience						
2.4.	Titularul activităților de lucrări practice (Seminar instructors): Diaconescu Liliana, Asistent universitar Dr. / Assistant Professor, PhD, 53 ani / 53 years, 26 ani experiență didactică / 26 years teaching experience Mihăilescu Alexandra, Asistent universitar Dr. / Assistant Professor, PhD, 38 ani (38 years), 13 ani experiență didactică / 13 years teaching experience Pană Mihaela, Asistent universitar Dr. / Assistant Professor, PhD, 42 ani / 42 years, 12 ani experiență didactică / 12 years teaching experience						
2.5. Anul de studiu / Year of study	1	2.6. Semestrul / semester	1	2.7. Tipul de evaluare / Type of evaluation	Examen scris și examen practic Written exam and practical exam	2.8. Regimul disciplinei / Regime of the course	DF obligatorie Fundamen- tal, obligatory

3. Timpul total estimat (ore/semestru de activitate didactică)

Nr ore pe săptămână	3	din care : Curs	1	Lucrări practice	2
3.3. Total ore din planul de învățământ	42	din care : Curs	14	Lucrări practice	28
Distributia fondului de timp	14 săptămâni				ore
Studiul după manual, suport de curs, bibliografie și notițe					
Documentare suplimentară în bibliotecă, pe platformele electronice de specialitate și pe teren					
Pregătire seminarii / laboratoare, teme, referate, portofolii și eseuri					
Tutoriat					
Examinări					
Alte activități					
3.7. Total ore de studiu individual					
3.9. Total ore pe semestru					
3.10. Numărul de credite			4		

4. Precondiții (acolo unde este cazul) / Preconditions, where applicable

4.1. de curriculum / regarding the curriculum	Cunoștințe fundamentale de Psihologie Generală / Fundamental notions of General Psychology
4.2. de competențe / regarding the competencies	

5. Condiții (acolo unde este cazul) / Conditions, where available

5.1. de desfășurare a cursului (for running the course)	Proiector media, boxe / Media projector, loudspeakers
5.2. de desfășurare a lucrărilor practice (for running the seminars)	Amfiteatru Facultatea de Medicină / Amphitheater at the Faculty of Medicine

6. Competențe specifice acumulate / Specific accumulated competencies

Competențe profesionale (exprimate prin cunoștințe și abilități) Professional competencies (expressed as knowledge and abilities)	La sfârșitul cursului studentul trebuie să: 1. cunoască / înțeleagă rolul patogenic al factorilor psihologici în apariția bolilor și tulburărilor psihosomatice 2. cunoască teorii și concepte de bază cu privire la stress și la instrumentele psihometrice de evaluare a acestuia 3. cunoască rolul conceptelor de Psihologie a Sănătății în practica clinică de zi cu zi 4. cunoască competențele specifice psihologului clinician 5. aibă abilitatea de identificare a principalilor factori psihopatogenici care reclamă necesitatea psihoterapiei și consilierii 6. dețină abilitatea de identificare a variatelor tulburări psihologice și principalelor trăsături de personalitate corelate cu sănătatea și boala 7. își însușească anumite abilități relaționale specifice rolului de medic și să conștientizeze importanța acestora în îmbunătățirea complianței la recomandările privind comportamentele sanogenetice At the end of the course the student must: 1. know / understand the pathogenic role of the psychological factors in the onset of psychosomatic diseases and disorders 2. know theories and basic concepts about stress and its psychometric instruments of evaluation 3. know the role of Health Psychology concepts in everyday live; 4. know the specific competencies of the clinical psychologist 5. have the ability to identify the main psychopathogenic factors that claim the necessity of psychotherapy and counselling 6. have the ability to identify the various psychological disorders and the main personality traits correlated with health and disease 7. to possess certain communication skills specific to the doctor role and to be aware about their importance in improving compliance to the recommendations regarding sanogenetic behaviors
Competențe transversale (de rol, de dezvoltare profesională, personale) Transversal competencies (regarding the role, professional development, personal competencies)	1. Cunoașterea principalelor valori etice necesare exercitării profesiei de medic 2. Cultivarea abilităților de cercetare și învățare autonomă, inclusiv în cadrul formal al unor teme și proiecte de cercetare 3. Cultivarea competențelor de comunicare, a empatiei și altruismului 1. Knowledge regarding the main ethical values necessary for exerting the medical profession 2. Cultivation of the abilities for research and autonomous learning, including in the formal framework of research themes and projects 3. Cultivation of the abilities for communication, empathy and altruism

7. Obiectivele disciplinei (reieșind din grila competențelor specifice acumulate) / Objectives of the discipline (coming from the ensemble of the accumulated competencies)

7.1. Obiectivul general	Achiziționarea de către studenți a cunoștințelor teoretice și a abilităților practice
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/ General objective	necesare în scopul aplicării psihologiei în intervențiile legate de sănătate Acquiring by the students of theoretical knowledge and practical abilities necessary for applying psychology in health-related interventions
7.2. Objective specific / Specific objectives	Cunoașterea modalităților în care diverse comportamente și cogniții influențează sănătatea și boala. Înțelegerea bolii în tripla ei dimensiune: biologică, psihologică și socială. Cunoașterea principalelor tipuri de intervenții psihoterapeutice și a locului și rolului acestora în planul general de tratament, precum și a rolului distinct al psihologului clinician în echipa terapeutică Knowledge about the modalities through which various behaviors and cognitions influence health and disease. Understanding of the disease in its triple dimension: biological, psychological and social. Knowledge about the main types of psychotherapeutic interventions, their place and role in the general treatment plan, as well as about the distinct role of the clinical psychologist in the therapeutic team

8. Conținutul / Content

8.1. Curs / Course	Metode de predare Teaching methods	Observații Observations
1. Health Psychology: domain of interference between medicine and psychosocial sciences Medical Psychology and Clinical Psychology: commonalities and differences. The role of Clinical and Health Psychology. Attitudes regarding various behavioral disorders. The orientation of the clinician when confronted with a behavioral disorder. Main methods of research in Medical Psychology, with emphasis on observation, interview, psychological tests.	Expunere interactivă conform programei analitice,	2 ore (2 hours)
2. Stress Stress: definition, various types of stressors. Theoretical models of stress (classical vs. modern approaches). Stress agents: types, particularities when compared with other stressors. The Holmes – Rahe Scale of major life events: an attempt to quantify the pathogenic potential of various stressors. The relativity of stressor's perception and appraisal. Personality traits correlated with various types of stress reaction (A, C, D). Protective traits and cognitive styles. Hormonal correlates of stress. The difference between eustress and distress. The salutogenic role of endorphins. Allostatic load. The helplessness – helplessness syndrome (experiment, clinical usefulness). Coping strategies. Antistress programs and strategies.	folosind date din literatură, exemplificări cazuri clinice, inclusiv cu ajutorul programelor multimedia (Prezi®, Powerpoint®).	2 ore (2 hours)
3. The multifaceted approach of the disease, from the perspective of Health Psychology Concepts about the disease: models (biomedical, psychological, bio-psycho-social). Social and cultural aspects of the disease. The role of social support. Psychosomatic disorders and diseases: commonalities and differences. Explicative models about the pathogenesis of psychosomatic diseases (classic: Alexander, Cannon, Pavlov; modern). Critical symptoms from a psychological viewpoint: e.g. pain General aspects (types of pain, causes of pain). The role of psychological factors in what concerns the onset and increase of pain (e.g. depression, anxiety). The particularities of painful syndromes in chronic / incurable diseases. Psychological interventions for pain alleviation (hypnosis, relaxation, guided imagery). Application: clinical case.	Interactive teaching, according to the syllabus, examples of clinical cases, including with the help of multimedia software (Prezi®, Powerpoint®).	2 ore (2 hours)
4. The doctor-patient relationship (1) The status and role of the patient (Parsons). The dynamics of assuming the patient's role. Theoretical models regarding the attitudes vs. disease and treatment (HBM, TRA, TPB, Leventhal). The clinical utility of knowing these models in the relationship with problematic / difficult patients. Typical reactions of patient vs. the disease. Application: the stages of adjustment to the incurability diagnosis. Particularities of chronic patients. Individual variables which influence the risk of getting ill and the behavior in the disease. Buffer factors which can increase the efficiency of defense mechanisms when ill.		2 ore (2 hours)
5. The doctor-patient relationship (2) Communication: verbal and nonverbal elements. The importance of the concordance between verbal and nonverbal behavior. The specific of doctor-patient communication: interaction with the presumed doctor role, various types of anamnesis and their utility. Difficult patients. The identification of main personality disorders and the patients' attitude towards the doctor and medical institution. Communication with difficult patients. The burnout syndrome at doctors.		2 ore (2 hours)

6. The importance of additional concepts in Health Psychology: therapeutic compliance, placebo effect, addiction to medication, quality of life Therapeutic compliance: psychological factors influencing it. Examples in various chronic diseases (tuberculosis, asthma, high blood pressure). Placebo effect: modalities of using the placebo effect in therapy, versatility of using placebo effect in therapy, variety of placebo effect, factors that can influence the onset of placebo effect. Addiction to medication: examples, causes and consequences. Quality of life and the relationship to the specificity of medication: the balance between gains and losses.	2 ore (2 hours)
7. Psychotherapy (1) (the second part – in the second study year, at the course of Behavioral Sciences) Definitions. Classification and indications of psychotherapy. Behavioral modeling: from theoretical principles to counseling and psychotherapy. Psychoanalysis (definition, theoretical bases, indications, efficiency). Cognitive-behavioral therapy (definition, theoretical bases, indications, efficiency). Relaxation techniques and hypnosis (definition, theoretical bases, indications, efficiency). Rogersian psychotherapy (definition, theoretical bases, indications, efficiency).	2 ore (2 hours)

BIBLIOGRAFIE / REFERENCES

Referințe obligatorii (Mandatory references)

1. Popa-Velea, O. (2015). "Behavioral Sciences in Medicine" (2nd Ed.), Ed.Universitară Carol Davila - Bucharest (vol.1, pag. 11-19, 30-57, 145-216; vol.2: pag.422-429, 430-486, 487-501, 544-564).
2. American Psychiatric Association (2013). „Diagnostic and Statistical Manual of mental disorders (DSM-V) (5th Ed.) Description of main personality disorders: paranoid (pag.649-652), schizoid (pag.652-655), histrionic (pag.667-669), obsessive-compulsive (pag.678-682). Washington, DC: American Psychiatric Association.

Referințe facultative (Optional references)

3. French, D., Vedhara, K., Kaptein, Ad, A., Weinman, J. (2010). „Health Psychology” (2nd Edition), London: BPS Blackwell, cap. „Illness-related cognition and behaviour” (pag.149-161), „Symptom perception and help seeking” (pag.162-174), „Adherence to advice and treatment (pag.175-188), „Coping with stress” (pag.271-282), „Social support” (pag.283-293).
4. Bradley Wright, K., Sparks, L., O’Hair, H.D. (2012). „Health Communication in the 21st Century”, Chichester: Wiley-Blackwell, cap.2 („Provider-patient communication”) (pag.17-55).

8.2. Lucrări practice / Seminars	Metode de predare Teaching methods	Observații / Observations
1. Health Psychology: an interference domain between medicine and psychosocial sciences The role of Clinical and Healt Psychology. The characteristics of questionnaires and projective tests. Advantages and disadvantages. Examples.		2 ore (2 hours)
2. Cognitive traits with implications on health. Immunogenic traits: self-efficacy, hardiness, coherence, self-esteem, optimism. Disimmunogenic traits: anxiety, depression, neuroticism.		2 ore (2 hours)
3. Stress and disease (1) Stressors, types of situations generating stress, experimental paradigms which demonstrate the reactivity to stress, modalities of evaluating the stressful load of life events. The concept of allostatic load – testing modalities.		2 ore (2 hours)
4. Stress and disease (2) Personality traits correlated with various types of stress reaction (A, C, D). Coping strategies. Defensive mechanisms – exemplifications. Antistress programs and strategies – exemplifications.	Expunere interactivă folosind teste psihologice, prezentări de caz, date din literatură, inclusiv cu ajutorul multimedia (Powerpoint®)	2 ore (2 hours)

5. Psychological correlates of somatic illness Psychosomatic disorders and diseases: commonalities and differences. Explicative models about the pathogenesis of psychosomatic disorders (Alexander, Cannon, Pavlov, modern approaches). Cognitive representations of the disease (Leventhal). Typical reactions of the patient to the disease: regression, evasion, informational contagion, unproductive use of the illness.	Interactive teaching using psychological tests, case presentations, literature data, including multimedia use (Powerpoint®)	2 ore (2 hours)
6. Theoretical models regarding the attitude vs.disease and treatment. Practical applications The HBM, TRA, TPB, Leventhal, Prohaska & DiClemente models - exemplifications, implications in medical practice.		2 ore (2 hours)
7. Individual and psycho-socio-cultural variables that influence the attitude vs.disease and treatment (age, gender, socio-economic status, social support, cultural factors). Practical applications.		2 ore (2 hours)
8. Psychological correlates of pain The role of psychological factors in producing and increasing pain. Psychological interventions in reducing pain (hypnosis, relaxation, guided imagery) (exemplification clinical case). Chronic / incurable disease and pain.		2 ore (2 hours)
9. The doctor-patient relationship – general aspects The specific of communication between the doctor and the patient; the interaction between the presumed role of the doctor, various types of anamnesis and their utility.		2 ore (2 hours)
10. The problematic doctor – patient relationship Difficult patients. The identification of behavioral problems with the help pf psychological tests. Description of main personality disorders and of the attitude of these patients towards the doctor and the medical institution.		2 ore (2 hours)
11. The importance of the additional concepts in Health Psychology (1) Therapeutic adherence: psychological factos that influence therapeutic adherence. Examples in certain chronic diseases (tuberculosis, asthma, high blood pressure).		2 ore (2 hours)
12. The importance of the additional concepts in Health Psychology (2) The placebo effect: modalities of exploiting it in therapy, the variety of placebo effect, factors that influence the apparition of placebo effect. Psychological addiction to medication: examples, causes and consequences. Quality of life and its relationship to the specific of medication: the balance between gains and losses.		2 ore (2 hours)
13. Psychotherapy (1) Psychoanalysis (definitions, theoretical bases, indications, efficiency). Practical applications. Cognitive-behavioral therapy (definitions, theoretical bases, indications, efficiency). Practical applications.		2 ore (2 hours)
14. Psychotherapy (2) Relaxation techniques and hypnosis (definitions, theoretical bases, indications, efficiency). Practical applications. Rogersian psychotherapy (definitions, theoretical bases, indications, efficiency). Practical applications.		2 ore (2 hours)
REFERENCES A. Referințe obligatorii / Mandatory references 1. Popa-Velea, O. (2015). "Behavioral Sciences in Medicine", Ed.Universitară Carol Davila - Bucharest (vol.1, pag. 11-19, 30-57, 145-216; vol.2: pag.422-429, 430-486, 487-501, 544-564). 2. Mihăilescu, A., Diaconescu, L.V., Donisan, T., Ciobanu, A.M. (2016). The influence of emotional distress on the academic performance in undergraduate medical students, Romanian Journal of Child and Adolescent Psychiatry, 4 (1-2), pag.27-40. 3. American Psychological Association (2013). "Diagnostic and Statistic Manual of Psychiatric Disorders - Terms Revised" (DSM-V) (5 th Ed.): therapeutical attitudes in dealing with most common personality disorders: paranoid (pag.649-652), schizoid (pag.652-655), histrionic (pag.667-669), obsessive-compulsive (pag.678-682). 4. Truțescu, C.I., Jidveian Popescu, M., Popa-Velea, O., Butnaru, T., Roman, M., Hoinoiu, M., Parasca, O.M., Dumitrescu, A. (2016). Comparative attitudes towards mental health in first year medical students and medical doctors, Romanian Journal of Child and Adolescent Psychiatry, 4 (1-2), pag.17-25. B. Referințe facultative / Optional references 5. De la Torre-Luque, A., Gambará, H., López, E., Cruzado, J.A. (2016). Psychological treatments to improve quality of life in cancer contexts: A meta-analysis, International Journal of Clinical and Health Psychology, 16: 211-219. 6. Mishelmovich, N., Arber, A., Odelius, A. (2016). Breaking significant news: The experience of clinical nurse specialists in cancer and palliative care. European Journal of Oncology Nursing, 21: 153-159.		

9. Coroborarea conținuturilor disciplinei cu așteptările reprezentanților comunității epistemice, asociațiilor profesionale și angajatori reprezentativi din domeniul aferent programului

/ Corroboration of the course contents with the expectations of the representatives of the epistemic community, professional associations and representative employers in the program's affiliated domain

Formarea corespunzătoare în cadrul acestui curs oferă premisele pentru o mai bună manageriere a cazurilor clinice din portofoliul afecțiunilor somatice și în care o contribuție etiopatogenică semnificativă o au factorii psihopatogenetici, precum și a unei mai fructuoase colaborări în aceste circumstanțe cu psihologul clinician

The appropriate training in this course offers the premises for a better management of the clinical cases within the portfolio of somatic diseases in which a significant etiopathogenic contribution is played by the psychopathogenic factors, as well as a more fructuous collaboration in these circumstances with the clinical psychologist

10. Evaluarea / Evaluation

Tip de activitate / Type of activity	Criterii de evaluare / Evaluation criteria	Metode de evaluare / Methods of evaluation	Pondere din nota finală / Percentage from the final grade
Curs / Course	Cunoașterea noțiunilor teoretice predate la curs Knowledge of theoretical notions taught at the course	Examen scris: 50 întrebări, din care 20 complement simplu și 30 complement grupat / Written exam (50 questions, from which 20 single choice and 30 multiple choice)	80%
Lucrări practice / Seminars	Cunoașterea aplicațiilor practice exemplificate la lucrările practice Knowledge of the practical applications exemplified at the seminars	Examen scris în fața asistentului de grupă Written exam with the group's assistant	20%
	Prezența la activitățile de lucrări practice / Attendance at the seminar	Îndeplinirea criteriului de prezență la LP de min.70% Fulfilling the criterion of min.70% attendance	
	Standard minim de performanță / Minimum standard of performance		
- Răspuns corect la min.30% din întrebările de la examen + promovarea examenului de la lucrările practice - Correct answer at min.30% of exam questions and passing the seminar exam			

Data completării:

Semnătura titularului de curs

Semnătura titularului de LP

19.09.2017

Conf. Univ. Dr. Popa-Velea Ovidiu

(punctele 2,4,5,6,7,8,9,10 traduse, ca urmare a dispoziției primite de la Decanatul Facultății de Medicină, la 09.02.2018)

As.univ. Dr. Diaconescu Liliana
As.univ. Dr. Mihăilescu Alexandra
As.univ. psih. Dr. Pană Mihaela

Semnătura Directorului de

Data avizării în Consiliul Departa-
mentului:

Departament

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