

LECTURE I

THE BASIC CONCEPTS OF A PSYCHOLOGY IN A MEDICINE

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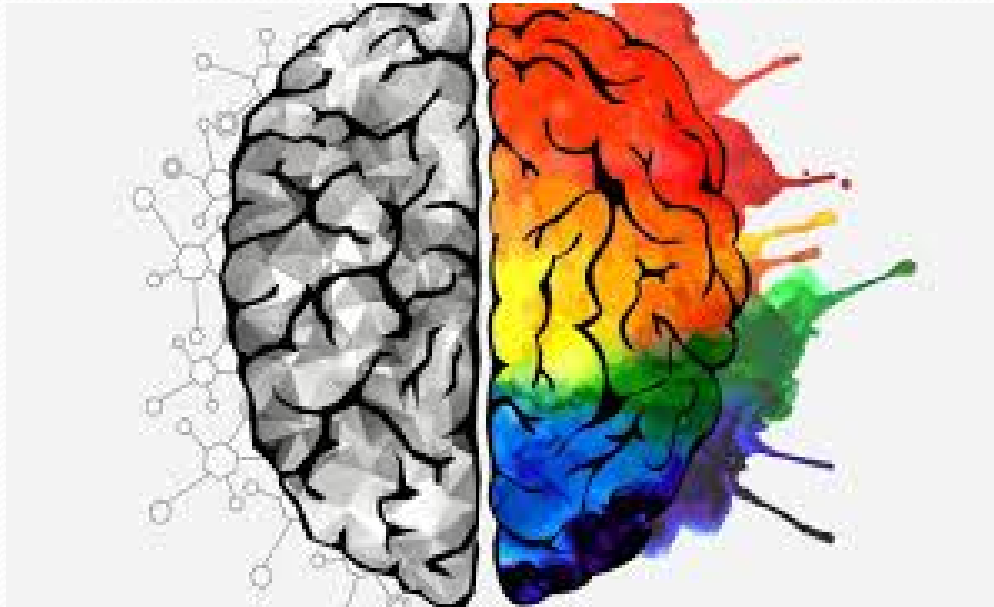


Structure:

- 1. Main goals of psychology**
- 2. Main types of psychological research**
- 3. Main research methods used in psychology**
- 4. Personality as important study object in psychology**
- 5. Schools of thought (directions) in psychology**
- 6. Medical psychology main postulates**
- 7. Clinical psychology as subfield of medical psychology**

PSYCHOLOGY

is the scientific study of behavior and mental processes.



Main goals of psychology

- - **Description** - information about **what** is actually occurring.
- - **Explanation** - information about **why** events occur.
- - **Prediction** - **forecast** of future events on the basis of past events.
- - **Modification**, involves **changing** or controlling aspects of the environment in order to change behavior in a way that would benefit both the individual and society.



- Before we try *to change (modify)* a behavior, we need an accurate *description* of it, an *explanation* of the behavior and its consequences, and some basis for *predicting* the results of the changes.

Psychology and Psychological research

- **Psychology** is the science of behavior and mind , including conscious and unconscious phenomena, as well a feelings and thought.
- **Psychological research** refers to research that psychologists conduct to systematic study and analyze of the experience and behaviors of individuals or groups. Their research can have educational, occupational and clinical applications.

Main types of psychological research:

- ✓ **Correlational research**
- ✓ **Descriptive research**
- ✓ **Experimental research**

Correlational research :

dependence or association is any statistical relationship, whether causal or not, between two random variables bivariate data.

Correlation is any statistical association, though in common usage it most often refers to how close two variables are to having a linear relationship with each other.

Familiar examples of dependent phenomena include the correlation between the physical statures of parents and their offspring, and the correlation between the demand for a limited supply product and its price.

Descriptive research :

is used to describe characteristics of a population or phenomenon being studied. It does not answer questions about how/when/why the characteristics occurred.

Rather it addresses the "what" question (what are the characteristics of the population or situation being studied?). The characteristics used to describe the situation or population are usually some kind of categorical scheme also known as descriptive categories.

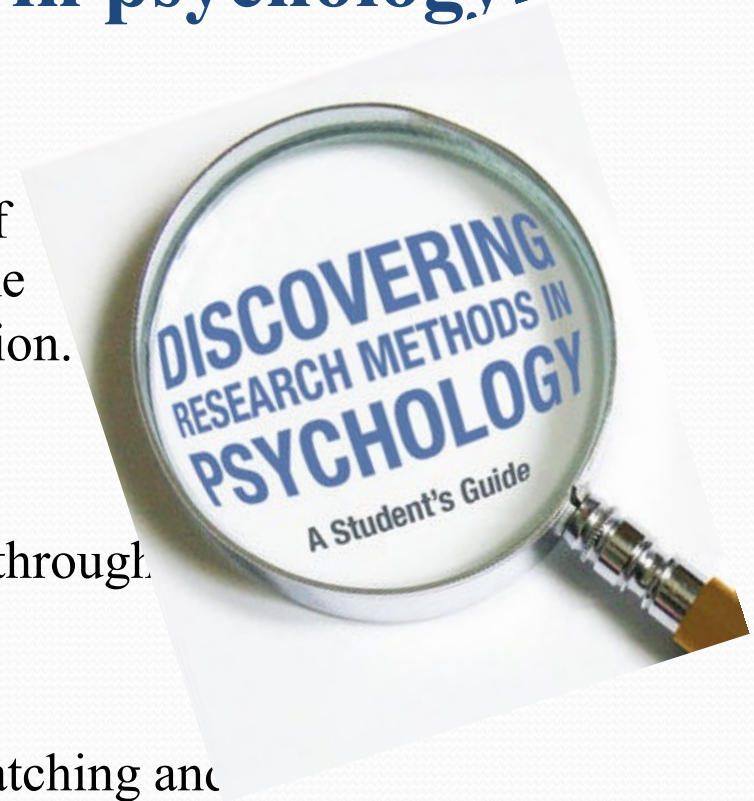
Experimental psychology :

refers to work done by those who apply experimental methods to psychological study and the processes that underlie it.

Experimental psychologists employ human participants and animal subjects to study a great many topics, including (among others) sensation & perception , memory, cognition, learning , motivation, emotion developmental processes , social psychology and the neural substrates of all of these.

Main research methods used in psychology:

- **The experiment** has the advantages of maintaining control over conditions but sometime too much control may lead to an unnatural situation.
- **Survey** is an attempt to estimate opinions, characteristics, or behavior. It can be conducted through interviews, questionnaires or public records
- **Naturalistic observation** involves watching and recording behavior as it naturally occurs.
- **A case study** is an intensive investigation of the person, rather than a representative sample, usually because the observed is rare or unique.



What the personality is?

Mind/mental processes (attention, memory, thinking, language, etc)

Behavior

Character

Temperament

Abilities

Aptitudes

Emotions/feelings

Motivation

.....





Personality: The unique pattern of psychological (temperament, character, individual aptitudes, etc) and behavioral characteristics (reactions, attitudes, opinions, values), by which each person can be distinguished from other people.

The personality's bases (I)-Temperament

- **Temperament** – an innate individual's characteristic, including energy level, prevailing mood and sensitivity to stimulation.
- Is our reaction to external and internal stimuli.

Temperamental types

- According to Hippocrates, and after to I. Pavlov, there are four basic human temperaments that correspond to various bodily characteristics:
 - **choleric,**
 - **sanguine,**
 - **melancholic,** and
 - **phlegmatic**

The personality's bases (II) Character

- **Character** is most often used in reference to a set of basic developed, and acquired peculiarities that shape an individual's behavior. These are shaped during all stages of childhood especially.
- The development of a reasonably stable and harmonious character is an essential part of a psychologically healthy existence.



- The development of a reasonably stable and harmonious **character** is an essential part of a psychologically healthy existence.

Traits and tendencies often found in the personality pattern that we call character:

- **Integrity**
- **Honesty**
- **Rectitude**
- **Sense of honor**
- **High moral standards**
- **Conscientiousness**
- **Sense of duty**
- **Courage**
- **Intelligence**
- **Common sense**
- **Self-discipline**
- **Self-reliance**

Caution
Seriousness
Perseverance
Foresight
Tidiness
Carefulness
Diligence
Fairness
Self-control
Self-sacrifice
Justness
etc.

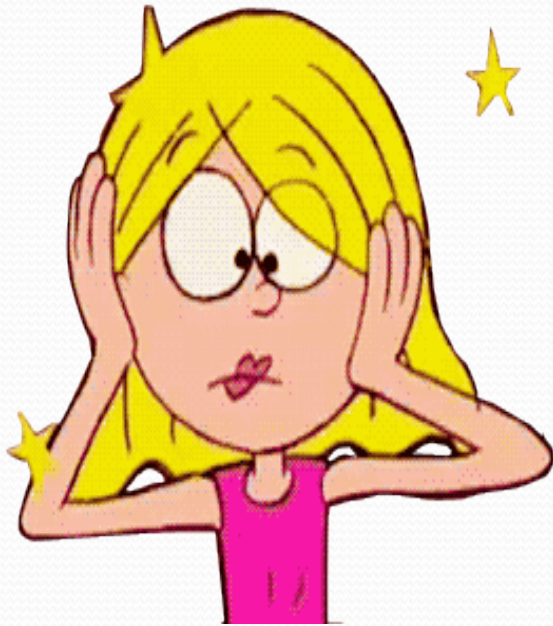
Personality disorders

- **Personality disorders** constitute a separate diagnostic category (Axis II) in the (DSM-IV).

The main characteristics of personality disorders:

- **Persistence.** Personality disorders are generally ongoing (constant). Often, they first appear in *childhood* or *adolescence* and persist throughout a person's lifetime.
- **Inflexibility.** Persons are unable to adapt to changing situations and that impair (damage) their social and/or occupational functioning.
- **Unconsciousness.** People with personality disorders generally do not perceive that there is anything wrong with their behavior and are not motivated to change it.

Personality with mental disorder



- The outstanding traits of this disturbance are an **inability to feel love, empathy, or loyalty** towards other people and a **lack of guilt or remorse** for one's actions, the constant **need for thrills (adventures), excitement** and the **lack of anxiety about punishment.**

Main types of personality disorders:

- **The paranoid personality disorder** - is characterized mainly by suspiciousness of others, extreme vigilance against anticipated misdeeds (faults), and insistence on personal autonomy.
- **The schizoid personality disorder** - involves emotional coldness and passivity, indifference to the feelings of others, and trouble (difficulty) forming close relationships.
- **Antisocial personality.** Persons with this disorder are unable to base their actions on anything except their own immediate desires, they may demonstrate impulsive, irresponsible, thoughtless, and sometimes criminal behavior.

Antisocial personality

- They are often intelligent, articulate individuals with **ability to charm and manipulate others**; at their most dangerous, they can become violent criminals who are particularly dangerous to society because of their **ability to gain the trust of others** combined with their **lack of** conscience or remorse (guilt, shame).
- More recent names associated with **antisocial** personality type are:
 - **psychopath** and
 - **sociopath**.

Historical data

- **Psychology as a science is little more 100 years old.**
- In 1879, the first psychological laboratory was opened in Leipzig, Germany, by **Wilhelm Wundt** (1832-1920).
- The **American Psychological Association** was founded in **1892** with the goals of encouraging research, enhancing professional competence, and disseminating knowledge about the field.

Schools of thought (directions) in psychology

- **Psychoanalysis** - therapeutic approach developed by Sigmund Freud (1856-1939), that **aims to eliminate anxiety by giving the patient insight into unconscious conflicts** which affect behavior and emotions.
- The final adaptive mechanism Freud suggested are **defense mechanisms**, like strategies the person use to protect himself from the *cruel* reality events.

Schools of thought (directions) in psychology

- **Behaviorism** - psychological theory of human development that posits that **humans can be trained, or conditioned, to respond in specific ways to specific stimuli and that given the correct stimuli.**
- !!! (The S-R theory applied in a teaching process)
Personalities and behaviors of individuals can be codified and controlled.

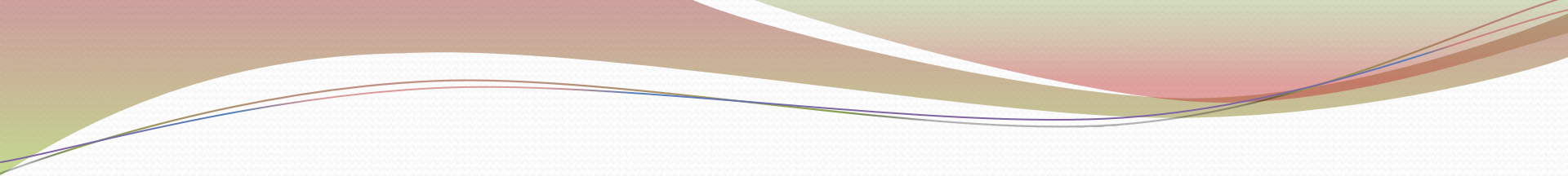
Schools of thought (directions) in psychology

- **Humanistic Psychology** -

School of psychology, that **emphasizes healthy human behavior**. A. Maslow believed that **people are innately good and naturally driven to develop their potential or to achieve “self-actualization.”**

Sub field of psychology - Medical psychology

- interface with medicine;
- is focused on doctor-patient relationship,
- describe patient's attitude toward the disease and his health problem.



Medical psychologists apply psychological theories, scientific psychological findings, and techniques of psychotherapy, behavior modification, cognitive, interpersonal, family, and life-style therapy to improve the psychological and physical health of the patient.

Highly qualified and post graduate specialized doctors are trained for service in primary care centers, hospitals, residential care centers, and long-term care facilities and in multidisciplinary collaboration and team treatment.

Postulates of medical psychology:

- - The principle of individuality and individualisation is important in the D-P relationship.
- The illness depend by personal (mental) particularities not only by somatic ones.
- Human beings are the product of hereditary and environmental factors.

Postulates of medical psychology:

- The aim of medical psychology - to construct an effective therapeutic relationship between physician and patient.
- Individual particularity is constructed in interconnection with hereditary and environmental factors.
- Any doctor should have not only medical knowledge, but also some notions about individual psychology.

!!!

- Important for the recovery is sometimes to **fight against the disease** (medication, treatment, cooperation with doctor, etc) sometimes to modify individual psychological particularities and **to solve the psychological problems** which persons are trying to transfer into somatic one (psychosomatic medicine).

Sub field of medical psychology - Clinical psychology

The “**clinical psychology**” term was first used in connection with the testing of mentally retarded and physically handicapped children.

- The term “**clinical**” – near to patient bed.
- Clinical psychologists apply research findings in the fields of mental and physical health to explain dysfunctional behavior in terms of normal processes.
- The problems they address are diverse and include *mental illness, mental retardation, marital and family issues, criminal behavior, and chemical dependency.*

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Thanks for attention

