

## **(D) BEHAVIOURAL SCIENCES**

The course outline is as follows :

### **1. Introduction**

- Behavioural Sciences and their importance in health.
- Bio-Psycho-Social Model of Healthcare.
- Desirable attitudes.
- Correlation of brain, mind and Behavioural Sciences.
- Roles of a doctor.

### **2. Understanding Behaviour**

- Sensation, sense organs / special organs.
- Perception and factors affecting it.
- Attention and concentration.
- Memory and its stages, types and methods to improve it.
- Types and theories of thinking.
- Cognition and levels of cognition.
- Problem solving and decision making strategies.
- Communication. Its types, modes and factors affecting it. Non-verbal cues.
- Characteristics of a good communicator.

### **3. Personality and Intelligence**

- Stages and characteristics of psychological growth and development.
- Personality and development theories of personality. Factors affecting personality development.
- Assessment of personality. Influence of personality in determining reactions during health, disease, hospitalization, stress, etc.
- Intelligence and its types. Relevance of IQ and EQ. Methods of enhancing EQ and effectively using IQ. Factors affecting intelligence and their assessment.

### **4. Stress Management**

- Definition and classification of stress and stressors.
- Relationship of stress and stressors with illness.
- Stress and health.
- Anxiety.
- Coping skills.
- Psychological defence mechanisms
- Conflict and frustration.
- Adjustment and maladjustment.
- Patient anxiety / stress.

- Psychological theories of pain perception and patients' experience of pain.
- Treatment adherence and compliance.
- Psychological techniques including hypnosis.

## 5. Doctor – Patient Relationship

- Concept of boundaries and psychological reactions in doctor – patient relationship (such as transference and counter transference)

## 6. Medical Ethics

- Introduction of Ethics in health professionals.
- Hippocratic Oath – Do's and Don'ts.
- Responsibilities of health professionals.
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- Concept of medical ethics.
- Interaction with patients and colleagues.
- Standards of ethical medical practice.
- Common ethical dilemmas in doctor – patients relations. Interaction with families, teachers, pharmaceutical industry.
- Rights of patients and doctor (in international law, constitution of Pakistan, PMDC, Islam).
- Informed consent.
- Patient confidentiality.
- Disclosure of information.
- Code regarding advertisement of services and publicity.

## RECOMMENDED BOOKS

1. **A Handbook of Behavioural Sciences for Medical and Dental Students** by Mowadat H. Rana, Sohail Ali and Mansoor Mustafa, 2006, University of Health Sciences Lahore.
2. **Medicine in Society ; Behavioural Sciences for Medical Students**, edited by Christopher Dowrick, 2001, Arnold Publisher.
3. **Behavioural Sciences in Clinical Medicine** by Wolf, Stewart, 1976.
4. **Developmental Psychology for Healthcare Professions** by Katherine A. Billingham.