

PJSC “HIGHER EDUCATION INSTITUTION
‘INTERREGIONAL ACADEMY OF PERSONNEL MANAGEMENT’”



SYLLABUS
of the academic discipline
«CURRENT ISSUES IN PSYCHOSOMATICS»

Speciality:	C4 Psychology
Educational level:	Second (master's) level
Study program:	Psychology

General information about the academic discipline

Name of the academic discipline	Current issues in psychosomatics
Code(s) and name(s)	C4 Psychology
Specialty(s)	Psychology
Level of higher education	second (master's) level of higher education
Status of the discipline	Selective
Number of credits and hours	3 credits/ 90 hours Lectures: 14 hours Seminars/practical classes: 20 hours Independent work: 56 hours
Terms of study of the discipline	1
Language of instruction	Ukrainian
Type of final control	Credit

General information about the instructor. Contact information.

Full name of the instructor	
Academic degree	
Position	
Areas of scientific research	
Links to the registers of identifiers for scientists	
Contact information	
E-mail:	
Department phone	
Teacher's portfolio on the Institute's website	

Course Annotation. The course “ Current issues in psychosomatics ” introduces students to a holistic approach to understanding human health and disease. Psychosomatics is a field in medicine (psychosomatic medicine) and psychology that studies the influence of psychological (primarily psychogenic) factors on the onset and subsequent course of somatic (bodily) illnesses. According to the main postulate of this branch of clinical psychology, the foundation lies in emotional responses, which are accompanied by functional changes and pathological disturbances in organs. A corresponding predisposition may influence the selection of the organ or system affected.

Subject of Study. Within psychosomatics, the course Creditines the connections between personality characteristics (constitutional features, character and personality traits, behavior styles, types of emotional conflicts) and specific somatic diseases.

Course Objective. The aim of the course “ Current issues in psychosomatics ” is for students to acquire knowledge about the psychological functioning of individuals suffering from psychosomatic disorders, the psychological aspects of psychodiagnostics, and the role of psychological factors in the course of medical treatment.

Course Tasks

1. Introduce students to theories and concepts of psychosomatics.
2. Explore general patterns and dynamics of psychological functioning in patients with psychosomatic disorders.
3. Study the main psychosomatic characteristics of patients with the most common somatic illnesses.
4. Develop skills in psychodiagnostics and providing psychological support to individuals with psychosomatic disorders.

Prerequisites: The study of the course “ Current issues in psychosomatics ” is based on the knowledge and skills acquired by students during their first (bachelor’s) level of higher education.

Postrequisites: The knowledge, skills, and competencies obtained in this course form a foundation for conducting and presenting research during the course of study, and in particular for mastering educational components such as “*Industrial and Pre-Diploma Practice*” and “*Preparation and Defense of the Qualification Work.*”

Program competencies and learning outcomes:

Integral competence	The ability to solve complex problems and challenges in the process of learning and professional activity in the field of psychology, which involves research and / or innovation and is characterised by complexity and uncertainty of conditions and requirements.
General Competencies (GC)	GC1. Ability to apply knowledge in practical situations. GC2. Ability to conduct research at the appropriate level. GC3. Ability to generate new ideas (creativity). GC4. Ability to identify, pose and solve problems.
Specific (Professional) Competencies (SC)	SC4. Ability to carry out practical activities (training, psychotherapeutic, counselling, psychodiagnostic and other depending on specialisation) using scientifically verified methods and techniques.
Program learning outcomes	
Program outcomes	ILO15 Apply in-depth knowledge of the psychology of crisis situations to provide psychological support and effective

	work with stressful conditions of different segments of the population during the war and post-war periods.
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Content of the academic discipline:

№	Topic name	Number of hours, of which:			
		Lect	Practi sses	Inde nt	Teaching methods/assessment methods
1st semester					Teaching methods: verbal (teaching lecture; conversation; educational discussion); inductive method; deductive method; translational method; analytical; synthetic; practical; explanatory- illustrative; reproductive; problem- based presentation method; partially- search; research; interactive methods (situation analysis; discussions, debates, polemics; dialogue, synthesis of thoughts; brainstorming; skills development; situational modeling, processing of discussion questions); modeling of professional activity; innovative teaching methods (competence; project-research); case method. Assessment methods: oral control (oral survey, assessment of participation in discussions, other interactive teaching methods); written control (control, independent work, essays); test control (closed-form tests: test- alternative, test-
Content module I.					
Topic 1.	Theories and concepts of psychosomatics	2	2	8	
Topic 2.	Features of child psychosomatics	2	4	8	
Topic 3.	Psychosomatic personality profile of individuals with cardiovascular diseases	2	2	8	

					correspondence); method of self-control and self-assessment; case study evaluation.
Topic 4.	Psychosomatic personality profile of individuals with gastrointestinal disorders and eating behavior disturbances	2	4	8	
Topic 5	Psychosomatic personality profile of individuals with kidney diseases, musculoskeletal disorders, and endocrine system disorders	2	2	8	
Modular test work					
Content module II.					
Topic 6	Psychosomatic approach to the interpretation of kidney diseases	2	2	8	
Topic 7	Psychosomatic approach to the interpretation of musculoskeletal and endocrine system diseases	2	4	8	
Modular test work					
Total :		14	20	56	
Form of control: Credit					

The table contains information about the maximum points for each type of assignment.

When assessing the mastery of each topic for the current educational activity, the student is given marks taking into account the approved assessment criteria for the relevant discipline.

The criteria for assessing the learning outcomes of students and the distribution of points they receive are regulated by the Regulations on the assessment of academic achievements of students at PJSC "HEI "IAPM".

Modular control. Modular control work on the academic discipline " Current issues in psychosomatics " is carried out in written form, in the form of testing, namely, closed-form tests: test-alternative, test-correspondence.

Criteria for evaluating the modular test work in the academic discipline " Current issues in psychosomatics":

When evaluating the modular test work, the volume and correctness of the completed tasks are taken into account:

- the grade "excellent" (A) is given for the correct completion of all tasks (or more than 90% of all tasks);
 - the grade "good" (B) is given for the completion of 80% of all tasks;
 - the grade "good" (C) is given for the completion of 70% of all tasks;
 - the grade "satisfactory" (D) is given if 60% of the proposed tasks are completed correctly;
 - the grade "satisfactory" (E) is given if more than 50% of the proposed tasks are completed correctly;
 - the grade "unsatisfactory" (FX) is given if less than 50% of the tasks are completed.
- Absence from the modular test work - 0 points.

The above grades are transformed into rating points as follows:

"A" - 18-20 points;
 "B" - 16-17 points;
 "C" - 14-15 points;
 "D" - 12-13 points.
 "E" - 10-11 points;
 "FX" - less than 10 points.

The final semester control in the academic discipline « Current issues in psychosomatics» is a mandatory form of assessing the learning outcomes of a student. It is carried out within the time limits established by the educational process schedule and in the volume of educational material determined by the syllabus of the academic discipline.

The final control is carried out in the form of an exam. The student is admitted to the final control provided that he/she performed all types of work outlined in the syllabus.

The final (semester) grade of the discipline for which the exam is provided is formed from two components: the results (grade) of the ongoing control; exam grade.

The maximum number of points for the ongoing control is 60, for the examination is 40.

The minimum amount by which the exam is considered as passed is 25 points.

The grade for the ongoing control is formed as the sum of rating points received by the student during the seminars/practical classes and incentive (if provided) points.

After evaluating the student's answers on the exam, the professor summarizes the points received for the ongoing control measures and points for the exam to obtain the final grade for the course.

Scale for the assessment of exam tasks

Scale	Total points	Criteria
Excellent level	30–40	The task is completed with high quality; the student has achieved the maximum score in the assessment of theoretical knowledge.
Good level	20–29	The task is completed with high quality and a sufficiently high proportion of correct answers.
Satisfactory level	10–19	The task is completed with an average number of correct answers; the student has demonstrated theoretical knowledge with significant errors.
Unsatisfactory level	0–9	The task is not completed; the student has demonstrated theoretical knowledge with major errors.

Assessment of additional (individual) types of educational activities. Additional (individual) types of educational activities include the participation of applicants in scientific conferences, scientific societies and problem groups, preparation of publications, etc. in excess of the tasks established by the relevant syllabus of the academic discipline.

By decision of the department, applicants who participated in scientific research work and performed certain types of additional (individual) types of educational activities may be awarded incentive (bonus) points for a certain educational component.

Incentive points are not normative and are not included in the table of distribution of points received by students and the main scale of the assessment system.

One event can be the basis for setting incentive points only for one most relevant educational component.

The total number of points scored by students for completing tasks for independent work is one of the components of the academic performance in the academic discipline. Independent

work on each topic according to the work program of the academic discipline is evaluated in the range from 0 to 2 points using standardized generalized knowledge assessment criteria.

Scale for evaluating the performance of independent work (individual tasks)

The maximum possible assessment of independent work (individual tasks)	Execution level			
	Excellent	Good	Satisfactory	Unsatisfactory
3	3	2	1	0

Forms of control: ongoing control based on the performance of practical work; ongoing control of knowledge acquisition based on the assessment of oral answers to questions, messages, reports, etc. (in practical (seminar) classes); individual or collective project that requires the formation of practical skills and abilities of students (selective form); solving situational tasks; a summary made on the topic studied independently; testing, performing a written test; draft articles, speech abstracts and other publications, other forms that contribute to the full assimilation of the educational program and the consistent development of skills for effective independent professional (practical and scientific and theoretical) activity at a high level.

To assess the learning outcomes of a student during the semester, a 100-point, national and ECTS assessment scale is used.

Summary assessment scale: national and ECTS

Total points for all types of learning activities	ECTS assessment	National scale assessment for exam, course project (work), internship	
		National scale assessment for exam, course project (work), internship	For pass/fail (credit)
90 – 100	A	excellent	pass
82 – 89	B	good	
75 – 81	C		
68 – 74	D	satisfactory	
60 – 67	E		
35 – 59	FX	unsatisfactory with the possibility of retaking	fail
			unsatisfactory with the possibility of retaking
0 – 34	F	unsatisfactory with mandatory re-study of the discipline	fail
			unsatisfactory with mandatory re-study of the discipline

Course Policy.

- regularly attend lectures and practical classes;
- work systematically and actively in lectures and practical classes;
- catch-up on missed classes;
- perform the tasks required by the syllabus in full and with appropriate quality;

- perform control and other independent work;
- adhere to the norms of academic behaviour and ethics.

The course "Current issues in psychosomatics" involves mastering and adhering to the principles of ethics and academic integrity, in particular, orientation on preventing plagiarism in any of its manifestations: all works, reports, essays, abstracts and presentations must be original and author's, not overloaded with quotes, which must be accompanied by references to primary sources. Violations of academic integrity are considered: academic plagiarism, self-plagiarism, fabrication, falsification, copying, deception, bribery, biased evaluation.

The assessment of the student is focused on receiving points for activity in seminar classes, completing tasks for independent work, as well as completing tasks that can develop practical skills and abilities, for which additional (bonus) points can be awarded (participation in round tables, scientific conferences, scientific competitions among students).

Methodological support of the academic discipline

Teaching and methodological materials that provide support for the discipline: lecture notes, methodological recommendations for conducting practical (seminar) classes and methodological recommendations for independent work of higher education students in the academic discipline "Current issues in psychosomatics".

Recommended sources of information

Main Sources:

1. Haiduk Yu. *Psychosomatics. Your Body Speaks*. Textbook. 2025. 176 p.
2. Kravchenko T. *Reference Book "Confession of the Body": Psychosomatics of Organs and Body Parts*. Kyiv: Psychobook, 2023. 143 p.
3. Mozhova H. P., Khanetska T. I., Yakimchuk O. I. *Psychosomatics: Mental, Bodily, Social. Reader: Textbook*. Kyiv: National Pedagogical University named after M. P. Dragomanov, 2021. 384 p.
4. Netreb S. *Psychosomatics. Facts and Evidence*. Kyiv: Kafedra, 2025. 168 p.
5. Chaban O. S., Khaustova O. O., Asanova A. A. *Practical Psychosomatics: Chronic Pain*. Kyiv: Medkniga, 2024. 131 p.
6. Chaban O. S., Khaustova O. O. *Practical Psychosomatics: Diagnostic Scales*. Kyiv: Medkniga, 2025. 248 p.
7. Shtork T. *Psychoanalysis and Psychosomatics: Bodily Foundations of Psychodynamics*. Textbook. R. Burlaki Publishing, 2025. 312 p.
8. Chaban O. S., Khaustova O. O., Omelyanovich V. Yu. *War-Time Mental Disorders*. Monograph. Kyiv: Medkniga Publishing House, 2023. 232 p.
9. Halas A. I. *Features of Emotional Regulation in Psychosomatic Patients*. Master's thesis, specialty 053 Psychology; supervisor H. A. Kozak; Lesya Ukrainka Volyn National University, Lutsk, 2024. 82 p.

Additional

Sources:

10. Yakimchuk O., Khanetska T. *The Influence of Family on the Development of Psychosomatic Disorders in Younger School-Age Children*. Scientific Journal of National Pedagogical University named after M. P. Dragomanov, Series 12, Psychological Sciences, 2021, No. 14 (59), pp. 90–104.
11. Kokun O., Viznyuk I., Paikush M., Dolynnyi S., Ordatsiy A., Karimulin R. *Mental Health*

of Volunteers: Origin of Psychosomatic Disorders in Post-Traumatic Stress Disorder. Emergency Medicine, 2025, No. 20 (8), pp. 717–724. DOI: 10.22141/2224-0586.20.8.2024.1807.

12. Kostyuchenko O. V. *Psychological Techniques in Working with Psychosomatic Problems.* Consciousness Psychology: Theory and Practice of Scientific Research: Materials of the International Scientific-Practical Conference (Kyiv, December 5, 2024). Lviv–Torun: Liha-Pres, 2024, pp. 200–205. URL: https://drive.google.com/drive/folders/15wEQoCoHoEvNGUNlvyH3uzIIGh_4P917