

Academic Year/course: 2022/23

## 29305 - Psychology and communication skills

### Syllabus Information

**Academic Year:** 2022/23

**Subject:** 29305 - Psychology and communication skills

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 442 - Degree in Odontology

**ECTS:** 6.0

**Year:** 1

**Semester:** First semester

**Subject Type:** Basic Education

**Module:**

### 1. General information

### 2. Learning goals

### 3. Assessment (1st and 2nd call)

### 4. Methodology, learning tasks, syllabus and resources

#### 4.1. Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as theory sessions, seminars, clinical practices, practice sessions.

The course has been designed for students to reach and to know the management of psychopathology in dentistry clinical practice, as well as to acquire basic communication abilities for their professional work.

Lessons have been designed beginning with a theoretical presentation which introduce the conceptual bases for the following application session. All proposed exercises will crystallize on useful tools designed by the students for their professional work.

Both acquired knowledge and active participation of the students will be evaluated, in order to facilitate a sequential acquisition of proposed competencies for the course.

#### 4.2. Learning tasks

This course is organized as follows:

- Expositive, explanation and/or demonstrative sessions for contents using blackboard and/or audiovisual material with IT support (33 h; 1,32 ECTS)
- Clinical cases discussions & Group seminars for problem-solving and clinical cases (27 h; 1,08 ECTS)
- Autonomous work/Personal studying (not face-to-face, including information search, work design, clinical cases or proposed exercises) (90 h; 3,6 ECTS)

#### 4.3. Syllabus

This course will address the following topics:

##### **First section (Department of Medicine, Psychiatry and Dermatology):**

##### Theoretical program:

- Topic 1. Psychology and Odontology. Concept and objectives. Methods. Relationships with other sciences.

- Topic 2. General structure of psyche. Temperament, character and personality. Personality disorders and their management in oral-dental health.
- Topic 3. Sensitive perception, thought and language. Psychopathology. Odontological management of psychotic patients.
- Topic 4. Memory and learning. Cognitive functions and development disorders. Odontological management of dementia and disabled patients (mental retardation, Down's syndrome, child brain paralysis, autism,...).
- Topic 5. Emotions and psychopathology. Depression and oral-dental health. Anxiety. Dental phobia. Panic attack in dentistry office.
- Topic 6. Instincts and psychopathology. Odontological management of patients with eating disorders.
- Topic 7. Consciousness, attention and sleep. Bruxism, parasomnias. Behaviour and its disorders. Addictions and oral-dental health.
- Topic 8. Dental pain. Differential diagnosis for oral-dental pain. Psychoactive drugs effects on bucodental health. Effects of toxic or legal substances (tobacco and alcohol) on oral-dental health. Psychological effects of treatments. Placebo and nocebo effects. Iatrogenic factors.
- Topic 9. Developmental psychology: Childhood and adolescence. Oral-dental health in the elderly.
- Topic 10. Social psychology. Prophylaxis on Dentistry. Dysmorphic disorders and Dentistry. Panthom limb. Whiteorexia. Psychological evaluation of patients with dental-facial deformities.
- Topic 11. Communication and dentistry-patient relationship. Clinical interview: general principles, exploratory part, informative part, negotiating aspects.
- Topic 12. Psychological reactions to illness. Defence mechanisms and coping styles. Relationships with Dentistry. Motivation and compliance to treatment.
- Topic 13. Stress and oral-dental illness. Mental health of dentistry team. Stress, burnout, mobbing.
- Topic 14. General psychological approach. Principles of psychotherapy. Psychotherapeutical techniques useful in Dentistry.

#### Practical program:

- 1. Research principles. Critical literature review.
- 2. Relaxation techniques and emotional self-control.
- 3. Basic instruments of cognitive screening and functional assessment instruments.
- 4. Basic anxiety and depression scales.
- 5. Basic instruments to evaluate personality and intellectual ability.
- 6. Evaluation of oral-dental pain in adult, child and elderly patients. Protocol for psychological assessment of dental-facial deformities.
- 7. Systematic desensitization in dental phobia.
- 8. Behavioural program for the treatment of bruxism.

Detailed program, as well as deadlines for presentation of works will be available on ADD (Digital resources of the University of Zaragoza) at the beginning of the term.

#### **Second section (Department of Psychology and Sociology):**

Theoretical Topics will alternate with practices and work presentation on different issues. Along the sessions, the following contents will be developed, not only from a theoretical point of view, but also from a practical approach:

- Topic 1. Introduction to Psychology as a science.
- Topic 2. Emotional intelligence and self-management.
- Topic 3. Effective communication in dentistry office: with patients, partners and another professionals.
- Topic 4. Fears, phobias and anxiety in dentistry practice. Diagnosis and management.
- Topic 5. Learning as a key factor for learn fear. Prevention strategies.
- Topic 6. Attitudes building and relevance on prevention and oral-dental assistance.
- Topic 7. Social identity, roles, and schemes; relevance in clinical practice.
- Topic 8. Cognitive attributions and relationship with prevention and efficiency on treatments monitoring.
- Topic 9. Motivation theories applied to clinical practice.
- Topic 10. Personality theories; personality and influence on oral-dental assistance.
- Topic 11. Developmental psychology: from childhood to senescence.
- Topic 12. Clinical interview; practical applications.
- Topic 13. Mistreatment diagnosis and intervention protocols.
- Topic 14. Socio-sanitary assistance networks and relationships with other professionals.

#### **4.4. Course planning and calendar**

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sports Sciences website and Moodle.

#### **4.5. Bibliography and recommended resources**

To consult the bibliography and recommended resources, you must access the *Recommended Bibliography* link.