

МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
ОДЕСЬКИЙ НАЦІОНАЛЬНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ

М.М. Пустовойт, Є.В. Опря, О.Ю. Донець, П.І. Горячев, Т.М. Чернова

MEDICAL PSYCHOLOGY
(«Медична психологія»)

під редакцією професора М. М. Пустовойта

Підручник

Львів
«Новий Світ-2000»
2021

УДК

Рекомендовано вченою радою Одеського національного медичного університету як підручник. Витяг з протоколу № 9 від 13.04.2021 р.

Рецензенти:

Чабан О. С. – д. мед. н., проф., завідувач кафедри медичної психології, психосоматичної медицини та психотерапії, Національного медичного університету ім. О. О. Богомольця;

Чугунов В. В. – д. мед. н., проф., завідувач кафедри психіатрії, психотерапії, загальної та медичної психології, наркології та сексології ЗДМУ.

Колектив авторів: д.мед.н., проф. **Пустовойт М. М.**, д.мед.н. **Опря Є. В.**, к.мед.н. **Донець О. Ю.**, к.мед.н. **Горячев П. І.**, к.мед.н. **Чернова Т. М.**

Medical psychology («Медична психологія»): Підручник для студентів вищих навчальних закладів ВМНЗ IV рівня, англійською мовою. Під редакцією д. мед. н., проф. Пустовойта М.М. [Пустовойт М. М., Опря Є. В., Донець О. Ю. та ін.] – Львів: Видавництво «Новий Світ – 2000», 2021. – 350 с.

ISBN 978-617-7519-82-8

This medical psychology textbook (tutorial) was written owing to the need to teach foreign students in English according to the medical psychology program approved in Ukraine. Its content includes general theoretical issues (the development of medical psychology in the world and in Ukraine; the concept of mental health and illness; the bio-psycho-social approach in medicine; the main types of attitude toward a disease and their influence on the results of its treatment; etc.) and the practical aspects of medical psychology (the psychology of the treatment and diagnostic process; medical ethics and deontology; psychosomatic disorders and the approach to their treatment; psychological features of patients with various diseases; psychological aspects of addictive, suicidal behavior, thanatology and euthanasia; prevention of mental disorders and the fundamentals of psychotherapy). The textbook was written in accordance with the program approved by the Ministry of Health of Ukraine and is designed for the students of higher medical educational institutions, doctors of various specialties, and future medical psychologists.

© Пустовойт М. М., Опря Є. В., Донець О. Ю.,
Горячев П. І., Чернова Т. М., 2021

© Новий Світ – 2000, ФОП Піча С.В., 2021

Preface

Medical psychology is an increasingly expansive field. This book effectively introduces the foreign students learning in Ukraine to the vast range of issues it encompasses. Our rationale for creating this textbook was to provide a balanced approach to medical psychology in its modern Ukrainian understanding and to write the book in a professional yet clear and accessible style, including up-to-date information on all topics. Also, the text covers a broad range of topics while maintaining an adequate degree of depth. It encourages the students to appreciate issues surrounding research and assessment in psychology, the biopsychosocial model in psychology and medicine, approaches to prevention of mental disorders and to psychotherapy, and other topics. Chapter one (Introduction to Medical Psychology) is devoted to the characterization of this science in the Ukrainian understanding and to presenting its historical trends in the world and in Ukraine. Chapters two and three deal with associations between a patient's personality traits and his/her attitude toward a disease, and with the influence of a disease on the patient's mental functions. Chapters four and five concern the medical workers' psychology: professional and psychological qualities of health workers; ethics in healthcare; the emotional burnout syndrome and professional deformation in health care providers; the psychology of the diagnostic and treatment processes and some other issues. Chapters six, seven and eight discuss the psychosomatic interactions and disorders, psychologic features of therapeutic, surgical and gynaecological patients, and psychological aspects of addictions, suicidal behaviour, thanatology and euthanasia. The last, ninth chapter is devoted to the prevention of mental disorders and the basics of psychotherapy. The content of the textbook fully corresponds to the medical psychology program approved by the Ministry of Health of Ukraine. The book is intended for the students of higher medical educational institutions, doctors of various specialties, and future medical psychologists.

CONTENTS

CHAPTER 1. INTRODUCTION TO MEDICAL PSYCHOLOGY.....	8
1. Subject and objectives of medical psychology, its links with other fields of knowledge. The main lines of a psychologist's work in the health care system.....	8
2. The development of medical psychology in the world and in Ukraine	11
3. Methods of examination used in medical psychology	21
4. The definition of mental health; levels of mental health and psychological adaptation in people	31
CHAPTER 2. PERSONALITY AND ILLNESS. THE INTERNAL PICTURE OF ILLNESS	34
2.1 The Structure of the Human Personality	34
2.1.1. <i>Temperament</i>	35
2.1.2. <i>Character</i>	38
2.1.3. <i>Intelligence and Other Aptitudes</i>	44
2.1.4. <i>Assessing Personality</i>	46
2.1.5. <i>The influence of age and chronic diseases on the human personality</i>	48
2.2. Personality Accentuations	52
2.3. The Internal Picture of the Disease	56
2.4 The Patients' Attitudes toward Illness. The Impact of the Patient's Attitude toward Illness on its Course and Outcome. Aggravation, Simulation, Dissimulation and Hospitalism.....	61
2.4.1. <i>Personality and disease</i>	61
2.4.2 <i>The classification of patients' attitudes toward illness</i>	62
2.4.3 <i>Diagnosing the patients' reactions and attitudes to illness</i>	66
2.4.4. <i>The impact of the patient's sttitude toward illness on its course and outcome. Aggravation, simulation, dissimulation and hospitalism</i>	68
CHAPTER 3. THE STATE OF MENTAL FUNCTIONS AND ILLNESS ..	73
3.1. The cognitive processes and illness.....	74
3.1.1. <i>Cognitive processes</i>	74

3.1.2. <i>Interrelations between the state of health and cognitive processes</i>	80
3.1.3. <i>The role of the patients' intelligence level in medical settings</i>	84
3.1.4. <i>The effect of speech disorders on the treatment process</i>	88
3.2. The impact of emotions and their expression on the state of health. The effect of physical illness on the patients' emotions, volition and behaviour	91
3.2.1. <i>The affective (emotional) processes and mood. Motivation of behaviour. Deliberate goal-directed behaviour</i>	91
3.2.2. <i>Emotions and illness</i>	95
3.2.3. <i>Volitional personality qualities and illness</i>	102
3.3. Consciousness and illness	104
3.3.1. <i>The nature of consciousness</i>	104
3.3.2. <i>The psychodynamic approach in psychology and medicine. Topographic and structural theories of mind after Z. Freud</i>	106
3.3.3. <i>Normal versus changed states of consciousness. Consciousness and illness</i>	109
 CHAPTER 4. PSYCHOLOGY OF MEDICAL WORKERS	 114
4.1. Professional and psychological qualities of health workers	114
4.1.1. <i>The main motives for choosing a medical profession. Career guidance and professional selection of health workers</i>	114
4.1.2. <i>Important professional qualities of a doctor. The psychology and ethics of healthcare</i>	121
4.2. The emotional burnout syndrome and professional deformation in health care providers	129
4.3. The basics of communication with colleagues, the conditions for creating a healthy psychological climate in a team of health professionals	141
CHAPTER 5. The psychology of the diagnostic and treatment process	150
5.1. The psychological bases of communication in the treatment process	150
5.1.1. <i>Brief introduction to communication psychology</i>	150
5.1.2. <i>A healthcare provider's communicative competence</i>	155
5.2. Psychological features of the diagnostic process	160
5.3. Conflicts in the medical sphere and ways of their resolution	164
5.3.1. <i>General information concerning conflicts</i>	164

CHAPTER 6. PSYCHOSOMATIC DISORDERS	176
6.1. The psychosomatic approach in psychology and medicine	176
6.1.1. <i>The psychosomatic (biopsychosocial) interactions</i>	176
6.1.2. <i>Theories of psychosomatic (biopsychosocial) relations</i>	179
6.1.3. <i>Psychological defence mechanisms</i>	185
6.2. Emotional stress and illness.....	188
6.2.1. <i>The concept of adaptation and disadaptation</i>	188
6.2.2. <i>Psychological stress. The general adaptation syndrome as a stress response</i>	190
6.3 Psychosomatic disorders.....	193
6.3.1. <i>Classification of psychosomatic disorders</i>	193
6.3.2. <i>Association between the personality traits and psychosomatic disorders</i>	194
6.3.3. <i>Prevention of psychosomatic disorders</i>	196
 CHAPTER 7. PSYCHOLOGICAL FEATURES OF PATIENTS WITH DIFFERENT DISEASES	 202
7.1. Associations between physical and psychological problems	202
7.2. Psychological challenges in internal and infectious diseases	204
7.3. Psychological issues in gynaecology	217
7.4. Age-dependent psychological features in patients	225
7.5. Psychological features of surgical patients	231
7.6. Psychological issues in oncology	236
7.7. Psychological issues in other branches of medicine	240
 CHAPTER 8. PSYCHOLOGICAL ASPECTS OF ADDICTIONS, SUICIDAL BEHAVIOUR, THANATOLOGY AND EUTHANASIA	 261
8.1. Psychological aspects of dependant behaviour	261
8.2. Suicidal behaviours	272
8.2.1. <i>The definition of suicidal behaviours ; the statistics of suicide</i>	272
8.2.2. <i>The causes of suicide. The suicide risk groups. The common characteristics of suicide (after E. Shneidman)</i>	273
8.2.3. <i>Prediction of suicidal behaviour</i>	276
8.2.4. <i>Suicide risk assessment and suicide prevention</i>	279
8.3. Psychological aspects of dying and death	285

CHAPTER 9. PSYCHO-HYGIENE AND PREVENTION OF MENTAL DISORDERS. THE BASES OF PSYCHOTHERAPY	293
9.1. The concept of psycho-hygiene.....	293
9.2. The prevention of mental disorders	297
9.2.1. <i>Primary prevention of mental disorders</i>	299
9.2.2 <i>Secondary prevention of mental illness</i>	301
9.2.3. <i>Tertiary prevention of mental illness</i>	304
9.3. The bases of psychotherapy.....	307
9.3.1. <i>General issues in psychotherapy</i>	307
9.3.2. <i>Rational psychotherapy and suggestion therapy</i>	310
9.3.3. <i>Techniques of psychotherapy without a therapist</i>	312
9.3.4. <i>Hypnosis: an adjunct to psychotherapy</i>	317
9.3.5. <i>Psychoanalytic (psychodynamic) approach</i>	321
9.3.6. <i>Behaviouristic approach</i>	323
9.3.7. <i>The cognitive approach and NLP</i>	326
9.3.8. <i>The humanistic (person-centred) approach</i>	329
9.3.9. <i>Group psychotherapy</i>	333
9.3.10. <i>Expressive therapies</i>	337
9.3.11. <i>Psychotherapy and crisis intervention in somatic medicine</i> .	339

Колектив авторів: д.мед.н., проф. Пустовойт М. М., д.мед.н. Опря Є. В., к.мед.н. Донець О. Ю., к.мед.н. Горячев П. І., к.мед.н. Чернова Т. М.

MEDICAL PSYCHOLOGY

(«Медична психологія»)

під редакцією професора М. М. Пустовойта

Підручник

*Відповідальний за випуск С.В. Піча
Дизайн обкладинки К.А. Краснощоків*

Підп. до друку 27.04.2021 р.
Формат 60X84 1/16. Папір офсетний.
Цифровий друк. Ум. друк. арк. 21,875.
Зам. № 2021 – 35

Видавець ФОП Піча С.В.
а/с 5026, м. Львів-53, 79053, Україна
e-mail: novsv2016@ukr.net

Свідоцтво про внесення суб'єкта видавничої справи до Державного реєстру видавців, виготівників і розповсюджувачів видавничої продукції: серія ДК № 5069 від 22.03.2016 року, видане Державним комітетом інформаційної політики, телебачення та радіомовлення України