

Psychology for Medical Students

主 编 姚树桥 方建群
副主编 傅文青 钱 明
审 校 王 伟



人民卫生出版社

PSYCHOLOGY

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主 编 姚树桥 方建群

副主编 傅文青 钱 明

审 校 王 伟

编 者 (以姓氏笔画为序)

王 伟 (浙江大学医学院)

方建群 (宁夏医科大学)

汤艳清 (中国医科大学)

吴均林 (华中科技大学同济医学院)

陈 欢 (中南大学湘雅医学院)

柯思伟 (中南大学湘雅医学院)

钱 明 (天津医科大学)

唐峥华 (广西医科大学)

覃玉宇 (广西医科大学)

阙墨春 (苏州大学医学院)

王 哲 (中国医科大学)

孔 明 (苏州大学医学院)

李 茹 (武警医学院)

何 畏 (浙江大学医学院)

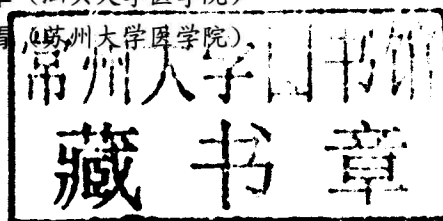
陈 晶 (华中科技大学同济医学院)

姚树桥 (中南大学湘雅医学院)

徐丽华 (苏州大学医学院)

黄庆军 (汕头大学医学院)

傅文青 (苏州大学医学院)



人民卫生出版社

图书在版编目 (CIP) 数据

医学心理学 = Psychology for Medical Students / 姚树桥
等主编. —北京: 人民卫生出版社, 2010.7

ISBN 978-7-117-12732-5

I. ①医… II. ①姚… III. ①医学心理学—医学院
校—教材—英文 IV. ①R395

中国版本图书馆 CIP 数据核字 (2010) 第 091647 号

门户网: www.pmph.com 出版物查询、网上书店
卫人网: www.ipmph.com 护士、医师、药师、中 医 师、卫生资格考试培训

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Psychology for Medical Students

主 编: 姚树桥 方建群

出版发行: 人民卫生出版社(中继线010-59780011)

地 址: 北京市朝阳区潘家园南里19号

邮 编: 100021

E - mail: pmph@pmph.com

购书热线: 010-67605754 010-65264830

010-59787586 010-59787592

印 刷: 北京智力达印刷有限公司

经 销: 新华书店

开 本: 889×1194 1/16 印张: 27

字 数: 836 千字

版 次: 2010 年 7 月第 1 版 2010 年 7 月第 1 版第 1 次印刷

标准书号: ISBN 978-7-117-12732-5/R·12733

定 价: 60.00 元

打击盗版举报电话: 010-59787491 E-mail: WQ@pmph.com

(凡属印装质量问题请与本社销售中心联系退换)

前 言

医学心理学是研究心理现象与疾病和健康相互关系的一门学科,是正在发展中的交叉学科,已成为现代医学教育中非常重要的课程。随着当前我国高等医学教育国际化进程的不断加快,越来越多的医学留学生来我国高等医学院校学习,这些都对医学教育中运用英语教学提出了更高的要求;同时,教育部对本科教育的双语教学要求也越来越高。但是,目前专门针对医学留学生以及本科教育双语教学的医学心理学教材还非常缺乏。为了加快与国际水平接轨,并满足医学院校对双语教学的要求,我们编写了这本英文版的《医学心理学》,以满足各医学院校教学的需要。

根据普通高等教育“十一五”国家级规划教材及卫生部“十一五”规划教材的要求,结合我国医学教育的特点及国际著名心理学教材的特点,对教材的结构和内容进行了精心的组织,并邀请了国内教学经验丰富、有英语国家学习经历的医学心理学专家编写了这本教材,同时邀请了外国专家进行审校,以保证本教材的质量。

全书内容可分为三个部分。第一部分绪论,主要介绍了心理学的发展历史、心理学的分支学科、生物-心理-社会医学模式以及心理学研究方法;第二部分主要介绍了普通心理学和发展心理学的基本知识,包括感觉和知觉、记忆、学习、动机和情感、个性以及意识、睡眠和梦;第三部分主要介绍了和临床有关的应用心理学知识,包括心理测量、健康心理学、异常心理、心身疾病、心理治疗、心理咨询以及医患关系等。

本教材既保留了心理学的基本知识框架,又增加了许多当今心理学进展的知识,并在内容上与国际上的临床心理学和心身医学接轨,适用于医学留学生、研究生及七年制医学教育的医学心理学英语教学;同时也适合本科教育的医学心理学双语教学。

参加本教材编写的老师们为本教材的编写付出了很大努力,反复推敲,多次精心修改,并对稿件进行了互审、互校。虽然如此,由于缺乏编写英文版专业教材的经验,难免会出现各种缺陷或错误,我们诚挚地希望使用本教材的老师和同学们提出宝贵意见。

在本书的策划、编写和出版过程中,得到了人民卫生出版社潘丽老师的关心和支持;加拿大 Concordia 大学心理学系 Andrew G. Ryder 博士和他的学生 Jessica Dere 女士对全部稿件进行了认真审校和全面修改,并提出了许多改进意见,在此一并表示诚挚的感谢!

编 者

2009 年 11 月

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Chapter **I**

Introduction to Psychology

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-

1. Introduction

1.1 What is Psychology?

Students are often curious about basic psychological questions such as how we perceive the world, why we forget, and how we can understand the processes of learning. As you begin to take psychology courses, what is your prediction? Psychology is to study many interesting phenomena, for example, how people are motivated to take a certain action, why people fall in love with each other, why people do the things they do, and why some people act aggressively and other people show obedience. Psychological ideas are popular in everyday life. We all use the principles of psychology everyday and probably don't even realize it. When we reward our child for doing something right, we are utilizing the operant conditioning principle of positive reinforcement. When we get nervous before we take a big exam, we might have some negative cognition about exam in our mind before, and are activating our autonomic nervous system. When we face a troublesome situation, and talk to ourselves in our minds, "calm down," or "give up," we are utilizing cognitive approaches to change our behaviors and emotions. When we become sad and anxious, we may touch on a forgotten and painful experience during childhood. Psychology studies many interesting phenomena. For example, how people perceive the world, how people are motivated to take a certain action, why people fall in love with each

other, and why people forgot certain experience or become aggressive in face of certain situation. In a word, psychology covers a great range from our daily lives to a variety of professional fields. It investigates our mental processes and behaviors, and provides meaningful explanations of our experiences.

What is Psychology? Psychology is the science involving the scientific study of mental processes and behavior. This definition includes three elements. First, psychological study is a serious and scientific work, and relies on a systematic and scientific method to conduct observations and experiments. The conclusions must depend on the scientific evidence that is based on careful observation and rigorous analysis. Second, psychology explores the mental processes such as memory, emotion, volition, reasoning, imagination, creativity, dreaming and so on; in other words, all the different things that we can do with our minds. As to the mental processes, psychologists share many interests with neurobiologists, especially in the field of cognitive science. Both fields are interested in the study of mental processes. Third, behavior is one of the important areas of study in psychology. The term behavior in psychology means any activity of an individual or animal that can be observed and measured. The behaviors usually refer to talking, running, smoking, crying, and even eye blinking. They also refer to some complex behaviors such as making a decision to get married, break up with boyfriend, or give up a job. People behave in certain ways which are closely linked to their mental processes. The behaviors are determined by multiple causes. Both heredity and environment jointly influence people's behaviors. Psychologists often explore mental processes through observing and studying these behaviors.

1.2 Professions of Psychology

Psychologists are involved in a variety of tasks. Many spend their careers doing basic and applied research of psychology in order to better understand how people behave in specific ways, how and why people think the way they do, and how emotions impact on the interactions with others. These psychologists can work in a laboratory of university, and other research institutes.

Many work as practitioners, typically counseling, clinical psychologists, and industrial-organizational psychologists. Counseling psychologists work with individuals, couples, families, and small groups. They try to help them explore themselves and adapt to their life better. They apply psychological knowledge to help individuals become more productive and competent. They often work in schools, universities, communities, and medical cares. Clinical psychologists attempt to understand the complexities of the mental processes, and try to demonstrate the courses and the effective treatments of mental disorders. They often work in medical cares and hospitals. They help patients feel less depressed, less anxious, and become more adaptive. Industrial-organizational psychologists usually work with businesses and organizations. They assist employers in working with their employees and their customers. They help employee become more productive, effective, and efficient, and improve employees' satisfaction in their work. They also help company select employees best suited for particular jobs, deal with issues such as absenteeism, workplace aggression, and barriers to workers with disabilities.

1.3 The Goals of Psychology

Psychology can help people to find more resources and make progress in their life and work, to improve interpersonal relationships, and to solve their problems. The study of psychology is to describe and explain people's behaviors in order to predict and control or improve their behaviors. Generally, there are four main goals in the study of psychology.

The first goal is to observe behavior and describe what was observed as objectively as possible. As a science, the fundamental purpose of psychology is to describe psychological phenomena adequately in order

to evaluate their significance and better understand their nature. For example, if we want to know what happen to the adolescents with smoking, and why they begin to smoke; we must first observe the smoking behavior of adolescents, and try to describe all kind of possible factors that relate to adolescent's smoking behaviors, such as personality, the relationship with parents or classmates, financial condition of family, life events, and so on. Through observing, we can acquire useful information for the study of adolescent's smoking behavior.

The second goal is to explain what was observed. It is not enough if we only have descriptions about observable data within a study, we must go beyond what is exterior, and try to explain what we observed. We have to explain why a person does what he or she does? In the above example of adolescent's smoking, we have described some possible factors that are related to adolescent's smoking behavior. We try to reveal the reasons that affect their smoking behavior, and identify a possible correlation between smoking behavior and other variables, such as psychological factors and social context. In other words, we attempt to find the reasons of adolescent's smoking behavior in certain groups, and explain why and when they smoke.

The third goal is prediction. Once we know what happened, and why it happened, we can begin to predict what will happen in the future. The significance of employing psychological knowledge to predict behaviors is therefore obvious, for otherwise the application of the study of psychology will be greatly limited. Psychologists will fail to satisfy the needs of a variety of tasks. In the above mentioned example, we have learned the causes of smoking behavior, we may speculate in which contexts the adolescents are inclined to smoke. We may also indicate that the adolescent's smoking behavior will lead to some adverse results. We may take preventive methods to avoid smoking behavior in vulnerable adolescents because we can predict who is more likely to smoke. This is like an old saying, which very often holds true, the best predictor of future behavior is past behaviors. Although we can employ psychological knowledge to predict people's behaviors, sometimes what will happen may get out of our prediction. We have a long way to go to improve this technique.

The last goal is to control and improve people's behaviors. Once we know what happened, why it happened, and what is likely to happen in the future, we can change certain behaviors in order to become more adaptive to their environment. Psychologists not only attempt to control behavior, but also want to improve quality of life. The cost of health care related to smoking behavior is huge around the world. Smoking can result in a range of serious conditions, including cardiovascular disease, cancer, and diabetes. The adverse effects of smoking behavior are greater on adolescents than adults. When we know the cause of the adolescent's smoking behavior, we try to change this harmful behavior. We may take steps to help adolescents quit smoking. We can employ many psychological principles and skills during smoking cessation, such as counseling and behavioral approaches to control or reduce this behavior.

2. The Historical Origins of Psychology

2.1 Historical Development of Psychology

To learn the historical origins of psychology can help us to understand a developmental process of psychology better. Psychology is a relatively young discipline. The origins of psychology can be traced back to the time of philosophy in ancient Greece. The word psychology comes from the ancient Greek, "psyche (ψυχή)" which is roughly equivalent to "soul," and the suffix "-ology (-λογία)" refers to study. Many philosophers discussed many of the same things that psychologists study nowadays. The famous philosophers such as Socrates, Plato, and Aristotle began to discuss fundamental questions about mind and mental processes thousands of years ago. "What is consciousness?" and "Are people inherently rational?" were popular