

RAK Medical & Health Sciences University
RAK College of Dental Sciences
PSYCHOLOGY and BEHAVIORAL SCIENCES

A. Course Information

Course Title: Psychology and Behavioral Sciences
Course No.: DPB 123
No. of Credits: Theory = 3
Course Prerequisites: None
Course Duration and Sequence:

Year	Semester
First	II

B. Course Description:

This course includes various methods, principles, and theories of scientific psychology as applied to the study and understanding of human thoughts, emotions and behaviors in dentistry. It also includes physiological foundations of behavior, growth and development, learning and memory, motivation and emotions, personality, stress and adjustment, social interactions, and psychological disorders and treatment approaches as applied to dentistry.

C. Course Goals

To enable the students manage the psychological consequences of the dental disease on a dental patient, its psychogenesis and first contact behavior of the patients.

D. Learning Outcomes

General Learning Outcomes:

On completion of this course the students will be able to:

1. Apply psychological principles to enhance self-awareness and interpersonal interactions
2. Appraise the role of an effective dental psychologist in order to handle difficult patients including physically and mentally handicapped and phobic patients
3. Relate interpersonal techniques effectively with patients and their families

4. Describe the code of ethics in psychology in diverse situations
5. Demonstrate polite and gentle patient handling and keep the confidentiality of patients

Specific Learning Outcomes:

S. No.	Learning Outcome	Teaching Methods	Mode of Assessment
1	Demonstrate the nature of psychology as a science and a profession	Lectures	MCQ RRE
2	Recognize the importance of psychology to dentistry	Lectures	MCQ RRE
3	Apply the major theories and research of psychology including learning and cognition, individual differences, psychometrics, personality, social processes biological bases of behaviour in dentistry	Lectures	MCQ RRE
4	Appraise the major perspectives of psychology including biological, behavioral cognitive, evolutionary, humanistic, psychodynamic, and so socio-cultural	Lectures	MCQ RRE
5	Recognize the influence of culture and gender on human behavior including ethnicity, gender, religion, disabilities, and aging	Lectures	MCQ RRE
6	Discriminate between human development and memory	Lectures	MCQ RRE
7	Categorise major applied areas of psychology including clinical, industrial/organizational, school, and health	Lectures SGD	MCQ RRE
8	Predict the psychological consequences of therapeutic use for the dental patients	Lectures	MCQ RRE

E. Instructional Methodology

Theory	Practical
Lecture & Self Study Active Learning SGD Assignment	No Practical

F. Course Contents

Psychology for Dental Sciences (What Psychology Is?):

- What are behavioral sciences?
- Importance of Behavioral Sciences in Dental Practice
- Definitions of Psychology
- Fields of Psychology

Psychology, Human Behavior and Dentistry:

- Psychology and Human Behavior
- Branches of Psychology
- What is Human Behavior?
- Schools of Thoughts in Psychology

Sensation and Perception:

- The difference between sensation and perception
- Sensation of pain
- The five senses
- Depth perception
- The perceptual process
- Perceptual organization
- Barriers to accurate perception

Consciousness, Sleep and Awareness:

- The levels of consciousness
- The seven states of consciousness
- The altered state of consciousness
- Circadian rhythm
- Stages of sleep
- Importance of sleep
- Theories of sleep and dreams
- Sleep disorders

Theories of Personality:

- The personality structure
- Anxiety and defence mechanism
- Neo-Freudian perspectives and Trait perspective
- Carl roger's theory of the self
- The Maslow's hierarchy of needs
- The social-cognitive perspective behavioristic Perspective
- Albert Bandura's cognitive-social approach

Intelligence, Learning, and Cognitive Psychology:

- What is intelligence?
- Theories of intelligence
- Multiple intelligences
- Influences on intelligence
- Triarchic theory of intelligence
- Mental retardation
- Emotional intelligence
- What is learning?
- Classical conditioning
- Operant conditioning
- Attributes of learning
- Types of learning

Motivation:

- Classification of Motivation and Theories
- The Drive-Reduction Theory of Motivation
- The Incentive Theory
- The Arousal Theory
- Primary Motivational Systems
- Secondary Motivation System
- The Humanistic motivations

Emotions:

- The nature of emotion
- The physiology of emotion
- Theories of emotion
- Classifying emotions
- The Plutchnik model of the emotions
- Emotional intelligence

Stress, Conflict, and Coping in the Dental Practice:

- Selye's General Adaptation Syndrome
- Stress among dentists
- Work place stress and dentistry
- Common stressors in dental workplace
- Symptoms of workplace stress
- Types of stressors
- Coping with stress in the workplace

Dental Fears, Pain & Anxieties:

- Managing the fearful dental patient
- Managing Pain and Anxiety in Dental Patients
- Causes of Dental Anxiety
- Dental Phobics, Self-Help for Dental Phobics
- Case Histories of Patients suffering from Dental Phobia
- Pain Free Dentistry (Myth or Reality)
- Pain
- Techniques of Pain Management

Basic Counseling Techniques and Psychotherapy:

- Use of systematic desensitization techniques in treatment of dental fears & phobias
- Psychological tests for identification of dental anxieties
- Phobias, stress & fear

Abnormal Behavior:

- Approaches in defining abnormal behavior or psychological disorders
- Models of psychopathology
- Diagnosis and classification of abnormal behavior
- Examples of mental disorders

Use of Psychological Techniques in Pediatric Dentistry:

- Dentist-Parent communication about children's dental health
- Dental Anxiety and Fears in Children
- Use of Color, Music & Play Therapy by Pediatric Dentists
- Psychological Techniques practiced by Pediatric Dentists
- Helpful Tips by Pediatric Dentists for Parents

Dental Care & Elderly Patients:

- Attitudes of Elderly People
- Utilization of dental services by elderly people

- Barriers of Dental Care for Elderly
- Psychological Management Considerations

Health Promotion, Health Education & Dental Health Behavior:

- Understanding Health Behavior
- Health Belief Model
- Trans theoretical Model of Change
- Conditions necessary for Promoting health education

G. Course Time Schedule

Week	Lecture Topics
1	Psychology for Dental Sciences
2	Psychology, Human Behavior and Dentistry
3	Sensation and Perception
4	Consciousness, Sleep and Awareness
5	Theories of Personality
6	Intelligence, Learning, and Cognitive Psychology
7	Motivation
8	Emotions
9	Stress, Conflict, and Coping in the Dental Practice
10	Dental Fears, Pain & Anxieties
11	Basic Counseling Techniques and Psychotherapy
12	Abnormal Behavior
13	Use Of Psychological Techniques in Pediatric Dentistry
14	Dental Care & Elderly Patients
15	Health Promotion, Health Education & Dental Health Behavior

H. Course Assessment/Grading System

Please refer to RAKMHSU Catalog “Examination and Grading System” for details.

Continuous Assessment = 60 %	End Semester Examination = 40 %
In course assessment 40%	Theory Examination 100 %
Quizzes 20%	
Assignments 20%	
PBL 20%	

I. Educational Resources

Technological/Physical Support:

- Audiovisual aids
- Library/ e Library
- Problem oriented learning
- White board

Recommended Text Book:

Author	Title	Published Year & Ed.	Publisher
Kalat, James	Introduction to Psychology	2017 11 th Ed.	Cengage Higher Education

Recommended Reference Books:

Author	Title	Published Year	Publisher
Salgado, Arnel B	Psychology	2009	McGraw-Hill