

PJ Safarik University in Kosice, Faculty of Medicine
Department of Social and Behavioural Medicine

SYLLABUS

Academic year 2021/2022

Course:	Behavioural Medicine	
Study programme:	General medicine	Type of study: daily
Course type:	Elective	Year: 4 th semester
Content:	Lectures/Practices	Length of course: 14/14 hrs
Evaluation:	Obtained credits (OC) with a grade	Credits: 2

Teaching: Once a week, on Mondays 16:30-18:00 or Thursdays,16:30-18:00

<i>Week</i>	<i>Lectures</i>	<i>Practices</i>
1 14.02 17.02	Introduction to behavioural medicine Biobehavioural & psychosocial determinants of health. Interlinks between behavioural medicine, healthcare and public health. <i>Dr. Z. Katreniakova, MD</i>	Basic pillars of behavioural medicine: basic science and clinical investigation. Conceptual apparatus of behavioural medicine.
2 21.02 24.02	The continuum of health and illness Pathways to disease, pathways to health. Chronic disease. Multimorbidity. <i>Dr. I. Nagyova</i>	International classification of functional capacity, disability and health (WHO ICF). Comprehensive assessment of examples of using qualifiers, case studies.
3 28.02 03.03	Health behaviour change Theories, processes and measures. Health believes, reasoned action, planned behaviour, stages of change. <i>Dr. I. Nagyova</i>	Health behaviour and motivation to change. Basic tools, processes. Motivational interviewing (MI) examples: sleep diary, smoking cessation, weight control.
4 07.03 10.03	Stress, coping and health Basic types of stressful situations. Psychological reactions to stress. Coping. Active and passive defence. <i>Dr. Pavol Mikula</i>	Mechanisms of psychological adaptation to stress situations. Appraisals and psychological stress. Mechanisms of adjustment to disease.
5 14.03 17.03	Psychoneuroimmunology Stress and health. Stress and allostasis. Neuroendocrine measures. Immune measures. Genetics of stress. <i>Dr. Miriam Polanova, MD, MPH</i>	Laboratory stress testing methodology. Gene-stress correlation and interaction. The metabolic syndrome, obesity and insulin resistance. Cardiovascular disease and depression. Behavioural oncology.
6 21.03 24.03	Non-pharmacological interventions Behavioural and psychosocial interventions. Adherence to treatment. Self-management support. <i>Dr. Dagmar Breznoscakova, MD</i>	Behavioural interventions for prevention and management of chronic diseases. Cognitive-behaviour therapy. Biofeedback. Adapted physical activity programmes.

7 28.03 31.03	Psychological, intra-individual processes Internal resources. Health-enhancing and health-damaging psychological factors. <i>Dr. Vladimira Timkova</i>	Illness perception. Self-image. Self-esteem. Learned helplessness. Negative affectivity. Types of personality. Resilience. Mastery.
8 04.04 07.04	Social, extra-individual processes External resources. Health-enhancing and health-damaging social factors. <i>Dr. Pavol Mikula</i>	Caregiving. Social network. Social support. Social inclusion. Social participation. Health status and the labour market.
9 11.04 14.04	Monday 11.04.2021: Presentation of course assignments Thursday 14.04.2021: No teaching <i>Dr. I. Nagyova</i>	
10 18.04 21.04	Monday 18.04.2021: No teaching Thursday 21.04.2021: Presentation of course assignments <i>Dr. I. Nagyova</i>	
11 25.04 28.04	Digital health interventions From e-health devices to health e-coaching solutions. The efficacy of e-health applications. Self-navigated help seeking. <i>Drs. M. Hrabovsky</i>	The role of interactive communication technologies in behavioural medicine. Online support groups and virtual communities. Wearable technologies. Serious gaming.
12 02.05 05.05	Patient-reported outcomes and quality of life. The concept of quality of life and its use in clinical practice. Psychosocial problems of persons with a chronic condition. <i>Dr. I. Nagyova</i>	Assessment, analysis and interpretation of patient-reported outcomes (PRO). The impact of chronic disease on quality of life. Developing and testing of quality of life questionnaires.
13 09.05 12.05	Presentation of course assignments <i>Dr. I. Nagyova</i>	
14 16.05 19.05	Integrating psychosocial and biomedical models of health. Research, clinical care, and health policy. How have clinical care environments integrated psychosocial and behavioural features into prevention and/or treatment decisions? <i>Dr. I. Nagyova</i>	Final test

Suggested reading

1. Nagyova I, Katreniakova Z (eds.) Behavioural Medicine: Biomedical and Psychosocial Aspects of Chronic Diseases, Equilibria, Kosice, 2014, ISBN 978-80-8143-158-6, pp.280
2. Steptoe A (ed). Handbook of Behavioral Medicine: Methods and Applications. Springer Science & Business Media, 2010, ISBN 0387094881, pp. 1074
3. Talen MR, Burke Valeras A (eds.) Integrated Behavioral Health in Primary Care. Springer-Verlag New York 2013, ISBN 978-1-4614-6888-2, pp. 354
4. McGrady A, Moss D. Pathways to Illness, Pathways to Health. Springer Science & Business Media 2013, ISBN 1441913793, pp. 263
5. Nagyova I (ed.) Measuring Health and Quality of Life in the Chronically Ill. Equilibria, Kosice, 2009, ISBN 978-80-89284-46-7, pp.268

Requirements for the Final Evaluation

1. At minimum **80% attendance** at practices. Non-participation in practical exercises and seminars shall be properly excused with the teacher, who shall determine a substitute in the corresponding form. The student may replace the excused practical exercises within three weeks at most during the semester (UPJS FM Study rules, Internal regulation No. 3/2016, Art. 12,7).
2. **50 points: Course assignment** (paper work and oral presentation; detailed instructions see below)
3. **50 points: Final test.** To obtain the credits at minimum 60% of questions must be answered correctly.

The student can obtain at maximum 100 points in total. The assessment of "passed A through E" will be based on the following scale:

<u>Breakdown of Points</u>	<u>Grade</u>
▪ 93 to 100	A – excellent
▪ 85 to 92	B – very good
▪ 77 to 84	C – good
▪ 69 to 76	D – satisfactory
▪ 60 to 68	E – sufficient

Course Assignment

For final evaluation you need to prepare a final project Seminar work and PowerPoint presentation (or innovative formats such as video, poster etc.) relevant to behavioural medicine. You have to prepare a report on interesting behavioural medicine research (non-pharmacological intervention); describing the study background, aims, methods (sample, intervention, measures, analyses), results and discussion. The focus of the seminar work should be on interdisciplinary collaboration around a medical condition. You also have to highlight the relevance for clinical practice. Please note that reports describing general information and knowledge on illness will not be accepted (!)

How to proceed?

1. Based on the scientific papers from the electronic information databases, prepare a short report (Seminar work) on selected non-pharmacological/digital health intervention, illustrating the advantages and potential shortcomings of such intervention. Example of the topic: Effectiveness of Nordic walking as compared to traditional walking in patients with cardiovascular disease (or diabetes or COPD).
2. For one type of intervention please use at least three different sources of literature. Use electronic information resources (see University Library website for a list) such as the following databases: Web of Science, PubMed, ClinicalTrials, UpToDate, Ebsco, ScienceDirect etc. For the remote access (from your home), use the browser settings as described in "The Remote Access" document, which is available on the same University Library website. Use only papers that are available as full texts (not abstracts). The literature sources used cannot be older than 10 years.
3. Read thoroughly three scientific papers you selected and into the assignment select only the information on processed data (how many patients were included into the study, how many groups they formed, which characteristics were monitored and why, what statistics was used, what conclusion there were, recommendations for practice etc.)
4. Prepare your report in the form of the text document (e.g. MS Word) titled BM-surname.docx (e.g. BM-smith.docx) and with the following structure:
 - **Title page** (university, faculty, name of the topic, your name and surname, field of study and group, academic year)
 - **Introduction** (briefly describe the non-pharmacological/digital health interventions.)
 - **Article/Study 1** (information from the first scientific paper)
 - **Article/Study 2** (information from the second scientific paper)
 - **Article/Study 3** (information from the third scientific paper)
 - **Conclusions** (your overall evaluation/summary and comparison of results of studies)
 - **References** (list of references according to norm STN ISO 690: 2012)

The length of the paper should be 5 pages, excluding title page and references.

5. Based on the report, prepare a short presentation (e.g. MS PowerPoint) titled BM-surname.pptx (e.g. BM-smith.pptx).

PowerPoint/Prezi presentations – formal requirements

Length of presentation: 5 min speech (approximately 7 slides)

Good quality graphic design: using bullets instead of lengthy texts, pictures, graphs

Deadlines

- The presentation of course assignments will be held in weeks 9 and 10 – see Syllabus above. The presentations should be uploaded to MS Teams at minimum 1 hour before presenting.
- Please upload the final version of your Seminar works to MS Teams by **28.04.2021 at the latest**.
- The final test will be held in week 14.

Late Work Policy

All assignments are due on the assigned date unless otherwise indicated by the instructor. Credit for late work will be awarded as follows: 10% of possible points will be deducted for assignments submitted late for each day after the due date (an assignment that is 5 days late would result in a 50% deduction of the possible points for that assignment).

Created: 04.02.2022

Dr Iveta Nagyova, Course supervisor

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