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| Course: | Psychiatry.Medical psychology |
| Department: | Medical psychology, psychonevrology and psychiatry |

**Guidelines for independent student’s work**

Qualification (major)\_\_\_\_ 060101 "General Medicine".

(*Qualification code, full name)*

Date of introduction into the academic process at Ulyanovsk State University «\_\_\_\_\_\_»

\_\_\_\_\_\_\_\_\_\_\_20\_\_\_

Revised at the Department meeting, Record No. \_\_\_\_\_\_\_\_\_\_

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Revised at the Department meeting, Record No. \_\_\_\_\_\_\_\_\_\_

of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ «\_\_\_» 20\_\_

Information about developers:

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| Full name | Abbreviation of Department | Academic, degree, title |
| Pavlova J.M. | MPPP | PhD, Docent |

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| **AGREED UPON AND FINALIZED** |
| Head of Department  /\_\_\_\_\_\_\_\_\_\_\_\_/  *(Full name) (Signature)*  *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ «\_\_\_\_\_\_»* 20*\_\_\_* |

**Topic 1. Keeping in medical psychology, its place in the practical activities of a doctor.**

**Questions for preparation:**

1. History of the formation of medical and psychological knowledge.

2. Subject of medical psychology.

3. Conditions of professional practice of the doctor: congruence, authenticity, empathy, unconditional positive acceptance.

4. Definition of the concept of "health".

5. Types and criteria of health.

6. The concept of disease and health.

7. Models of the emergence of mental disorders.

8. The relationship between the state of health of a person and his mental state.

9. Psychosomatic disorders.

**Topic 2. Psychodiagnostics in medical psychology.**

**Questions for preparation:**

1. Methods of psychological diagnosis in medicine.

2. Classification of methods.

3. Clinical and psychological method.

4. Clinical conversation.

5. Clinical interview: types, stages, structure, principles.

6. Method of observation.

7. Content analysis.

8. Experimental-psychological research.

9. Neuropsychological and pathopsychological study.

10. Standardized methods. The concept of a psychological test.

11. Study of individual psychological characteristics of the individual.

12. Projective methods.

**Topic 3. Psychological aspects of psychohygiene and psycho prophylaxis. The effect of fatigue on the professional activity of a doctor.**

**Questions for preparation:**

1. Concept of psycho-hygiene.

2. Psychohygiene of medical personnel.

3. Psychohygiene of the patient.

4. Concept of psycho prophylaxis.

5. The problem of psychoprophylaxis.

6. Types of psycho prophylaxis.

7. The main methods of psycho-prophylaxis (psycho-preventive measures).

8. The main directions of mental rehabilitation.

9. Syndrome of chronic fatigue. Causes. Risk factors. Clinical manifestations.

**Topic 4. Psychoemotional stress and its consequences.**

**Questions for preparation:**

1. The causes of stress.

2. Model of burdening and protective factors in the period of development and formation of the child's personality.

3. Phases of psychoemotional stress.

4. Alarm as a signal of violation of adaptation.

5. Types of anxiety.

6. Anxiety series.

7. Sub-syndromes of stress.

8. Psychogenic diseases.

9. Classification of psychogenic disorders.

**Topic 5. Mechanisms of psychological defense and coping mechanisms with stress in the system of psychosocial adaptation.**

**Questions for preparation:**

1. Classification and definition of the main mechanisms of psychological defense.

2. Coping behavior and coping mechanisms with stress.

3.Theory of "coping".

4. Types of coping behavior.

5. Distinctive features of the mechanisms of psychological defense and coping mechanisms.

**Topic 6. Professionally-disadaptive factors in the activity of a doctor**

**Questions for preparation:**

1.Professionalno-dezadaptiruyuschie factors in the activities of a doctor: the concept, classification. 2.Professionalnye deformation of the person (definition, levels).

3. Syndrome of emotional burnout of specialists.

4. Prevention of burnout syndrome.

**Topic 7. Psychology of therapeutic interaction**

**Questions for preparation:**

1. Features of the relationship between the doctor and the patient.

2. Types of psychological interaction.

3. Establishment of psychological contact with patients.

4. Listening and persuading patients.

5. Typology of doctors.

6. Images of the "ideal doctor" and "ideal patient".

7. The concept of compliance.

8. Factors affecting compliance.

9. Placebo effect, definition, mechanisms of occurrence.

10. Nocebo effect.

**Topic 8. Psychology of the patient.**

**Questions for preparation:**

1. Psychological features of patients with various diseases.

2. Factors affecting the psychological characteristics of patients.

3. Mental reaction to the disease.

4. Psychology of the somatic patient.

5. Psychological mechanisms of somatization of psychological problems.

6. Personal reaction to the disease.

7. Psychology of death and dying.

8. 5 stages of adaptation to the thought of death.

**Topic 9. Psychological counseling, psychocorrection and the basis of psychotherapy.**

**Questions for preparation:**

1. Definition of psychological assistance.

2. Psychological assistance to the family and friends of the dying person.

3. Possible forms of psychological support staff.

4. Differences in the different types of psychological assistance.

5. The main directions of psychotherapy.