

## **BEHAVIORAL MEDICINE and DEVELOPMENT**

### **SSOM 2025-2026 (Semester 1 for Class of 2029)**

#### **OVERVIEW**

Behavioral Medicine and Development is a course that covers some behavioral and developmental aspects of medicine. Students learn the basic elements and normal patterns of development through the life span and their effect on the health of individuals. The course also examines some common health problems through a biopsychosocial lens and provides an introduction to basic health psychology.

#### **COMPETENCIES**

Behavioral Medicine competencies are based on the SSOM competencies and USMLE Step 1 content.

##### **Competency: Medical Knowledge**

Students will demonstrate knowledge of:

- 1) Behavioral/developmental aspects of the human life span, childhood, adolescence and older age, including cognitive, motor, language, psychosocial and interpersonal development. (SSOM 1.1, 1.4)
- 2) The relationship between stress and disease/illness. (SSOM 1.2, 1.5, 1.6)
- 3) Normal sleep patterns, sleep hygiene, and assessment/intervention for sleep disorders (SSOM 1.1, 1.2, 1.4)
- 4) Health and behavioral aspects of obesity (SSOM 1.2, 1.4, 1.5)
- 5) Features of normal sexuality and variants. (SSOM 1.1, 1.4)
- 6) The role of motivational tools and principles of learning in counseling and treating patients. (SSOM 1.2, 1.4)
- 7) The challenge of changing entrenched behaviors, even when there is a clear connection to improved health (SSOM 1.2, 1.4)
- 8) Considerations in a patient's death and dying experience. (SSOM 1.4)
- 9) The effects of gender on health and disease. (SSOM 1.5)
- 10) Family and social factors influencing patient behavior. (SSOM 1.4, 1.5)
- 11) Trauma-informed health care. (SSOM 1.2, 1.5)
- 12) The most common health-related concerns of those who are Gay, Lesbian and Transgendered and sensitivity in providing care. (SSOM 1.3, 1.5)
- 13) Social inequities and their effects on illness. (SSOM 1.3, 1.5, 1.6)
- 14) Specific experiences and methods of care for those with chronic medical conditions (SSOM 1.2, 1.3, 1.5, 1.6)
- 15) Prevalence, pathophysiology and behaviors of substance use and related disorders. (SSOM 1.2, 1.3, 1.4, 1.5)
- 16) The impact of trauma and adverse childhood events on health and behavior (SSOM 1.4, 1.5)

**Competency: Communication Skills**

Students will be able to:

- 1) Facilitate the learning of other students and faculty by interacting, participating in exercises, and asking questions (SSOM 3.6)
- 2) Utilize knowledge about patients' particular experiences and reactions to communicate effectively in counseling and education (SSOM 3.2)
- 3) Utilize knowledge of patients' particular experiences to demonstrate empathy, sensitivity, and compassion in interpersonal relationships (SSOM 3.2)

**Competency: Professionalism**

Students will be able to:

- 1) Complete any reading or assignments for each content area before lecture. (SSOM 5.2)
- 2) Converse appropriately and behave with personal integrity in all course activities and in interactions with peers and faculty. (SSOM 5.1, 5.2, 5.3, 5.4)
- 3) Recognize and accept their own limitations in knowledge and clinical skills and commit to continuously improve their knowledge and ability. (SSOM 5.1, 5.2)
- 4) Demonstrate responsibility and accountability by attending and being punctual at all required course activities such as lectures and exams. (SSOM 5.1, 5.2)
- 5) Demonstrate professional behavior by responding to direct communication from the Course Director in a timely fashion, particularly in circumstances when a face-to face meeting is requested to discuss issues related to academic performance. (SSOM 5.1, 5.2)
- 6) Provide timely, honest, and appropriately written feedback about the lectures in the course when requested. (SSOM 5.1, 5.2)

**Competency: Systems-Based Practice**

Students will be able to:

- 1) Demonstrate an understanding that some individuals in our society are from different developmental groups and minorities and how that characteristic affects presentation of illness and health care utilization. (SSOM 6.2, 6.4)
- 2) Recognize social context and environment, and how a community's public policy decisions affect individual and community health. (SSOM 6.2, 6.3, 6.4)

**READING ASSIGNMENTS****Reading Assignments:**

Lectures may have required readings and/or videos as per the syllabus.

**EXAMS AND GRADING**

There will be two examinations during the course: one at the mid-point and the other at the end of the course. Student grading will be determined by the total cumulative score over both exams. The course will be graded on a Pass/Fail basis. To pass the course, students will need to achieve a total cumulative score of >70%.