Course Description Form	
Course Code and Name	**DHF 2442 Protection of Psychological Health in Pediatric Dentistry**
Course Semester	4
Catalogue Data of the Course (*Course Content*)	To realize the existence of social and psychological approaches that physicians can apply in order to protect their psychological health in pediatric dentistry and to understand their applicability.
Course Textbooks	1. Nevzat TARHAN. Psychology of Happiness, Coping With Stress 2. Cooper, C.L. ve Payne, R. (1988), Causes, Copingand Consequences
Supplementary Textbooks	House, J.S. (1981), Work, Stress, And Social Support, Reading, MA: Addison-Wesley.
Credit	3
Prerequisites for the Course (*Attendance Requirements*)	-
Type of the Course	Elective
Language of Instruction	Turkish
Course Objectives	To realize that dentists who care for pediatric patients should protect their own psychological health in the face of professional difficulties and obligations, and to provide them with information about the methods they can use for this purpose.
Course Learning Outcomes	1. Knows that there are situations where stress and anxiety can be encountered in professional life. 2. Aware of the techniques that help to reduce stress and anxiety in professional life. 3. Searches for suitable techniques and approaches among the techniques that help to reduce stress and anxiety in professional life. 4. Experience the appropriate technique and approach among the techniques that help to reduce stress and anxiety in professional life.
Instruction Methods	Face of face
Weekly Schedule of the Course	1. Definition of stress and anxiety 2. The chemistry of stress and anxiety 3. Awareness of stress and anxiety 4. Life satisfaction and professional satisfaction concept 5. Sources of stress - anxiety in daily and professional life 6. Sources of stress - anxiety in daily and professional life 7. Ways to cope with stress and anxiety in daily life 8. Ways to cope with stress and anxiety in professional life; Stress Management 9. Ways to cope with stress and anxiety in professional life: Relaxation Techniques 10. Ways to cope with stress and anxiety in professional life: Breathing and Meditation 11. Ways to cope with stress and anxiety in professional life: Exercise 12. Practical Application: 13. Practical Application 14. Practical Application

Teaching Activities	Weekly theoretical course hours: 14 weeks, 3 hours
(The time spent for the activities listed here will determine the amount of credit required)	Internet browsing, library work: 2 weeks, 6 hours Material Design and Implementation: 4 weeks, 2 hours Report Preparing: 2 weeks, 2 hours Preparing a Presentation: 3 weeks, 2 hours Presentations: 1 weeks, 1 hours Preparation of Midterm and Midterm Exam: 2 weeks, 3 hours Final Exam and Preparation for Final Exam: 2 weeks ,3 hours

Assessment Criteria		Numbers	Total Weighting (%)
	Midterm Exams	1	50
	Assignment		
	Application		
	Projects		
	Practice		
	Quiz		
	Final Exam	1	50
	Total	2	100

Workload of the Course	Activity	Total Number of Weeks	Duration (weekly hour)	Total Period Work Load
	Weekly Theoretical Course Hours	14	3	42
	Weekly Tutorial Hours			
	Reading Tasks			
	Studies	6	2	12
	Material Design and Implementation	4	2	8
	Report Preparing	2	2	4
	Preparing a Presentation	3	2	6
	Presentations	1	1	1
	Midterm Exam and Preparation for Midterm Exam	2	3	6
	Final Exam and Preparation for Final Exam	2	3	6
	Other (should be emphasized)			
	Total Workload			85
	Total Workload / 25			3,40
	Course Credit (ECTS)			3

Contribution Level Between Course Outcomes and Program Outcomes	No	Program Outcomes	1	2	3	4	5
	1	PO1	x				
	2	PO2	x				
	3	PO3	x				
	4	PO4					x
	5	PO5					x
	6	PO6	x				
	7	PO7	x				
	8	PO8					x

9	PO9	x				
10	PO10					x
11	PO11			x		
12	PO12					x
13	PO13					x
14	PO14					x

Lecturer(s) and Contact Informations	Prof..Dr. Didem ATABEK dtdidem@hotmail.com