



Medical Psychology

1. IMPRINT

Academic Year	2025/2026
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Obligatory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Studium Psychologii Zdrowia [Department of Health Psychology] ul. Litewska 14/16, 00-575 Warszawa, Tel. +48 22 116 92 11
Head of Educational Unit / Heads of Educational Units	Professor Dorota Włodarczyk, MA, PhD
Course coordinator	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Person responsible for syllabus	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Teachers	Magdalena Łazarewicz, MA, PhD (magdalena.lazarewicz@wum.edu.pl) Tomasz Duda, MA, PhD (tomasz.duda@wum.edu.pl) Marcin John, MA (marcin.john@gmail.com) Adrianna Wielgopola, MA (adrianna.wielgopola@psych.uw.edu.pl)

2. BASIC INFORMATION

Year and semester of studies	I year, 1st and 2 nd semester	Number of ECTS credits	1.00
FORMS OF CLASSES	Number	ECTS credits calculation	

Contacting hours with academic teacher	of hours	
Lecture (L)		
Seminar (S)	10	0.34
Classes (C)	10	0.34
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	10	0.32

3. COURSE OBJECTIVES

O1	Understanding the psychosocial context of practicing medicine.
O2	Acquiring and understanding selected psychosocial mechanisms of human functioning in health and disease, necessary in medical practice.
O3	Learning and understanding specific psychosocial problems of selected groups of patients.
O4	Acquiring the ability to use acquired knowledge and psychosocial skills to solve problems in medical practice (observation, identification, planning, action).
O5	Shaping a biopsychosocial approach to the patients and being guided by their well-being.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of:
Knowledge – Graduate* knows and understands:	
D.W1.	the psycho-physical development of the human being from birth to death, taking into account the specificities of physical, emotional, cognitive and social development
D.W2.	concepts of health and illness, the influence of the social environment (family, work, social relations) and socio-cultural conditions (origin, social status, religion, nationality and ethnic group) on the patient's health
D.W3.	human behaviour conducive to maintaining health and the principles of motivating the patient towards health-promoting behaviour (Prochaska and DiClemente change model, motivational interviewing)
D.W4.	the concept of stress, including eustress and distress, and the impact of stress on the aetiopathogenesis and course of somatic diseases and psychiatric disorders, and mechanisms of coping with stress
D.W5.	social attitudes towards illness, disability and old age and the specific impact of stereotypes, prejudice and discrimination

D.W8.	psychosocial consequences of acute and chronic illness in children, including adolescents, and adults
D.W9.	psychosocial consequences of hospitalisation of children, including adolescents, and adults in emergency situations and chronic diseases
D.W10.	psychosocial consequences of the illness for the patient's family (family with an ill child, including teenagers, adults and the elderly)
D.W11.	the role of the patient's family in the illness process (recognition of the illness, adaptation to the illness, recovery) and ways of coping with difficult situations (progression of the illness, dying process, bereavement)
D.W13.	forms of violence, including domestic violence, the social determinants of the various forms of violence and the role of the doctor in recognising it, and the rules for dealing with suspected cases of violence, including the "Blue Card" procedure

Skills– Graduate* is able to:

D.U7	develop and improve self-awareness, self-reflection and self-care, and reflect with others on their own way of communicating and behaving
D.U8	recognise their own emotions and manage them in their relationships with others in order to perform their work effectively despite their own emotional reactions

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate“, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING *(non-compulsory)*

Number of effect of learning	Effects in the field of:
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Knowledge – Graduate knows and understands:

K1	-
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Skills– Graduate is able to:

S1	-
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Social Competencies – Graduate is ready for:

SC1	-
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6. CLASSES

Form of class	Class contents	Effects of Learning
S	S1 - Seminar 1 – Psychosocial aspects of the medical profession Introduction to Medical Psychology. The concept of professional burnout. Strategies of preventing burnout and coping with stress.	D.U7., D.U8.
	S2 - Seminar 2 – Stress and abuse. Theoretical bases of stress and coping. The role of a doctor in recognizing and preventing abuse/domestic violence. Basic psychological interventions in the situation of abuse. Biopsychosocial approach to patients in medical practice.	D.W4., D.W13., D.U8.
	S3 – Seminar 3 - The role of psychosocial factors in etiopathogenesis of somatic disease. Promoting health in medical practice. Motivational interview – Applying basics of motivational interviewing in medical practice.	D.W2., D.W3.

C	C1 – Class 1 - The concept of health-related quality of life, psychosocial consequences of disease and adaptation to illness. Attitude towards health and illness.	D.W1., D.W8., D.W9, D.W10.
	C2 – Class 2 - Psychological aspects of disability. Health and illness across lifespan.	D.W5.
	C3 – Class 3 - Psychological aspects of death, dying, care for terminal patients and grief. Delivering bad news- Practice in delivering bad news, examples of protocols for delivering bad news to patients and their families.	D.W11.
S	S4 – Seminar 4 – Test	

7. LITERATURE

Obligatory

PDF materials provided by the teacher during the course.

Supplementary

Van Teijlingen E. & Humphris, G. (2019). Psychology and Sociology Applied to Medicine. Elsevier.
 Feldman, M & Christensen, J.(2014). Behavioral Medicine. A guide for Clinical Practice. McGraw-Hill Medical
 Ofri, D.(2014). What doctors Feel: How Emotions Affect the Practice of Medicine. Beacon Press.
 Gabe, J. & Monaghan, L.(2013). Key Concepts in Medical Sociology (SAGE Key Concepts series). Sage Publications
 The above textbooks are available for short rental from the Department of Psychology and Medical Communication library (single copies).

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.W1., D.W2., D.W3., D.W4., D.W5., D.W8., D.W9., D.W10., D.W11., D.W13.	Written colloquium - the colloquium consists of 5 questions and a case study. Two questions concern knowledge from the entire course (they do not relate to the case study). Three questions concern a case study and require students to use their knowledge and skills to solve a problem from clinical practice.	For each question you can get 1, 0.75, 0.50, 0.25, or 0 points. The colloquium requires obtaining a minimum of 60% of points for all questions.
D.U7., D.U8.	Active participation in individual, in pairs and group activities (discussions and exercises) during classes.	Assessment of skills and competencies based on the observation of the student while performing the task during the exercises. Required minimal acceptable level of performance.

9. ADDITIONAL INFORMATION

Attendance: Students are expected to attend and actively participate in all seminars and classes. Only one excused absence is permitted during the course. In the event of such an absence, students must make up the missed work. They should notify the instructor as soon as possible to determine the method for covering the missed material (e.g., an additional question on the test or an oral response to the instructor).

Group changes (during seminars) or subgroup changes (during classes) are allowed only with prior approval from the course coordinator. Punctuality is essential. Arriving more than 15 minutes late will be counted as an absence. Repeated lateness may require the student to complete additional work—such as an essay or brief literature review—at the instructor’s discretion, depending on the material missed. To maintain a productive learning environment, students must turn off or silence all electronic devices that could disrupt the class.

Final Test: The final test will be held during the last seminar (7th week of the course). It will consist of:

- Case Study – Analysis of a patient’s case, answered through short open-ended questions.
- Two Theoretical Questions – Open-ended responses.

Students may attempt the test up to three times in total (one initial attempt and two retakes).

Contact information to the **course coordinator**: Magdalena Łazarewicz, MA, PhD, magdalena.lazarewicz@wum.edu.pl

The Department of Health Psychology runs the **Psychological Students Science Club “Psyche”** (in English) (contact information: magdalena.lazarewicz@wum.edu.pl).

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers