



Psychology

for Medical and Dental Students



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Book Units

Chapter		Author
1.	Psychology in healthcare: Fundamental principles and clinical implementation	Prof. Marwan Al-Zoubi
2.	The psychology of Attention, perception, Memory and Language	Dr. Ahmad Abudoush
3.	The psychology of human development	Prof. Ahmad Al-Shaikh
4.	Anxiety and psychosomatic illnesses	Dr. Ahmad Abudoush
5.	The psychology of pain management	Prof. Ahmad Al-Shaikh
6.	Interpersonal skills for healthcare provider	Prof. Marwan Al-Zoubi
7.	Burnout in healthcare: Symptoms and self-care strategies	Prof. Marwan Al-Zoubi



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Preface

You are entering a profession where scientific knowledge and technical skill intersect with the complexities of human behavior. This textbook was born from a simple but profound realization – the most sophisticated medical treatment can fail if we neglect the psychological dimensions of care. Whether you're preparing to take a patient's blood pressure or perform a root canal, understanding the mind is as crucial as mastering the procedure.

This book bridges the gap by merging psychological concepts with maximum clinical relevance for your medical and dental training. We did not focus on abstract theories but rather on practical applications and tips that will help you in providing accurate diagnosing and better services. Therefore, you will find many practical boxes such as: key learning point, human diversity, evaluate yourself, psychology on the ground, critical thinking and at the end of chapter a box with practical tips under the title Do & Avoid. Additionally, this book is equipped with an electronic platform that provides you with unit summary, unit's PowerPoint, and multiple choice exam trials to test your understanding.

This book is structured over seven units, these units progress from foundational psychological concepts to applied skills:

1. **Psychology in Healthcare:** This unit is about the vital role of psychology in health care system as well as exploring the fundamental principles of psychology and its basic theoretical framework and its clinical implementations.
2. **Attention, Perception, Memory and Language:** This unit explores the fundamental cognitive processes of attention perception, memory, and language, which are essential for understanding how humans interact with the world and process information. As future healthcare providers, gaining a deep understanding of these processes will enable you to better diagnose, manage, and treat patients who may experience impairments in these areas due to neurological, psychological, or developmental conditions.
3. **Human Development:** This unit is about Human development, a fundamental area of psychology that explores how individuals grow, learn, and change throughout their lives, from infancy to old age.
4. **Anxiety and Psychosomatic Illnesses:** This unit is about Anxiety and psychosomatic illnesses, which are prevalent conditions that significantly impact patients' physical and mental health. As future healthcare providers, understanding these conditions will enable you to diagnose, manage, and treat patients more effectively.
5. **Pain Management:** Medical students will be introduced to the psychological theories, principles, and therapies that are essential to understanding and treating pain holistically. The material is designed to enhance empathy, diagnostic insight, and therapeutic effectiveness by integrating psychological science into medical practice.
6. **Interpersonal Skills:** This unit is about providing information about the core interpersonal skills that every worker in the medical field needs to achieve success and professionalism.
7. **Burnout in Healthcare:** This unit focuses on work-related burnout among healthcare providers, the symptoms, consequences, and burnout management at organizational or personal level with practical information about self-care strategies.

Therefore, We challenge you to read this book differently than your anatomy texts! The knowledge here won't just help you pass exams – it will help you to provide better human empathic services as well as sustain your own passion for medicine when exhaustion and burnout hits.

This is the psychology that makes good clinicians great and distinguished! We're honored to guide your journey.

On behalf of the authors

Prof Marwan Al-Zoubi

Brief bio of the Authors

 Prof. Marwan Al-Zoubi	Prof. Marwan Al-Zoubi is a chartered applied psychologist and a qualified researcher and consultant in personality, life skills and mental health. He graduated from Surrey University in the UK and has a charteredship from the British Psychological Society (BPS). Currently, he is a university professor at Jordan University-Department of psychology. He led many projects in capacity building, mental health and improving human potential. Prof. Al-Zoubi published more than 25 articles and books in personality assessment, social skills, and career succession.
 Prof. Ahmad Al-Shaikh	Prof. Ahmad Alsheikh Ali is a distinguished scholar and practitioner in the fields of counseling psychology and mental health, blending academic excellence with real-world impact. Currently serving as a Full Professor at the University of Jordan, he holds a Ph.D. in Counseling Psychology and has shaped the next generation of professionals through his roles at multiple public and private universities across Jordan and the region. With expertise in counseling and clinical psychology, Dr. Alsheikh Ali remains a driving force in elevating mental health education, research, and policy in Jordan and beyond.
 Dr. Ahmad Abudoush	Dr. Abudoush is a licensed clinical psychologist and academic with specialized expertise in experimental and neurocognitive psychology, trauma interventions, pain, and culturally informed mental health practices. He earned his Ph.D. in Experimental Psychology from the University of Manchester. He is certified as a supervisor and trainer in CBT by the University of Oxford and in EMDR from the EMDR International Association. Currently, Dr. Abudoush is an assistant professor at the department of Psychology at the University of Jordan with focus on digital AI tools that can be used in low resources settings.

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