STUDY GUIDE

(DEPARTMENT OF BEHAVIORAL SCIENCES)

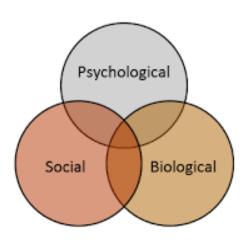


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Behavioral Sciences Mission Statement

To create an environment that promotes qualities of leadership professionalism, critical thinking, and cultural sensitivity.

To enable students to combine highest ethical standards with a pragmatic approach to research and practice relevant to the Pakistani society. Students gain competence in accessing, evaluating, and integrating sources of knowledge within their field. Graduates of our program will understand the scientific foundations of their discipline and the core knowledge/concepts in the field.

Programs in the division provide opportunities for professional development, service to the community, and practicum experiences in preparation for graduate study and/or work in a variety of fields. Graduates will be able to apply such knowledge and skills in a manner consistent with an understanding of professional standards of ethical behavior. They will be prepared to interact effectively with others, and resolve issues that face us as a society, a nation and a world.

Program Objectives

- > Demonstrate an understanding an ability to integrate knowledge of their field and develop critical thinking/scientific method research skills.
- ➤ Demonstrate an ability to apply knowledge, skills and values to meet the needs of others and self in personal and career development.
- ➤ Demonstrate respect and sensitivity to physiological, psychological, and social aspects of individuals within changing political, cultural, economic, and socio-historical contexts.

Department of Behavioral Sciences

Introduction

About Us

The Department of Behavioral Sciences was established under the instructions of University of Health Sciences (UHS), since the inception of this college in 2006. Since then this department is headed by Prof. Maqbool Ahmad Khan.

This department is taking lectures/demonstrations of MBBS, BDS, and Nursing cadets under the umbrella of National University of Medical Sciences (NUMS). Our students achieved maximum distinctions in the subject of Behavioral Sciences from the University of Health Sciences (UHS).

In addition to that this department is imparting FCPS training in Psychiatry. Faculty, Administration, Medical, Dental & Nursing Cadets are provided free of cost psychiatric & counseling services. Department of Behavioral Sciences is regularly publishing different articles of interest in the indexed Medical Journals. At the moment department has started four research projects in different domains.

1. Academic activities

- a. Delivering lectures to MBBS, BDS, Allied Health Sciences and Nursing Cadets.
- b. Training for FCPS Part II.
- c. Conduct of examinations for MBBS, BDS, Allied Health Sciences and Nursing Cadets.
- d. Conducting special short courses for nursing.

2. <u>Conduct of Seminars/ workshops along with date/ no of participants and subject</u> covered.

- a. Faculty regularly attend all workshops conducted by Medical Education.
- b. Conducted seminar on different aspects like drug addiction.

3. Achievements either by faculty members or students.

- a. Result was 100% for MBBS and Nursing classes
- b. Many research projects are under process.

4. Comparative results of University exams/ distinctions etc.

- a. 100% result in Nursing 2nd year
- b. 100% result in Nursing 3rd year

5. Extracurricular activities arranged by department.

a. Department fully participate in all the extracurricular activities conducted by the college

6. Any other activities not covered under above heads.

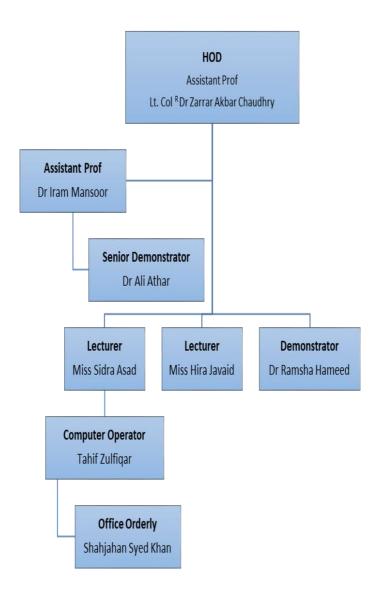
- a. Counselling cell is regulated by our department. We counsel the students, faculty and staff for their psychological needs.
- b. Department provide treatment and therapy for students, faculty and staff if needed.
- c. Any queries regarding Behavioural Sciences from NUMS university is replied promptly.
- d. Paper setting and paper markings were done at UHS and NUMS by Department.

- e. Paper setting and paper marking were done at CPSP by HOD.
- f. Department is looking after affairs of college library.
- g. Department is working in its full capacity with good results and up to the satisfaction of students and Chief Executive.
- h. HOD takes part in CPSP workshops.
- i. Department of Behavioural Sciences conducted seminars and workshops as per requirement.

7. Self-analysis and recommendations.

- a. Department has keen interest in training of under graduates and now looking after Post graduate training for FCPS part II.
- b. Department intends to start M Phil and PhD program under the umbrella of NUMS.

Organogram of Department of Behavioral Sciences



Faculty of Department of Behavioral Sciences



Assistant Professor Zarrar Akbar Chaudhary (HOD)



Dr. Zarrar Akbar Chaudhry is serving as the Head of the Department of Behavioral Sciences. He is a graduate of Army Medical College Rawalpindi and was awarded degree by Quaid-e-Azam University Islamabad. He underwent post graduate training in psychiatry at Armed Forces Postgraduate Medical institute and is a fellow of College of Physicians and Surgeons Pakistan. He is certified in health professional education. He has voluntarily worked at the department of Child and Adolescent Psychiatry, Mayo hospital, Lahore. He has managed four extensive research Programs as a psychiatrist and has two research publications to his credit. He is a versatile psychiatrist, having four years of teaching experience and employed as Assistant Professor of Psychiatry. He retired as a Lieutenant colonel with more than 22 years of experience as psychiatrist in Pakistan Armed Forces. He

is teaching Behavioral Sciences to MBBS & BDS programs, School of Allied Health Sciences which includes Doctor of Physiotherapy alongside Medical imaging Technicians and Institute of Nursing Cadets. He is teaching Psychiatry to 4th year & Final Year MBBS. He has vast experience as team leader, tutor and mentor. He believes in easy accessibility of mental health services to all and healthy society development. His career objective is to incorporate evidence based Behavioural Sciences & Psychiatry in general medical practice and specialized health care.

Dr. Iram Mansoor Niazi



She is PhD in Clinical Psychology, teaching as Assistant Professor to MBBS, BDS, Allied Health Sciences and Nursing Cadets in CMH Lahore Medical College and Institute of Dentistry from 2014. Her areas of interest are Adult Psychopathology and Child Psychology. She has 18 national and international publications on her credit and one book publication on international level. She is also offering counseling services to students, faculty members and administrative staff.

Dr. Ali Athar



Dr. Muhammad Ali Ather completed his MPhil in Behavioral Sciences from the University of Health Sciences in September 2022. A graduate of Nishtar Medical University, Multan, he joined CMH LMC and IOD as demonstrator of Behavioral Sciences in February 2022 and has been serving as senior demonstrator since December 2022. His publication titled Psychological Capital and Work engagement has been published in the Y category Journal of Social Sciences Review.

Miss Hira Javed



She is MS in Clinical Psychology, teaching as lecturer to MBBS, BDS and Nursing Cadets in CMH Lahore Medical College and Institute of Dentistry. She has passed her BS in psychology with distinction. She maintains healthy interaction with students and is highly devoted to her job. She is providing counselling services to students and other faculty members. Her areas of interest are health psychology, interpersonal issues, child and adult psychopathology. Her latest research is on issues faced by the parents of special children. She has also been an internee in institute of special kids. Currently, she is gaining broad exposure and experience through clinical attachment with Department of Psychiatry CMH Lahore.

Miss Sidra Asad



Miss Sidra Asad had done her MS Clinical Psychology and is a practitioner in the field. She is currently working as Lecturer at CMH LMC in the department of Behavioral Sciences. Hence, she is teaching MBBS, DPT, MIT and Nursing Cadets. As well as providing counseling facilities to students also. Besides that, her area of interests in psychology are social, behavioral and adult psychopathology.



BEHAVIORAL SCIENCES CURRICULUM FOR MBBS 150 Hours

(November 6th, 2022)

Prepared by

☐ Ms. Saira Javed (Lecturer Clinical Psychology, NDP/ Incharge Psychologist, N-TRC)

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Table of Abbreviations

FA	Final Assessment		
IA	Internal Assessment		
GS	Guest Speaker		

2 nd Year (75 Hours MBBS)						
Learning Outcomes	Course Content	Instructional Strategies	Assessment Tool	Teaching Faculty		
	1. Introduction to Be	havioral Sciences ar	nd Its Importance in I	Health		
Comprehend significance of Behavioral Sciences in Medical practice	Significance of behavioral Sciences in clinical practice	Seminar with Psychologist, anthropologist and Sociologist	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	 Psychologist or Psychiatrist / Behavioural Scientist Anthropologist (GS) Sociologist (GS) 		
Demonstrate understanding of holistic and bio medicine model in clinical practice along with understanding of culture and medical practice	Differentiate: 1. Holistic Vs. Traditional Allopathic Medicine 2. Culture & Medical Practice	Lectures/ Presentations	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	 Psychologist or Psychiatrist / Behavioural Scientist Physician (GS) 		
Comprehensive understanding of psychology, sociology and anthropology as well as biological determinants of health and disease in clinical practice, along with public health approach of primary and secondary prevention of disease/disorder and promotion of health.	Discuss Health Care Models and their Clinical Applications 1. Bio-PsychoSocial Model of health and disease 2. The Integrated Model of Health Care: Correlation of Body, Brain, Mind, Spirit and Behavioural Sciences 3. The Public Health Care Model	Lectures/Presen tations Small group discussions (SGD)/seminars	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	 Psychologist or Psychiatrist / Behavioural Scientist Anthropologist (GS) Sociologist (GS) Public Health specialist (GS) 		
	2. Understanding Bel	haviour	l			

Analyze human behaviour and other factors affecting health and disease by Enhancing doctor's own learning and clinical skill.	Understand human behaviour through Principles of Psychology 1. Sensation and sense organs 2. Perception 3. Attention and concentration 4. Memory 5. Thinking 6. Communication	 Lectures/Presentations Interactive Video Vignettes Large group Interactive session (LGIS) 	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist or Psychiatrist / Behavioural Scientist
	3	3. Individual Differe	nces	
Understand and assess types of human personality and phases of personality development along with intelligence.	Understand individual human differences 1. Intelligence 2. Personality Development	 Lectures/Presen tations Interactive Video Vignettes Large group Interactive session (LGIS) 	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist or Psychiatrist/ Behavioural Scientist
Understand the complex interplay of Brain and Behaviour.	Describe Neurobiological and Psychological Basis of Behaviour 1. Emotions 2. Motivation/need/d rive 3. learning	 Lectures/Presen tations Interactive Video Vignettes Group Project 	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist or Psychiatrist / Behavioural Scientist
	4. Medica	al Ethics and Mental	Health Acts	
Integrate the principles of medical ethics in professional life	Medical Ethics and Professionalism	 Lectures/Presen tations Small Group Discussion 	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	 Psychologist or Psychiatrist / Behavioural Scientist Physicians
Integrate significance of medical ethics in medical practice	Describe and Demonstrate relevance of Ethics in the Life of a Doctor 1. Scope and	 Lectures/Presen tations Declamation Contests, Dramas, Documentaries, 	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies,	Psychologist or Psychiatrist / Physicians

	Meaning of Medical Ethics 2. Guiding Principles of Medical Ethics 3. Common Ethical Issues in Medical Practice 4. Common Ethical Dilemmas in a Health Professional's Life 5. Doctor-Patient	Short Films and Videos (e.g. on common ethical dilemmas) • Role-playing with peers • Case-Based Learning (CBL)	reflective writing and student portfolios	
Familiarize doctors with alternative medicine and ethical concerns of its practices in medical setup.	Relationship Discuss the significance of knowing psychosocial aspects of alternative medicine in clinical practice.	 Lectures/Presen tations Large group Interactive session (LGIS) 	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	 Psychologist or Psychiatrist / Behavioural Scientist Anthropologist (GS)
Mental Health Acts	History of Mental Health Acts in Pakistan Recent Psychiatric health laws in Pakistan	 Lectures Presentations Group discussions Case Based Learning 	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist or Psychiatrist / Behavioural Scientist
	5. I	Doctor Patient Relation		
Analyze critical situations/ challenges in clinical practice to solve clinical problems	Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor	 Lectures/Presen tations Case-Based Learning (CBL) Large group Interactive session (LGIS) Storytelling by students 	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist or Psychiatrist /Physician
Critique the ethical boundaries of conduct in doctor patient relationship	Understand Psychological Reactions in Doctor-Patient Relationship 1. Social bonding	 Lectures/Presen tations Case-Based Learning (CBL) 	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group	Psychologist or Psychiatrist / Behavioural Scientist

	2. Dependence 3. Transference 4. Countertransference 5. Resistance 6. Unwell Physician / Burn-out Understand Professionalism in Health Care 1. Knowledge 2. Skills 3. Attitudes logical Interventions: Con, Informational Care Demonstrate		EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios Is, Counselling, Crisis	,
effective communication skills in clinical practice, assimilate and handle patient information in different clinical scenarios. Handling uncertain situations in clinical practice.	NonPharmacological Interventions (NPIs) in Clinical Practice 1. Communication Skills 2. Counselling 3. Informational Care (IC) 4. Handling Difficult Patients and their Families 5. Breaking Bad News 6. Crisis Intervention and Disaster Management 7. Conflict Resolution 8. Empathy	 Presentation Role-playing with peers Storytelling by students Problem Based Learning (PBL) Case-Based Learning (CBL), Interactive Video Vignettes 	IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist of Psychiatrist / Behavioural Scientist
Equip medical students with the required skills to cope with critical psychosocial issues in exceptional hospital settings	Discuss Psychosocial Issues in Special Hospital Settings 1. Coronary Care Unit 2. Intensive Care Unit 3. The Emergency Department	 Lectures/Presen tations Large group Interactive session (LGIS) Role-playing with peers Case Studies Seminars 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	 Psychologist or Psychiatrist / Behavioural Scientist Surgeon (GS) Nephrologist (GS) Oncologist (GS) Gynecologist (GS)

Critically analyze	 4. Psychosocial Aspects of Organ Transplantation 5. The Dialysis Unit 6. Reproductive Health 7. Pediatrics Ward 8. Oncology 9. Operating Theater Demonstrate 	• Lectures/Presen	EA: MCQs, SAQs,	□ Pediatric (GS) • Psychologist or
the patient to provide the best care possible and help the individual obtain optimal health.	knowledge, and necessary skills for Psychosocial Assessment	tations • Large group Interactive	IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychiatrist / Behavioural Scientist • Dentist (GS)
7. Life Events: Ps	ychotrauma, Psycholo	gical Reactions, Stres	s and Stressors, Stre	ss Management
Identify sources of stress and its management towards patients, self and other staff members	Define and discuss Stress and its Management 1. Job-related Stress & Burnout 2. Response to stress 3. Stress Management	 Lectures/Prese ntations Case-Based Learning (CBL), Case studies Individual assignment 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	☐ Psychologist or Psychiatrist / Behavioural Scientist
Equip medical students with knowledge and skills in order to respond to psychotraumatic cases in hospital settings.	Understanding Psychotrauma	 Lectures/Prese ntations Case studies Reflective writing 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	☐ Psychologist or Psychiatrist / Behavioural Scientist
Prepare doctors to deal with challenges of terminal and bereavement care in clinical practice within their boundaries.	Discourse of the Psychosocial. Aspects of Death and Dying	 Lectures/Prese ntations Storytelling by patients (i.e., patient's narrative) Case-Based Learning (CBL), Case studies 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	 Psychologist or Psychiatrist / Behavioural Scientist Anthropologist

Understand the impact of terrorism on mental health and its management for mental well being	Explain Psychosocial Aspects of Terrorism	Lectures/Prese ntations Case- Based Learning (CBL) Case studies	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist or Psychiatrist / Behavioural Scientist
Identify the correlation of aging with life span, psychological factors and sociological factors.	Discuss Psychosocial. Aspects of Aging	Lectures/Prese ntations Storytelling by patients (i.e., patient's narrative) Case- Based Learning (CBL), Case studies	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist or Psychiatrist / Behavioural Scientist Gerontologist (GS)

3rd Year (75 Hours MBBS)

1. Psychological Aspects of Health and Disease

Illustrate human
thought,
behaviour and
interactions by
health and
disease
situations
influenced by
psychological
factors.

Discuss role of Psychology in Medical Practice

- 1. Role of psychological factors in the aetiology of health problems
- 2. Role of psychological factors in the precipitation (triggering) of illnesses
- 3. Role of psychological factors in the management of illnesses
- 4. Role of psychological and social factors in diseases causing disability. handicap and stigma
- 5. Role of psychological factors in patients reactions to illness
- 6. Medically **Unexplained Physical** Symptoms (MUPS)

- Lectures/Presen tations
- Large group Interactive session (LGIS)
 - Reflective Writing
 - Interactive Video Vignettes

EA: MCOs. SAOs. SEQs and OSCE

IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios

Psychologist or Psychiatrist

Behavioural Scientist

Physician (GS)

Recognize the factors contributing towards a state of psychological and social wellbeing of human in clinical practice.

Discuss and **Demonstrate Psychosocial Aspects** of Health and Disease Health and

1.

- **Normality** Defence 2. Mechanisms 3. Psychosocial Assessment in Health Care
- 4. Clinical Situations Demanding a Comprehensive **Psychosocial** Assessment
- 5. Psychological reactions to Illness

- Lectures/Presen tations
- Large group Interactive session (LGIS)
 - Role-playing with peers

EA: MCQs, SAQs, SEQs and OSCE

IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios

Psychologist or Psychiatrist / Behavioural Scientist

	and Hospitalization				
2. Pain, Sleep, Consciousness and Sexuality					

Understand the complex interplay of Brain and Behaviour	Describe Neurobiological Basis of Behaviour 1. Arousal 2. Sleep 3. Consciousness	 Lectures/ Presentations Interactive Video Vignettes Group Project 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist or Psychiatrist / Behavioural Scientist
Integrate knowledge and skills of coping and treatment of pain in various situations.	Discuss Psychosocial aspects of Pain	 Lectures/ Presentations Individual Assignments / Group Projects 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist or Psychiatrist / Behavioural Scientist

Identify the	Discuss Psychosocial	Lectures/	EA: MCQs, SAQs,	Psychologist or
biopsycho-social	Aspects of Gender and		SEQs and OSCE	Psychiatrist /
factors	Sexuality	Presentations		Behavioural
contributing to	1. Sexual Identity	Storytelling by	IA: quizzes,	Scientist
sexual health and	Gender Identity	patients (i.e.,	presentations,	 Anthropologist
impact physical	3. Sexual Behaviour	patient's	assignments, group	(GS)
and mental health	4. Gender	narrative)	projects, case studies,	 Sociologist
of human being.	differences in Sexual	 Case-Based 	reflective writing and student portfolios	(GS)
	Behaviour	Learning	student portionos	 Gynecologist
	5. Masturbation	(CBL),		(GS)
	6. Sexual	 Case studies 		
	orientation	 Reflective 		
	7. Psychiatric	Writing		
	morbidity	 Group project 		
	8. Sexual Disorders			
	9. Sexual			
	Dysfunction			
	10. Disorders of			
	Sexual			
	Preference/			
	Paraphilia			
	11. Gender			
	Dysphoria			
	(DSM V) or Gender			
	Identity Disorder			
	(ICD 10)			
	12. Management of			
	Gender and			
	Sexuality Issues			
	3. Cult	ture and Medical Prac	ctice	

Understanding the cultural and social aspects of medical practice by getting holistic view of health	Explain following cultural and social aspects in medical practice: 1. Sociology and Health 2. Social Groups 3. Social Class 4. Child Rearing Practices 5. Roles, Social Support, religion, Stigma, Sick role, Death and Dying 6. Impact of social factors on Treatment Adherence 7. Anthropology and Health 8. Understanding culture in health	 Lectures/Present ations Case-Based Learning (CBL) Case studies 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist or Psychiatrist / Behavioural Scientist Anthropologist and Sociologist (GS)
A. Common Pavol	9. Influence of culture on health care 10. Culturally sensitive clinical assessment	ol Hoolth Cottings		
	niatric Disorders in Gener			
Common Psychiatric Disorders in General Health Settings	1. Mixed Anxiety and Depression 2. Panic Disorder 3. Unexplained Somatic Complaints: Persistent Complainers 4. Dissociative and Possession States 5. Drug Abuse, Alcohol & Tobacco use 6. Suicide and Deliberate Self Harm (DSH) 7. Delirium	 Lectures/Present ations Case studies 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies, reflective writing and student portfolios	Psychologist or Psychiatrist / Behavioural Scientist
	5. Interviewin	g/ Psychological Hist	tory Taking	
Interviewing and Psychosocial Assessment	 Techniques for interviewing in clinical setting History taking Developmental History 	 Lectures/Presen tations Demonstrations of these techniques by 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentations, assignments, group projects, case studies,	☐ Psychologist or Psychiatrist / Behavioural Scientist

2. Educational	role playing in	reflective writing and student portfolios	
history	peer groups	student portionos	
3. Job stressors			
4. Social history			
Marital history			
Drug addiction			
history			
7. Legal history			
8. Medical/surgical			
history			
9. Assessment of			
health services &			
other			
psychosocial			
stressors			
10. Assessment of			
patient perception			
of disease			
according to			
Health Belief			
Model			
1,10001			

Precis for MBBS Students

This curriculum of Behavioral Sciences for MBBS program comprises all required and desired topics essential for effective clinical practice of Physician. Whereas, Student who intends to appear in United States Medical Licensing Examination (USMLE), which is a necessary medical license to practice in the United States of America (USA) including 140 other countries, needs to pass the exam of Behavioral Sciences and Social Sciences. Apart from this curriculum, USMLE demands further knowledge of Personality Test, Intelligence Test, Defense Mechanisms (narcissistic, mature, Immature and anxiety), Health Care Delivery System and Basic Science of Patients Safety. Students are recommended to go for further reading material from the latest version of USMLE Step -1 Lecture Notes by Harold I. Kaplan to pass the test.

Behavioral Sciences Table of Specification (TOS) for MBBS

Third Professional MBBS Examination 2024 – Theory

Marks of theory paper = 80 Marks
Time Allowed = 3 hours
Internal assessment = 20 Marks

Total marks (MCQs: 40+ SEQs: 40+ IA: 20) = 100 Pass Marks = 50

Paper-1 60 x MCQs (1 mark each)

(60 Marks, Weighting: 40%, Time = 60 minutes)

Paper-2 (40 Marks, 40%: Time = 2 hours)

5x6 = 302x5 = 10

Behavioral Sciences TOS for MBBS 150 Hours						
Subjects	Topics	Recall (20)	Application (40)	Number of SEQs 5x6 = 30 2x5 = 10		
Demonstrate understanding of holistic and bio medicine model in clinical practice along with understanding of culture and medical	Differentiate: 1. Holistic Vs. Traditional Allopathic Medicine 2. Culture & Medical Practice					
practice						

Comprehensive	Discuss Health Care	1	
understanding of	Models and their Clinical		
psychology, sociology	Applications		
and anthropology as	1. Bio-Psycho-Social		
well as biological	Model of health and		
determinants of health	disease		
and disease in clinical	2. The Integrated Model of		
practice, along with	Health Care: Correlation		
public health approach	of Body, Brain, Mind,		
of primary and	Spirit and Behavioural		
secondary prevention of	Sciences		
disease/disorder and	3. The Public Health Care		
promotion of health.	Model		

	2. Understanding B	Sehaviour		
Analyze human behaviour and other factors affecting health and disease by Enhancing doctor's own learning and clinical skill.	Understand human behaviour through Principles of Psychology 1. Sensation and sense organs 2. Perception 3. Attention and concentration 4. Memory 5. Thinking 6. Communication	1	1	1
	3.Individual Diffe	erences		
Understand and assess types of human personality and phases of personality development along with intelligence.	Understand individual human differences 1. Intelligence 2. Personality Development	1	1	1
Understand the complex interplay of Brain and Behaviour.	Describe Neurobiological and Psychological Basis of Behaviour 1. Emotions 2. Motivation/need/drive 3. learning	1	1	
	4. Medical Ethics and Me	ntal Health	Acts	<u> </u>
Integrate the principles of medical/dental ethics in professional life	Medical/ Dental Ethics and Professionalism			

	1		Т	1 .
Integrate significance of	Describe and			1
medical/dental ethics in	Demonstrate relevance of			
medical/dental practice	Ethics in the Life of a			
	Doctor/ Dentist			
	1. Scope and Meaning of			
	Medical/ Dental Ethics			
	2. Guiding Principles of			
	Medical/Dental Ethics			
	3. Common Ethical Issues		1	
	in Medical/Dental		1	
	Practice			
	4. Common Ethical			
	Dilemmas in a Health			
	Professional's Life	1		
	5. Doctor-Patient / Dentist-			
	Patient Relationship			
Familiarize	Discuss the significance of			
doctors/dentist with	knowing psychosocial			
alternative medicine and	aspects of alternative		1	
ethical concerns of its	medicine in clinical			
practices in medical	practice.			
setup.				
Mental Health Acts	History of Mental Health	1		
	Acts in Pakistan			
	Recent Psychiatric health			
•	The state of the s		Ĭ	
	laws in Pakistan			
	laws in Pakistan 5. Doctor Patient R	Relationship		
Analyze critical	5. Doctor Patient R Discuss Rights and	Relationship		
Analyze critical situations/ challenges in	5. Doctor Patient R Discuss Rights and Responsibilities of	Celationship		
	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors	elationship		
situations/ challenges in	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient	Celationship	1	
situations/ challenges in clinical practice to solve	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the	delationship	1	
situations/ challenges in clinical practice to solve	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients	Relationship	1	
situations/ challenges in clinical practice to solve	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor	delationship	1	
situations/ challenges in clinical practice to solve	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the	elationship	1	
situations/ challenges in clinical practice to solve clinical problems	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor	Relationship	1	
situations/ challenges in clinical practice to solve clinical problems Critique the ethical	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological	Relationship	1	
situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in	Relationship	1	
situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient	Relationship	1	
situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship	Î		
situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding	Î		
situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding 2. Dependence	Î		
situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding 2. Dependence 3. Transference	Î		
situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding 2. Dependence 3. Transference 4. Counter-transference	Î		
situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding 2. Dependence 3. Transference 4. Counter-transference 5. Resistance	Î		
situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding 2. Dependence 3. Transference 4. Counter-transference 5. Resistance 6. Unwell Physician / Burn-	Î		
situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient relationship	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding 2. Dependence 3. Transference 4. Counter-transference 5. Resistance 6. Unwell Physician / Burnout	Î		
situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient relationship Demonstrate	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding 2. Dependence 3. Transference 4. Counter-transference 5. Resistance 6. Unwell Physician / Burnout Understand	Î	1	
Situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient relationship Demonstrate professional excellence	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding 2. Dependence 3. Transference 4. Counter-transference 5. Resistance 6. Unwell Physician / Burnout Understand Professionalism in Health	Î		
Situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient relationship Demonstrate professional excellence of a doctor to maintain	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding 2. Dependence 3. Transference 4. Counter-transference 5. Resistance 6. Unwell Physician / Burnout Understand Professionalism in Health Care	Î	1	
Situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient relationship Demonstrate professional excellence of a doctor to maintain healthy doctor-patient	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding 2. Dependence 3. Transference 4. Counter-transference 5. Resistance 6. Unwell Physician / Burnout Understand Professionalism in Health Care 1. Knowledge	Î	1	
Situations/ challenges in clinical practice to solve clinical problems Critique the ethical boundaries of conduct in doctor patient relationship Demonstrate professional excellence of a doctor to maintain	5. Doctor Patient R Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor Understand Psychological Reactions in DoctorPatient Relationship 1. Social bonding 2. Dependence 3. Transference 4. Counter-transference 5. Resistance 6. Unwell Physician / Burnout Understand Professionalism in Health Care	Î	1	

6. Non Pharmacological Interventions: Communication Skills, Counselling, Crisis Intervention, Conflict Resolution, Informational Care and Breaking Bad News				
		are and Brea	iking bad New	/8
Demonstrate effective	Demonstrate			
communication skills in	NonPharmacological			
clinical practice,	Interventions (NPIs) in			
assimilate and handle	Clinical Practice			1
patient information in	1. Communication Skills		1	
different clinical	2. Counselling			
scenarios. Handling	3. Informational Care (IC)			
uncertain situations in	4. Handling Difficult			
clinical practice.	Patients and their	1	1	
	Families	_	_	
	5. Breaking Bad News			
	6. Crisis Intervention and		1	
	Disaster Management	1	1	
	7. Conflict Resolution	1	1	
	8. Empathy			
			T	T 1
Equip medical students	Discuss Psychosocial			
with the required skills	Issues in Special Hospital			
to cope with critical	Settings			
psychosocial issues in	1. Coronary Care Unit			
exceptional hospital	2. Intensive Care Unit		4	
settings	3. The Emergency	1	1	
	Department			
	4. Psychosocial Aspects of			
	Organ Transplantation			
	5. The Dialysis Unit			
	6. Reproductive Health			
	7. Pediatrics Ward		1	
	8. Oncology		1	
	9. Operating Theater	1	1	
		•	1	
			1	
7. Life Events: Psychotra	auma, Psychological Reaction	ns, Stress an	d Stressors, St	tress
Management				
Identify sources of stress	Define and discuss Stress			
and its management	and its Management	1		
towards patients, self	1. Job-related Stress &			
and other staff members	Burnout			1
and other starr members	2. Response to stress		1	
	3. Stress Management			
	_			
			1	
Equip medical students	Understanding		1	
with knowledge and	Psychotrauma			
skills in order to respond	1 Sychou auma	1	1	
to psycho traumatic		1	1	
cases in hospital				
settings.				
5500050				

Prepare doctors to deal with challenges of terminal and bereavement care in clinical practice within their boundaries.	Discourse of the Psychosocial. Aspects of Death and Dying	1	1	
Understand the impact of terrorism on mental health and its management for mental well being	Explain Psychosocial Aspects of Terrorism		1	
Identify the correlation of aging with life span, psychological factors	Discuss Psychosocial. Aspects of Aging		1	

and sociological factors.							
	0.00						
	8.Psychological Aspects of Health and Disease						
Illustrate human	Discuss role of						
thought, behaviour and	Psychology in Medical			1			
interactions by health	Practice						
and disease situations	1. Role of psychological						
influenced by	factors in the aetiology of						
psychological factors.	health problems						
	2. Role of psychological						
	factors in the						
	precipitation (triggering) of		1				
	illnesses						
	3. Role of psychological						
	factors in the						
	management of illnesses						
	4. Role of psychological		1				
	and social factors in		1				
	diseases causing						
	disability. handicap and						
	stigma						
	5. Role of psychological						
	factors in patients						
	reactions to illness						
	6. Medically Unexplained		1				
	Physical Symptoms		1				
	(MUPS)						

Dagagnia de ferre	Discuss and Demonstrate			
Recognize the factors				
contributing towards a	Psychosocial Aspects of			
state of psychological	Health and Disease			
and social well-being of	1. Health and			
human in clinical	Normality			
practice.	2. Defence	1		
	Mechanisms 3.		1	
	Psychosocial			
	Assessment in Health			
	Care			
	4. Clinical Situations			
	Demanding a		1	
	Comprehensive		1	
	Psychosocial			
	Assessment			
	5. Psychological reactions			
	to Illness and			
	Hospitalization			
	9. Pain, Sleep, Consciousn	ess and Sexu	ality	
Understand the complex	Describe Neurobiological			
interplay of Brain and	Basis of Behaviour		1	
Behaviour.	1. Arousal	1		
	2. Sleep			
	3. Consciousness			
Integrate knowledge and	Discuss Psychosocial	1	1	
skills of coping and	aspects of Pain			
treatment of pain in				
various situations.				
Identify the bio-	Discuss Psychosocial			
psychosocial factors	Aspects of Gender and			
contributing to sexual	Sexuality			
health and impact	1. Sexual Identity			
physical and mental	2. Gender Identity		1	
health of human being.	3. Sexual Behaviour			
_	4. Gender differences in			
	Sexual Behaviour			
	5. Masturbation			
	6. Sexual orientation			
	7. Psychiatric morbidity			
	8. Sexual Disorders			
	9. Sexual Dysfunction			
	10. Disorders of Sexual			
	Preference/ Paraphilia			
	11. Gender Dysphoria			
	(DSM V) or Gender			
	Identity Disorder (ICD			
	Identity Disorder (ICD 10)		1	
	10)		1	
	10) 12. Management of Gender		1	
	10)		1	
	10)12. Management of Gender and Sexuality	cal Practice	1	

Understanding the	Explain following cultural			
cultural and social	and social aspects in			
aspects of medical	medical practice:			
practice by getting	Sociology and Health			
holistic view of health	2. Social Groups			
	3. Social Class		1	
	4. Child Rearing Practices			
	5. Roles, Social Support,			
	religion, Stigma, Sick	1		
	role, Death and Dying	1		
	6. Impact of social factors			
	on Treatment			
	Adherence		1	
	7. Anthropology and			
	Health			
	8. Understanding culture	1		
	in health			
	9. Influence of culture on			
	health care			
	10. Culturally sensitive			
	clinical assessment			
	Giantour Was Ossanour			
11 Com	man Dayahiatria Digardana i	. Canaral H	aalth Cattings	
Common Psychiatric	nmon Psychiatric Disorders in 1. Mixed Anxiety and	i General n	earm Settings	
Disorders in General	Depression			
Health Settings	2. Panic Disorder			
Treatur Settings	3. Unexplained Somatic			
	1	1		
	Complaints: Persistent	1		
	Complainers			
	4. Dissociative and			
	Possession States			
	5. Drug Abuse, Alcohol			
	& Tobacco use		1	1
	6. Suicide and Deliberate			_
	Self Harm (DSH)			
	7. Delirium			
	12. Interviewing/ Psychologic	ical History	Taking	

Interviewing and	•	Techniques for			
Psychosocial		interviewing in clinical			
Assessment		setting		1	
	•	History taking			
		 Developmental 			
		History			
		2. Educational history			
		3. Job stressors			
		4. Social history			
		5. Marital history			
		6. Drug addiction			
		history			
		7. Legal history			
		8. Medical/surgical			
		history			
		9. Assessment of			
		health services &			
		other psychosocial			
		stressors			
		10. Assessment of			
		patient perception			
		of disease			
		according to Health Belief Model			
		Dellei Modei	20	40	0
	Tr.	4-1	20	40	8
	To	र बा	60 (60 Ma	arks, 40%)	8 (40 Marks, 40%)

Behavioral Sciences Table of Specification (TOS) for MBBS

<u>Third Professional MBBS Examination 2024 – OSCE</u>

Marks Distribution

Area	Marks	Time
10 OSCE Stations	40	05 Minutes for each station
Internal Assessment	10	
Total	50	

OSCE PLAN										
	3 x observed station 7 x un observed station									
	1	2	3	4	5	6	7	8	9	10
Stations	Communication skills / leadership	Breaking good and bad news/ crisis intervention	Counselling	Medical/ Dental ethics	Professionalism in health care	Life events	Pain, sleep, consciousness and sexuality	Doctor Patient relationship	Biopsychosocial model	Culture and medical/ dental practice
Marks	7	6	6	3	3	3	3	3	3	3

INTERNAL ASSESSMENT - THEORY						
INTERNAL ASSESSMENT WEIGHTING: 20%						
Exams	Weightings					
Attendance in Lectures:	10%					
a. ≥90% = 10% b. 80-89% = 7% c. 75-79% = 5%						
End of Block/ clinical rotation (theory) Examination	45%					
Continuous assessment (average score of all tests attempted after every learning session during the academic year)	20%					
Pre-Annual Exam	25%					
Total	100%					
INTERNAL ASSESSMENT STRUCTURE	- PRACTICAL					
INTERNAL ASSESSMENT WEIGHTING:	20%					
Exams	Weightings					
Attendance in Practicals:	10%					
a. ≥90% = 10% b. 80-89% = 7% c. 75-79% = 5%						
*End of Block/ clinical rotation (OSCE) Examination	45%					
*Continuous assessment of practical/ clinical skills and attitude	20%					
Pre-Annual Exam	25%					
Total	100%					



BEHAVIORAL SCIENCES CURRICULUM FOR BDS 100 Hour

(November 6th, 2022)

Prepared by

☐ Ms. Saira Javed (Lecturer Clinical Psychology, NDP/ Incharge Psychologist, N-TRC)

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Table of Abbreviations

FA	Final Assessment
IA	Internal Assessment
GS	Guest Speaker

Learning Outcomes	Course Content	Instruction al Strategies	Assessme nt Tool	Teaching Faculty						
1. Introduction to	1. Introduction to Behavioral Sciences and Its Importance in Health									
Comprehend significance of Behavioral Sciences in Medical practice	Significanc e of behavioral Sciences in clinical practice	Seminar with Psychologist, anthropologi st and Sociologist	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentatio ns, assignmen ts, group projects, case studies, reflective writing and student portfolios	 Psychologi st or Psychiatrist / Behavioural Scientist Anthropolo gist (GS) Sociologist (GS) 						
Demonstrate understanding of holistic and bio medicine model in clinical practice along with understanding of culture and medical practice	Differenti ate: 1. Holi stic Vs. Traditional Allopathic Medicine 2. Cult ure & Medical Practice	Lectures/ Presentation s	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentatio ns, assignmen ts, group projects, case studies, reflective writing and student portfolios	 Psychologi st or Psychiatrist / Behavioural Scientist Physician (GS) 						

Comprehen	Discuss	• Lectu	FA:	• Psychologi
sive	Health	res/	MCQs,	st or
_	Health Care Models and their Clinical Application s 1. Bio- PsychoSoci al Model of health and disease 2. The Integrated Model of Health Care: Correlation of Body, Brain, Mind, Spirit and Behavioura 1 Sciences 3. The Public Health Care			•
	Model			

	2. Understanding Behaviour							
Analyze	human Understand	human □		Lectures/Presen FA :				
MCQs,	Psychologist or	behaviour and other	behaviour	through tations				
SAQs, SEQs	and Psychiatrist /							
factors	affecting Principles	of ☐ Interactive	OSCE	Behavioural health				
and disease by	Psychology Video	Vignettes IA:	quizzes, Scientist					
1. Sensation	and							
Enhancing	doctor's sense	organs 🛘 Large	group					
presentations,	own learning and 2.	Perception	Interactive					
assignments,	group clinical skill.	3. Attention and	session (LGIS)					
projects, case	projects, case							
concentration s	concentration studies, reflective writing and student							
4. Memory	4. Memory portfolios							
5. Thinking	5. Thinking							
6. Communication								
3. Individual Differences								

	Understand	• Lectures/	FA:	Psychologist
Understa	individual	Presen	MCQs,	or
nd and	human		SAQs,	Psychiatrist/
assess	differences 1.	tations	SEQs and	Behavioural
types of	Intelligence	• Interactiv	OSCE	Scientist
human	2. Personality	e Video		
personal	Development	Vignettes	IA:	
ity and		_	quizzes,	
phases		• Large	-	
•		group	presentati	
of		Interactive	ons,	
personal			assignme	
ity		session (LGIS)	nts, group	
develop			projects,	
ment			case	
along			studies,	
with			reflective	
intellige			writing	
nce.			and	
nec.				
			student	
			portfolios	
Underst	Describe	• Lectures/	FA:	Psychologist
and the	Neurobiological	Presen	MCQs,	or
complex	and		SAQs,	Psychiatrist /
interplay	Psychological	tations	SEQs and	Behavioural
of	Basis of	• Interactiv	OSCE	Scientist
Brain	Behaviour	e Video		
and	1. Emotions	Vignettes	IA:	
Behaviou		_		
r	2. Motivation	• Group	quizzes,	
	/need/ drive	Project	presentati	
	3. learning		ons,	
			assignme	
			nts, group	
			projects,	
			case	
			studies,	
			reflective	
			writing	
			and	
			student	
	1 Dont	al Ethics and Mental Healt	portfolios	
, . T				
Integrat	Dental Ethics and	• Lectures/	FA:	• Psycho
e the	Professionalism	Presen	MCQs,	ogist/
principle		totions	SAQs,	6 D 1
s of		tations	SEQs and	• Behav
dental		• Small	OSCE	ural
		Group		Scientist
ethics in				Scientist
professio		Discussion	TA:	
professio nal		Discussion	IA:	· · · · · · · · · · · · · · · · · · ·
professio		Discussion	IA: quizzes,	• Psychi
professio nal		Discussion		· ·

Integrat e significa nce of ethics in clinical practice	Describe and Demonstrate relevance of Ethics in the Life of a Dentist 1. Scope and Meaning of dental Ethics 2. Guiding Principles of dental Ethics 3. Common Ethical Issues in dental Practice 4. Common Ethical Dilemmas in a Health Professional's Life 5. Doctor- Patient	 Lectures/P resen tations Declamation Contests, Dramas, Documentaries, Short Films and Videos (e.g. on common ethical dilemmas) Role-playing with peers Case-Based Learning (CBL) 	presentati ons, assignmen ts, group projects, case studies, reflective writing and student portfolios	Psychiat rist/ Dentist
	Relationship 5.	Doctor Patient Relationship		
Analyz e critical situation s/ challeng es in clinical practice to solve clinical problem s	Discuss Rights and Responsibilities of Patients and Doctors 1. Rights of the Patient 2. Responsibilities of the Patients 3. Rights of the Doctor 4. Responsibilities of the Doctor	• Lectures/P resen tations • Case-Based Learning (CBL) • Large group Interactive session (LGIS) • Storytellin g by students	FA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentatio ns, assignmen ts, group projects, case studies, reflective writing and student portfolios	Psycholo gist or Psychiat rist /Physicia n

Critiqu	Understand	• Lectures/P	FA:	Psycholo
e the	Psychological	resen	MCQs,	gist or
ethical	Reactions in	•	SAQs,	Psychiat
boundar	Doctor-Patient	tations	SEQs and	rist /
ies of	Relationship	• Case-	OSCE	Behavio
conduct	1. Social	Based Learning		ural
in	bonding	(CBL)	IA:	Scientist
doctor patient relation ship	 2. Dependence 3. Transference 4. Countertransference 5. Resistance 	 Large group Interactive session (LGIS) Storytellin g by students 	quizzes, presentatio ns, assignmen ts, group projects, case studies, reflective writing and student portfolios	

	6. Unwell Physician / Burnout	☐ Role-playing with peers		
Demonstr ate professiona l excellence of a doctor to maintain healthy doctor- patient relationship	Understand Professionalis m in Health Care 1. Knowledg e 2. Skills 3. Attitudes	Lectures/ Presen tations Large group Interactive session (LGIS)	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentati ons, assignme nts, group projects, case studies, reflective writing and student portfolios	 Psychologist or Psychiatrist t/ Behavioura 1 Scientist Physician (GS)

6.Non Pharmacological Interventions: Communication Skills, Counselling, Crisis Intervention, Conflict Resolution, Informational Care and Breaking Bad News

Demonstr	Demonstrate	• Lecture	EA:	Psychologist
ate	NonPharmacolo	Lecture	MCQs,	or
effective	gical	/Presentation	SAQs,	Psychiatrist /
communic	Interventions	• Role-	SEQs	Behavioural
ation skills	(NPIs) in	playing with	and	Scientist
in clinical	Clinical		OSCE	Scientist
	Practice	peers	USCE	
practice,	1. Communi		T .	
assimilate	cation	• Storytelli	IA:	
and handle	Cation	ng by students	quizzes,	
patient	Skills	ng by students	presentati	
informatio	2. Counselli		ons,	
n in	ng	• Problem	assignme	
different		Based Learning	nts,	
clinical	3. Informati	(PBL)	group	
scenarios.	onal Care (IC)	(I BL)	projects,	
Handling	4. Handling		case	
uncertain	Difficult	• Case-	studies,	
situations	Patients and their	Based	reflective	
in clinical	Families		writing	
practice.	5. Breaking	Learning	and	
	Bad News	(CBL),	student	
	6. Crisis		portfolios	
		 Interactiv 		
	Intervention and	e Video		
	Disaster	Vignettes		
	Management	Vignettes		
	7. Conflict			
	Resolution			
	8. Empathy			
Integrate	Explain	• Lectures/	EA:	• Psycho
skills to	Psychosocial	Presen	MCQs,	logist or
deal with	Peculiarities of	riesen	SAQs,	logist of
psychologi	Dentistry	tations	SEQs	Psychiatrist /
cal and	Dentistry	• Large	and	Behaviour
social		group	OSCE	al
		group		Scientist
peculiariti es while		Interactive	IA:	 Dentist
practicing		session (LGIS)	quizzes,	(GS)
dentistry			presentati	,
in clinical			ons,	
settings.			assignme	
seungs.			nts,	
			group	
			projects,	
			case	
			studies,	
			reflective	
			writing	
			and	
			student	
			portfolios	
7. Life	Events: Psychotrauma, Ps	ychological Reactions, Stre	ess and Stressors, St	ress Management

Identify	Define and	• Lectures/	EA:	Psychologist
sources of	discuss	Presen	MCQs,	or
stress and	Stress and its		SAQs,	Psychiatrist /
its	Management	tations	SEQs	Behavioural
manageme	1. Job-	• Case-	and	Scientist
nt towards	related Stress &	Based	OSCE	
patients, self and	Burnout 2. Response	Learning (CBL),	IA:	
other staff	to		quizzes,	
members	stress	• Case	presentati	
	3. Stress	studies	ons,	
	J. Buess	 Individual 	assignme	
	Management	assignment	nts,	
		assignment	group	
			projects,	
			case	
			studies,	
			reflective	
			writing	
			and	
			student	
			portfolios	
Equip	Understanding	• Lectures/	EA:	Psychologist
medical	Psychotrauma	Presen	MCQs,	or
students		•	SAQs,	Psychiatrist /
with		tations	SEQs	Behavioural
knowledge		• Case	and	Scientist
and skills		studies	OSCE	
in order to		Paglantina		
respond to psycho-		• Reflective	IA:	
traumatic		writing	quizzes,	
cases in			presentati	
hospital			ons,	
settings.			assignme	
			nts,	
			group	
			projects,	
			case	
			studies,	
			reflective	
			writing	
			and	
			student	
			portfolios	

3rd Year (50 Hours BDS)

1. Psychological Aspects of Health and Disease

	1. I Sycholog	gical Aspects of Health and	Discuse	
Illustrate human thought, behaviour and interactions by health and disease situations influenced by psychological factors.	Discuss role of Psychology in Medical Practice 1. Role of psychological factors in the aetiology of health problems 2. Role of psychological factors in the precipitation (triggering) of illnesses 3. Role of psychological factors in the management of illnesses 4. Role of psychological and social factors in diseases causing disability. handicap and stigma 5. Role of psychological factors in diseases causing disability. handicap in patients reactions to illness 6. Medic ally Unexplained Physical Symptoms	 Lectures/ Presentations Large group Interactive session (LGIS) Reflective Writing Interactive Video Vignettes 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentatio ns, assignment s, group projects, case studies, reflective writing and student portfolios	• Psychologist or Psychiatrist / Behavioural Scientist • Physicia n (GS)
Recogniz e the factors contributin g towards a state of psychologi cal and social well- being of	(MUPS) Discuss and Demonstrate Psychosocial Aspects of Health and Disease	 Lectures/P rese ntations Large group Interactive session (LGIS) 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentatio ns,	Psychologist or Psychiatrist / Behavioural Scientist

human in clinical			assignment s, group	
practice.	1. Health and Normality 2. Defence Mechanisms 3. Psychosocial Assessment in Health Care 4. Clinical Situations Demanding a Comprehensive Psychosocial Assessment 5. Psychologic al reactions to Illness and Hospitalization	□ Role-playing with peers	projects, case studies, reflective writing and student portfolios	
I		Sleep, Consciousness and Sex	kuality	
Understan d the complex interplay of Brain and Behaviour.	Describe Neurobiological Basis of Behaviour 1. Arousal 2. Sleep 3. Consciousne ss	 Lectures/Pre se ntations Interactive Video Vignettes Group Project 	EA: MCQs, SAQs, SEQs and OSCE IA: quizzes, presentation s, assignments , group projects, case studies, reflective writing and student portfolios	Psychologi st or Psychiatris t / Behaviour al Scientist

Integrate	Discuss	• Lectures/Pre	EA:	Psychologi
knowledge	Psychosocial aspects	se ntations	MCQs,	st or
and skills of	of Pain	• Individual	SAQs,	Psychiatris
coping and		Assignments /	SEQs and	t/
treatment of		1 issignments /	OSCE	Behaviour
pain in		Group Projects		al
various			IA:	Scientist
situations.			quizzes,	Scientist
Situations.			-	
			presentation	
			S,	
			assignments	
			, group	
			projects,	
			case	
			studies,	
			reflective	
			writing and	
			student	
			portfolios	
3. Common	Psychiatric Disorders in Gene	eral Health Settings		
Common	1. Mixed	Lectures/Pr	EA:	Psychologi
Psychiatric	Anxiety and	esentations	MCQs,	st or
Disorders	Depression	• Case	SAQs,	Psychiatris
in	2. Panic	Case	SEQs and	t /
General	Disorder	studies	OSCE	Behaviour
Health	2			al
Settings	3. Unexplained Somatic		IA:	Scientist
	Somatic		quizzes,	
	Complaints:		presentation	
			s,	
			assignments	
			, group	
	Persistent		projects,	
	Complainers		case studies,	
	4. Dissociative		reflective	
	and Possession States		writing and	
	5. Drug Abuse,		student	
	A1 1 1 0		portfolios	
	Alcohol &			
	Tobacco use			
	6. Suicide and			
	Deliberate Self			
	Harm (DSH)			
	7. Delirium			
	4. Interview	wing/ Psychological History T	aking	

Interviewin	• Techniques	• Lectures/Pre	EA:	Psychologi
g and	for interviewing in	se ntations	MCQs,	st or
Psychosoci	clinical setting	• Demonstrati	SAQs,	Psychiatris
al	 History 	on	SEQs and	t /
Assessmen	taking		OSCE	Behaviour
t	1 D 1	s of these techniques		al
	1. Developmen tal History	by role playing in	IA:	Scientist
	2. Educational	peer groups	quizzes,	
	history		presentation	
	3. Job stressors		S,	
	3. Job suessors		assignments	
	4. Social		, group	
	history		projects,	
	5. Marital		case studies,	
	5. Marital history		reflective	
	History		writing and	
	6. Drug		student	
	addiction history		portfolios	
	7. Legal			
	history			
	0 1 1/			
	8. Medical/sur			
	gic			
	al history			
	9. Assessment			
	of health services &			
	other psychosocial			
	stressors			
	10. Assessment			
	of patient perception			
	of disease according to			
	Health Belief			
	Model			

Precis for BDS Students

This curriculum of Behavioral Sciences for BDS program comprises all required and desired topics essential for effective clinical practice of Dentist. Whereas, Student who intends to appear in Overseas Registration Examination (ORE), The Overseas Registration Exam (ORE) is an exam that overseas qualified dentists have to pass in order to register with the GDC. Registration allows dentists to practice dentistry unsupervised in the UK. Apart from this curriculum, ORE demands further knowledge of management and leadership. Students are recommended to go for further reading material from the latest version of ORE Part -1.

Third Professional BDS Examination 2024 – Theory

Marks of theory paper = 80 Marks
Time Allowed = 3 hours
Internal assessment = 20 Marks

Total marks (MCQs: 40+ SEQs: 40+ IA: 20) = 100

Pass Marks = 50

Paper-1 60 x MCQs (1 mark each)

(60 Marks, weighting: 40%: Time = 60 minutes)

Paper-2 (40 Marks, 40%: Time = 2 hours)

5x6 = 302x5 = 10

		Number	of MCQ's (60)	Number o
Subjects	Topics	Recall Application (20) (40)		SEQs $5x6 = 30$ $2x5 = 10$
1. Introduction to Beha	avioral Sciences and Its Importar	ce in Health		
Demonstrate understanding of holistic and bio medicine model in clinical practice along with understanding of culture and medical practice	Differentiate: 1. Holistic Vs. Traditional Allopathic Medicine 2. Culture & Medical Practice	1		
Comprehensive understanding of psychology, sociology and anthropology as well as biological determinants of health and disease in clinical practice, along with public health approach of primary and secondary prevention of disease/disorder and promotion of health.	Discuss Health Care Models and their Clinical Applications 1. Bio-Psycho-Social Model of health and disease 2. The Integrated Model of Health Care: Correlation of Body, Brain, Mind, Spirit and Behavioural Sciences 3. The Public Health Care Model	1	1	
A nolygo bygg ag	2. Understanding	Behaviour	1	
Analyze human	Understand human behaviour through		1	

behaviour and other	Principles of Psychology			
factors affecting health	1. Sensation and sense			
and disease by	organs	1		
Enhancing doctor's	2. Perception	1	1	
own learning and clinical skill.	3. Attention and	1		
	concentration			
	4. Memory			
	5. Thinking			
	6. Communication			
3. Individual Differences				
Understand and assess	Understand individual			1
types of human	human differences	1		
personality and phases	1. Intelligence	1	1	
of personality	2.5	1	1	
development along	2. Personality Development			
with intelligence.				
Understand the complex	Describe Neurobiological			
interplay of Brain and	and Psychological Basis of	1	1	
Behaviour.	Behaviour			
	1. Emotions			
	2. Motivation/need/drive		1	
	3. learning			
4. Dental Ethics				
Integrate the principles	Dental Ethics and		1	
of dental ethics in	Professionalism		1	
professional life	Tolessionansin			
Integrate significance of	Describe and Demonstrate			1
ethics in clinical	relevance of Ethics in the	1	1	1
practice	Life of a Dentist	1	1	
practice	1. Scope and Meaning of		1	
	dental Ethics		1	
	2. Guiding Principles of			
	dental Ethics			
	3. Common Ethical Issues	1	1	
	in dental Practice		1	
	4. Common Ethical			
	Dilemmas in a Health			
	Professional's Life	1		
	5. Doctor-Patient	_		
	Relationship			
	Toluconship			
	5. Doctor Patient I	 Relationshi	<u>1</u>	
Analyze critical	Discuss Rights and			
situations/ challenges in	_	1	1	
			1	1
	Responsibilities of Patients	1	1	
clinical practice to solve	and Doctors 1. Rights of the Patient	1	1	

	 Responsibilities of the Patients Rights of the Doctor Responsibilities of the Doctor 		1	
Critique the ethical boundaries of conduct in doctor patient relationship	Understand Psychological Reactions in Doctor- Patient Relationship 1. Social bonding	1	1	
	 Dependence Transference Counter-transference Resistance Unwell Physician / Burnout 		1 1	
Demonstrate professional excellence of a doctor to maintain healthy doctorpatient relationship	Understand Professionalism in Health Care 1. Knowledge 2. Skills 3. Attitudes	1	1	
_	l I Interventions: Communication Resolution, Informational Care ar			L
Demonstrate effective communication skills in clinical practice, assimilate and handle patient information in different clinical scenarios. Handling uncertain situations in	Demonstrate NonPharmacological Interventions (NPIs) in Clinical Practice 1. Communication Skills 2. Counselling 3. Informational Care (IC)	1	1 1	1
clinical practice.	4. Handling DifficultPatients and theirFamilies5. Breaking Bad News	1	1	
	6. Crisis Intervention and Disaster Management7. Conflict Resolution8. Empathy		1	
Integrate skills to deal with psychological and social peculiarities while practicing	Explain Psychosocial Peculiarities of Dentistry	1		

Т

dentistry in clinical settings.				
7. Life Events: Psychotr Management	auma, Psychological Reactions, S	Stress and	Stressors, Stress	
Identify sources of stress and its management towards patients, self and other staff members	Define and discuss Stress and its Management 1. Job-related Stress & Burnout 2. Response to stress 3. Stress Management	1	1	1
Equip medical students with knowledge and skills in order to respond to psycho traumatic cases in hospital settings.	Understanding Psychotrauma	1	1	
8.Psychological Aspects	of Health and Disease			
Illustrate human thought, behaviour and interactions by health and disease situations influenced by psychological factors.	Discuss role of Psychology in Medical Practice 1. Role of psychological factors in the aetiology of health problems 2. Role of psychological factors in the			1
	precipitation (triggering) of illnesses 3. Role of psychological factors in the			
	 management of illnesses 4. Role of psychological and social factors in diseases causing disability. handicap and stigma 5. Role of psychological factors in patients 		1	

reactions to illness
6. Medically Unexplained

Physical Symptoms (MUPS)

1 1

Recognize the factors contributing towards a state of psychological and social well-being of human in clinical practice.	Discuss and Demonstrate Psychosocial Aspects of Health and Disease 1. Health and Normality 2. Defence Mechanisms 3. Psychosocial Assessment in Health Care 4. Clinical Situations Demanding a Comprehensive	1	5	1
	Psychosocial Assessment 5. Psychological reactions to Illness and Hospitalization		1	
9. Pain, Sleep, Consciou			<u> </u>	
Understand the complex interplay of Brain and Behaviour.	Describe Neurobiological Basis of Behaviour 1. Arousal 2. Sleep 3. Consciousness	1	1	1
1	0. Common Psychiatric Disorder	s in Gener	al Health Settings	3
Common Psychiatric Disorders in General Health Settings	1. Mixed Anxiety and Depression 2. Panic Disorder 3. Unexplained Somatic Complaints: Persistent Complainers 4. Dissociative and Possession States 5. Drug Abuse, Alcohol & Tobacco use 6. Suicide and Deliberate Self Harm (DSH) 7. Delirium	1	1	1

		60 (60	Marks, 40%)	8 (40 Marks, 40%)
Total		20	40	8
	perception of disease according to Health Belief Model			
	8. Medical/surgical history 9. Assessment of health services & other psychosocial stressors 10. Assessment of patient			
	6. Drug addiction history7. Legal history			
	4. Social history5. Marital history			
	2. Educational history3. Job stressors			
	History taking1. Developmental History			
Interviewing and Psychosocial Assessment	• Techniques for interviewing in clinical setting	1	2	

<u>Third Professional BDS Examination 2024 – OSCE</u>

Marks Distribution

Area	Marks	Time
10 OSCE Stations	40	05 Minutes for each station
Internal Assessment	10	
Total	50	

					OSCI	E PLAN				
	3 x (observed st	tation		7 x ur	observe	ed station			
	1	2	3	4	5	6	7	8	9	10
Stations	Communication skills / leadership	Breaking good and bad news/ crisis intervention	Counselling	Medical/ Dental ethics	Professionalism in health care	Life events	Pain, sleep, consciousness and sexuality	Doctor Patient relationship	Biopsychosocial model	Culture and medical/ dental practice
Marks	7	6	6	3	3	3	3	3	3	3

INTERNAL ASSESSMENT - THEORY	
INTERNAL ASSESSMENT WEIGHTING: 20%	
Exams	Weightings
Attendance in Lectures:	10%
a. $\geq 90\% = 10\%$ b. $80-89\% = 7\%$ c. $75-79\% = 5\%$	
End of Block/ clinical rotation (theory) Examination	45%
Continuous assessment (average score of all tests attempted after every learning session during the academic year)	20%
Pre-Annual Exam	25%
Total	100%
INTERNAL ASSESSMENT	PRACTICAL
STRUCTURE -	
STRUCTURE - INTERNAL ASSESSMENT WEIGHTING: 2	
INTERNAL ASSESSMENT	
INTERNAL ASSESSMENT WEIGHTING: 2	0%
INTERNAL ASSESSMENT WEIGHTING: 2 Exams	0% Weightings
INTERNAL ASSESSMENT WEIGHTING: 2 Exams Attendance in Practicals: a. $\geq 90\% = 10\%$ b. $80-89\% = 7\%$	0% Weightings
INTERNAL WEIGHTING: 2 Exams Attendance in Practicals: a. ≥90% = 10% b. 80-89% = 7% c. 75-79% = 5%	Weightings 10%
INTERNAL WEIGHTING: 2 Exams Attendance in Practicals: a. ≥90% = 10% b. 80-89% = 7% c. 75-79% = 5% *End of Block/ clinical rotation (OSCE) Examination	0% Weightings 10% 45%

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Publications in current year 2023

- Mansoor I, Hussain Z. Moderating Role of Socio-Economic Status: Health Belief Model and Preventive Measures for COVID-19 Pandemic in Pakistan. 2023; 4(3): 283-289. doi: http://doi.org/10.37185/LnS.1.1.280
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- Mansoor I, Khan MA, Kubra K. Predictive Relationship of Perceived Stressors and Mental Health of the Medical Students. Journal of Life and Science. 2022; 3(3): 127-133. doi: http://doi.org/10.37185/LnS.1.1.218
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Ongoing Research Projects

Perceived Social Support and Mental Health Issues in Care givers of Patients
 with Dependent Needs in Pediatric Department approved by the Intuitional Ethical
 committee.

Wellness Centre

(Working under the umbrella of Department of Behavioral Sciences)

SOPs for Wellness Center

(Department of Behavioral Sciences)

Introduction

It is believed that sound education involves the development of the whole student. This includes the social, emotional, intellectual, and physical aspects of students' lives. Wellness center was established in 2006 alongside Department of Behavioral Sciences. Counsellor support students directly in their academic life to foster, promote, and increase interpersonal competencies and academic achievement. Counselling services are accessible to all students, faculty or other employees of CMH LMC & IOD as per their requirement.

1. Mode of Referral

- 1. Self-Referral
- 2. Referral by Faculty
- 3. Referral by Administration
- 4. Brought by friends/fellows

2. Objectives

- 1. To help the students in solving their personal, educational, social and psychological problems.
- 2. To create awareness about problems related to mental health and relevant issues.
- 3. To motivate faculty in counselling activities.

3. Roles and Responsibilities

- 1. To mobilize personal resources of student by conducting individual counselling session.
- 2. Clinical assessment is comprises of detailed history taking and supported by reliable and valid assessment tools whenever required.
- 3. Helping students in academic issues and assist them to overcome the same.
- 4. Teaching them different techniques of memory enhancement and non-pharmacological interventions for sleep.
- 5. Stress Management during exams and in general.
- 6. Students suffering from anxiety and depression are referred to Psychiatrist by Clinical Psychologist if they need medication.
- 7. Assessment and management of suspected cases of drug misuse.

- 8. Psychiatric morbidity, if any treated by psychiatrist at Department of Behavioral Sciences. The severe cases are referred to the Psychiatry Department of CMH Lahore for indoor admission.
- 9. Medical Cadets and Nursing Cadets requiring administrative disposal are also referred to psychiatry department of CMH Lahore.
- 10. Certificates/Prescriptions brought by students from civil Psychiatrist for different exemptions are verified by Psychiatrist and if necessary written opinions are given regarding the issue demanding exemptions.
- 11. Informing the parents about mental health issues of the student in severe cases.
- 12. Parental counselling is also provided if required, depending on the problem of the student.
- 13. Conduct training program on counselling skills for students, faculty & staff.
- 14. Conduct seminars for students on mental health, drug misuse and celebrate WHO mental health day.