Oferta na prowadzenie zajęć seminaryjnych dla doktorantów na rok akademicki 2026/2027.

Oferta zajęć powinna obejmować szczegółowe informacje dotyczące:

1. tematu zajęć: Psychological aspects of the dentist's work
2. daty, miejsca i godzin zajęć: 9.00-12.45; 11.12.2026
3. formy zajęć - online
4. profilu zajęć: ogólnoakademickie
5. dyscypliny: dentistry
6. koordynatora zajęć: dr n. med. Michalina Szymczak-Paluch
7. koordynatora zajęć: dr n. med. Michalina Szymczak-Paluch
8. jednostki organizacyjnej odpowiedzialnej za przeprowadzenie zajęć: Department of Oral Pathology, Faculty of Medicine, Department of Dentistry Medical University of Lodz
9. danych kontaktowych jednostki organizacyjnej, 92-213 Łódź, ul. Pomorska 251 426757504
10. sylabusa zajęć w języku angielskim,
11. limitu liczby osób uczestniczących w zajęciach: 20
12. czasu trwania zajęć seminaryjnych: 5h

Objectives of the course: The student defines the concepts of stress, depression, dentophobia, burnout and workaholism among dentists. Understands the role of psychological conditions of the patient and doctor in communication. Discusses the impact of stress and emotional tension on the development and course of diseases of the masticatory system, periodontium, oral mucosa and selected internal diseases. The student understands the role of anesthesia in the perception of the dentist by patients. The student understands the role of aesthetics and oral health in social and media perception. The student is able to establish effective cooperation with patients of different ages and general health conditions as well as with uncooperative and disabled patients. The student is aware of patient rights, the basics of ethics in dentistry and the law regarding medical experiments and therapy.

Form of study: Doctoral school

Year of study: Doctoral school

Types of educational activities and number of hours allocated

5 seminar hours

Names of course unit's faculty: dr hab. n. med., dr n. hum., prof. UM Sebastian Kłosek, dr n. med. Michalina Szymczak-Paluch

Prerequisites: The student should be familiar with basic human anatomy.

Learning activities and teaching methods: lectures, discussion, demonstration, presentation

Course unit content:

1. Problems affecting dentists: depression, stress, workaholism, burnout.

2. Cooperation with the patient: in developmental age, adult, elderly, disabled, uncooperative and oncological. The role of personality and other psychological conditions in communication.

3. Dentophobia and the role of anesthesia in eliminating the fear of visiting the dentist.

4. The role of facial and oral aesthetics in media and social reception.

5. Selected oral diseases and internal diseases associated with stress.

6. Methods of assessing stress and emotional tension in clinical practice.

7. Ethics in the work of a dentist.

Course objectives:

- **Knowledge:**
  The student lists and discusses:

  - types of patients according to their attitude and expectations towards treatment, the role of personality and psychological structure

- the most common problems occurring in cooperation with patients from each group

- principles of treatment with patients of different ages, general health conditions and with uncooperative and disabled patients

- problems affecting dentists: depression, stress, workaholism, professional burnout

- the importance of patient's subjective examination in establishing a relationship with the patient

- **Skills:**

  The student is able to:

  - The student is able to communicate and deal with patients of different ages and health conditions.

  - The student is able to assess the patient's stress level

  - The student is able to use the terminology discussed in class

- **Social competences:**

  After completing the course: The student is able to present and explain to others selected aspects of psychology in dental practice.
  - The student has the competence to solve problems in a team and cooperate with other team members. The student is able to use professional sources of knowledge, create and present their own opinions and actively participate in team meetings.
  - The student is able to maintain an appropriate ethical attitude and respect human dignity.
  - The student demonstrates readiness for learning and professional development.
  - communication skills
  - ability to determine priorities for the implementation of tasks
  - ability to cooperate with others as both a member and a leader of the team

Required and recommended learning resources (readings):

- **Required:**

1. Martínez A. i wsp: The burnout syndrome and associated personality disturbances. The study in three graduate programs in Dentistry at the University of Barcelona, Med Oral Patol Oral Cir Bucal. 2008 Jul 1;13(7):E444-50
2. Weber A., Jaekel-Reinhard A.: Burnout syndrome: a disease of modern societies? Occup. Med. Vol. 50, No. 7, pp. 512-517, 2000
3. Pohlmann K., Jonas I.: Stress, burnout and health in the clinical period of dental education, Eur J Dent Educ 2005; 9: 78–84
4. Montero-Marin J. i wsp.: Burnout syndrome among dental students: a short version of the "Burnout Clinical Subtype Questionnaire" adapted for students (BCSQ-12-SS), Montero-Marin et al. BMC Medical Education 2011, 11:103s
5. Patrick Prinz P. i wsp.: Burnout, depression and depersonalisation – Psychological factors and coping strategies in dental and medical students, GMS Z Med Ausbild. 2012; 29(1): Doc10.
6. Hakanen J., Peeters M.: How Do Work Engagement, Workaholism, and the Work-to-Family interface Affect Each Other? A 7-Year Follow-Up Study, JOEM 2015, 57, 6
7. Hakanen J.: Different Types of Employee Well-Being Across Time and Their Relationships With Job Crafting, Journal of Occupational Health Psychology, 1-12
8. Leutgeb V., Schöngassner F., Schienle A.: Electrocortical effects of directing attention during visual exposure in dentophobia, International Journal of Psychophysiology 93 (2014) 235–241
9. LeutgebV., Ubel S., Schienle A.: Can you read my pokerface? A study on sex differences in dentophobia, Eur J Oral Sci 2013; 121: 465–470
10. Rodak-Mandalian K.: Kilka słów o dentofobii, czyli czy można polubić dentystę, Borgis - Nowa Stomatologia 2/2005, s. 110-112.
11. Holden A.: The art of suggestion: the use of hypnosis in dentistry, British Dental Journal 2012; 212: 549-551
12. Calatayud J., González A.: History of the Development and Evolution of Local Anesthesia Since the Coca Leaf, Anesthesiology 2003; 98:1503–8
13. Thoits, Peggy A. "Stress and health: Major findings and policy implications." Journal of health and social behavior 51.1_suppl (2010): S41-S53.
14. Benham, Grant. "Sleep: an important factor in stress-health models." Stress and Health 26.3 (2010): 204-214.
15. Kodeks Etyki Lekarskiej

16. Sanders, Anne E., and Gary D. Slade. "Gender modifies effect of perceived stress on orofacial pain symptoms: National Survey of Adult Oral Health." Journal of orofacial pain 25.4 (2011).
17. Edmonds, Alexander. "The biological subject of aesthetic medicine." Feminist Theory 14.1 (2013): 65-82.
18. Sarwer D., Spitzer J.: Body Image Dysmorphic Disorder in Persons Who Undergo Aesthetic Medical Treatments, Aesthetic Surgery Journal 2012, 32,8,999–1009

- **Recommended:**

1. Selye, Hans. Stress in health and disease. Butterworth-Heinemann, 2013.
2. Schellekens, Elisabeth, and Peter Goldie, eds. The aesthetic mind: Philosophy and psychology. Oxford University Press, 2011.
3. Barnett J., Shale A.: The Integration of Complementary and Alternative Medicine (CAM) Into the Practice of Psychology: A Vision for the Future, Professional Psychology: Research and Practice, 2012, Vol. 43, No. 6, 576 –585

Assessment methods and criteria
Passing based on 100% attendance at the seminar

Rules for making up absences from classes:
An excused absence is made up by joining another seminar group on the same topic (if possible) or, in the case of the unavailability of other groups, by preparing an analysis of an additional issue/case assigned by the lecturer.

Additional information:

Statement and signature of the course leader:

I declare that the program content included in this syllabus is the result of my individual creative work performed within the framework of an employment/cooperation relationship resulting from a civil law contract and that third parties are not entitled to any copyrights in this respect.

Dean’s signature:

Date:

Signature of the Director of the Doctoral School:

Date: