INTERNATIONAL HIGHER SCHOOL OF MEDICINE

Department Introduction to Therapy and Family Medicine Department

SYLLABUS
Psychiatry and Addictology

2026-2027 academic year
for students of medical faculty
5 rd course 9 semester, groups 1-40
4 credits (120 h, including auditorial 72 h, independent work -48 h)

Lecturer: Popkov Mikhail
+996 555 343435 (Whatsapp)
Email: mihailpopkovanat@gmail.com

Venue: Zoom

Practical classes: Popkov Mikhail
+996 555 343435 (Whatsapp)
Email: mihailpopkovanat@gmail.com
Moldoeva Bermet
+996 999 190797 (Whatsapp)
Email: bermetmoldoeva@gmail.com
Ismailov Meder
+996 779 950 095
Email: ismailov.meder@gmail.com
Myktybekova Zharkynai
+996 705 529 535
Email: zhakasd@gmail.com

Venue: Republican center of psychiatry and narcology, Polyclinic № 6, Vedanta

The Syllabus is considered
at the meeting of the department of
Introduction to Therapy and Family Medicine
Protocol № 1 dated 27.08.2026

Head of the department _____ A.A.Kamchybekova

Course Objective: consists of student's developing in systematic knowledge about the basic patterns of the formation of mental disorders, in the formation and development of students' clinical skills in recognizing the symptoms of mental disorders, diagnosis skills and basic skills in prescribing treatment and prevention of the main mental disorders most often encountered in medical practice.

After study of the discipline the student must:
Knowledge:

- Standard diagnostic algorithms in accordance with the ICD and current classifications of diseases.
- Basic algorithms for the treatment of common acute and exacerbations of chronic diseases that are not accompanied by a threat to the patient's life and do not require emergency medical care.
- Techniques and methods of first medical aid for emergency and life-threatening conditions.

Skill:

- Use standard algorithms to make a diagnosis in accordance with the ICD and current classifications of diseases in typical clinical situations.
- Use standard treatment algorithms for the most common diseases in typical clinical situations.
- Select techniques and methods of first aid for emergency and life-threatening conditions.
- train patients and their relatives to monitor basic health indicators for diseases that require self-control on the part of patients.

Abilities:

- Skills of critical analysis and reasonable application of standard algorithms for making a diagnosis in accordance with the ICD and current classifications of diseases in typical clinical situations.
- Skills in correcting the treatment of the most common diseases within the framework of standard algorithms in accordance with the principles of evidence-based medicine.
- Skills in applying basic algorithms for the treatment of common acute and exacerbations of chronic diseases that are not accompanied by a threat to the patient's life and do not require emergency medical care.
- Skills in applying basic first aid techniques in emergency and life-threatening conditions.
- The skill of identifying key aspects of diseases that require self-control on the part of patients.

Pre-requisites.

- Basics of medical psychology
- Clinical pharmacology
- Internal illnesses
- Neurology and neurosurgery

Post-requisites.

- Practical medicine
- Postgraduate studies in clinical disciplines
- State exam

THEMATIC PLAN OF LECTURES

№	Theme of lecture	Hours	Date
1	Introduction to psychiatry, research methods in psychiatry. Legal Foundations of Psychiatry. Psychiatric examination methodology. Principles of psychiatric classification of mental disorders in DSM-V and ICD-11	2	According to timetable
2	Fundamentals of Psychopathology. Disorders of perception. Memory disorders	2	According to timetable
3	Disorders of consciousness and motor function Emotion and mood disorders Disorders of thinking and speech	2	According to timetable
4	Schizophrenia. Clinical features and treatment	2	According to timetable
5	Brief psychotic disorder, Delusional disorder, Schizoaffective disorder.	2	According to timetable
6	Neurodevelopmental Disorders.	2	According to timetable
7	Mood Disorders.	2	According to timetable

8	Anxiety disorders.	2	According to timetable
9	Obsessive-Compulsive and Related Disorders.	2	According to timetable
10	Stress-induced disorders and impulse control disorders	2	According to timetable
11	The phenomenon of somatization in the practice of a family doctor, mental disorders associated with the physical functions of the body.	2	According to timetable
12	Disorders of physical functions caused primarily by psychogenic causes.	2	According to timetable
13	Fundamentals of prevention, treatment, and prevention of addiction to chemical substances. Part I	2	According to timetable
14	Fundamentals of prevention, treatment, and prevention of addiction to chemical substances Part II	2	According to timetable
15	Overview of Neurocognitive Disorder. Clinical features, pathogenesis management and treatment.	2	According to timetable
16	Introduction to Personality Disorders	2	According to timetable
17	Fundamentals of psychotherapy in the activities of a general practitioner	4	According to timetable
TOTAL		**36**	

THEMATIC PLAN OF PRACTICAL CLASSES

Units №	**Theme of practical class**	**Hours**	**Date**
I	**Lesson 1**: Goals and objectives of psychiatry and drug addiction Basic and auxiliary methods of examination in psychiatry. Acquaintance with the medical history of a psychiatric patient. **Lesson 2:** Etiology and pathophysiology of mental disorders. Private psychopathological symptoms and syndromes part 1 **Lesson 3:** Basic psychopathological symptoms and syndromes part 2 **Lesson 4:** Clinical picture, treatment, prevalence and etiological factors of schizophrenia. The concept of psychosis and the concept of neurosis. Group of psychotic schizophreniform disorders. **Lesson 5:** Unit Control	2 2 2 2 2	According to timetable
II	**Lesson 6**: Intellectual Disabilities. Communication Disorders. Language Disorder. Speech Sound Disorder. Childhood-Onset Fluency Disorder (Stuttering). Social (Pragmatic) Communication Disorder. Autism Spectrum Disorder. Attention-Deficit/Hyperactivity Disorder. Elimination disorders. **Lesson 7**: Phenomenology of Bipolar and Related Disorders. Bipolar I Disorder and Bipolar II Disorder. Differential Diagnosis of Bipolar and Related Disorders. Treatment of Bipolar and Related Disorders. Depressive Disorders. Persistent Depressive Disorder (Dysthymia). Substance/Medication-Induced Depressive Disorder. Management of MDD. **Lesson 8**: Bio-psycho-social model of anxiety, the importance of somatization of anxiety states in the practice of a family doctor. Etiology, prevalence, course of the disease. Approaches to patients with Anxiety	2 2 2	According to timetable

	Disorders: basic principles of prevention, treatment and rehabilitation of the anxiety. **Lesson 9:** Obsessive-Compulsive and Related Disorders. Obsessive-Compulsive Disorder. Body Dysmorphic Disorder, Diagnosis, clinical course, pharmacotherapy, treatment, cognitive-behavioral therapy. Eating and Feeding Disorders. Elimination Disorders **Lesson 10**: Unit Control	2 2	
III	**Lesson 11:** Trauma- and Stressor-Related Disorders. Somatic Symptom and Related Disorders. **Lesson 12:** Sleep–Wake Disorders. Sexual Dysfunctions. Gender Dysphoria. Disruptive, Impulse-Control, and Conduct Disorders **Lesson 13:** Substance-Related and Addictive Disorders **Lesson 14**: Unit Control	2 2 2 2	According to timetable
IV	**Lesson 15**: Neurocognitive Disorders **Lesson 16**: Personality Pathology and Personality Disorders Paraphilic Disorders **Lesson 17:** Basic principles of psychoanalysis. Basics of cognitive behavioral therapy **Lesson 18:** Unit control	2 2 2 2	According to timetable
	Total:	**36**	

THEMATIC PLAN OF INDEPENDENT WORK OF STUDENTS

Unit №	Theme of independent work	Hours	**Date**
I	Basic psychopathological symptoms and syndromes. Clinical picture, treatment, prevalence and etiological factors of schizophrenia.	4	According to timetable
II	Intellectual Disabilities. Autism Spectrum Disorder. ADHD. Bipolar and Related Disorders. Anxiety Disorders, Obsessive-Compulsive and Related Disorders.	4	According to timetable
III	Body Dysmorphic Disorder, Hoarding Disorder, Trichotillomania (Hair-Pulling Disorder), Excoriation (Skin-Picking) Disorder. PTSD. Somatic Disorders. Gender Disorders. Sleep–Wake Disorders. Sexual Dysfunctions	4	According to timetable
IV	Neurocognitive Disorders. Personality Pathology and Personality Disorders. Basics of cognitive behavioral therapy. Addictive Disorders.	4	According to timetable
	TOTAL	**16**	

Recommended reading for the discipline:

Basic:

1. Ebert, Michael H.; Loosen, Peter T.; Nurcombe, Barry. Current Diagnosis & Treatment in Psychiatry. McGraw – Hill International editions. 2000.
2. Edited by Laura Weiss Roberts, M.D., M.A. Textbook of Psychiatry, Seventh Edition. The American Psychiatric Association Publishing. 2019
3. Benjamin J. Sadock MD, Samoon Ahmad M.D., Virginia A. Sadock MD. Kaplan & Sadock's Pocket Handbook of Clinical Psychiatry 6th Edition. LWW; 6th edition. 2018
4. Patricia Casey. Fish's Clinical Psychopathology: Signs and Symptoms in Psychiatry 4th Edition. RCPsych Publications; 4th edition. 2019

Additional:

1. M.S. Bhatia Essentials of Psychiatry 9th Edition. CBS Publishers & Distributors Pvt Ltd, India; 2020

Grading policy and procedures for all types of work

For the period of studying the discipline, the student gains points for the relevant parameters (per unit):
current score - 40 points
independent work - 20 points

control score (final assessment of knowledge per unit) - 40 points
Maximum score - 100 (40+20+40)

Grading system for student's achievements

Grading criteria per discipline				
Maximum score	Intervals			
	«unsatisfactory»	«satisfactory»	«good»	«excellent»
Current control - 40	0-23	24-30	31-35	36-40
Interval description	Does not know theory, and does not know how to apply practical skills, does not know how to communicate	Knows little theory, applies some practical skills, average communication skills	Knows the theory, but makes mistakes, mastered practical skills and communications well	Knows the theory and correctly applies practical skills, communication skills are developed
Independent work - 20	0-11	12-15	16-17	18-20
Interval description	Nothing completed over or completed over but everything wrong	H/W handed over, but not completely and with mistakes	Not all h/w surrendered, or surrendered completely, but there are mistakes	All h/w handed over complete and correctly
Control work (module) - 40	0-23	24-30	31-35	36-40
Interval description	Doesn't know anything, doesn't know how to apply practical skills	Knows little theory, knows how to apply some practical skills	Knows theory but makes mistakes, applies practical skills well	Knows theory and applies practical skills correctly

Conduct Policy: (lateness, absence, behavior in the auditorium, late submission of work).
- Punctuality and completion of tasks.
- Mandatory attendance of classes.
- Attending class in a clean medical uniform.
- Eliminating conversations on a cell phone in the classroom.
- Active participation in the learning process.
- Doing homework on time.
- Academic detention at the time specified by the teacher.

For violations of the Conduct Policy, the total points for discipline might be reduced to 1-10 points.

Academic Ethics Policy.
- Be tolerant, respect the opinions of others.
- Formulate objections in the correct form.
- Constructively support feedback in all classes.
- Plagiarism and other forms of dishonest work are unacceptable. Plagiarism includes the following: the absence of references when using printed and electronic materials, quotes, thoughts and works of other authors or students.
- Prompting and cheating during tests, exams, classes is unacceptable as well as passing an exam for another student, unauthorized copying of materials.

For violations of the Academic Ethics Policy, the total points for the discipline may be reduced to 1-10 points.

Guidelines for the lessons of the discipline
Unit I. Key questions covered in lesson 1: Goals and objectives of psychiatry and drug addiction

Basic and auxiliary methods of examination in psychiatry. Acquaintance with the medical history of a psychiatric patient.
1. Objectives of psychiatry and drug addiction.
2. Basics methods in psychiatry

Recommended reading for this discipline:

[1] Michael H. Ebert, Peter T. Loosen, Barry Nurcomble. CURRENT DIAGNOSTIC AND TREATMENT IN PSYCHIATRY. McGraw – Hill International editions. 2000

[2] Fish's Clinical Psychopathology. Signs and symptoms. Third edition. Patricia Casey and Brendan Kelly Gaskell. 2013

Unit I. Key questions covered in lesson 2: Etiology and pathophysiology of mental disorders. Private psychopathological symptoms and syndromes part 1
1. Pathophysiology of mental disorders.
2. Syndromes in psychopathological.

Recommended reading for this discipline:

[1] The American Psychiatric Association Publishing Textbook of Psychiatry, Seventh Edition Edited by Laura Weiss Roberts, M.D., M.A. 2019 pp 15-17

[2] Kaplan & Sadock's concise textbook of clinical psychiatry / Benjamin James Sadock, Virginia Alcott Sadock, Pedro Ruiz. Fouth edition 2007.

Unit I. Key questions covered in lesson 3: Basic psychopathological symptoms and syndromes part 2.
1. Syndromes in psychopathological.

Recommended reading for this discipline:

[1] The American Psychiatric Association Publishing Textbook of Psychiatry, Seventh Edition Edited by Laura Weiss Roberts, M.D., M.A. 2019 pp 15-17

[2] Kaplan & Sadock's concise textbook of clinical psychiatry / Benjamin James Sadock, Virginia Alcott Sadock, Pedro Ruiz. Fouth edition 2007.

Unit I. Key questions covered in lesson 4: Clinical picture, treatment, prevalence and etiological factors of schizophrenia.
1.Symptoms of schizophrenia
2. Etiology of schizophrenia
3.Treatment of schizophrenia

Recommended reading for this discipline:

[1] Michael H. Ebert, Peter T. Loosen, Barry Nurcomble. CURRENT DIAGNOSTIC AND TREATMENT IN PSYCHIATRY. McGraw – Hill International editions. 2000

[2] Kaplan & Sadock's concise textbook of clinical psychiatry / Benjamin James Sadock, Virginia Alcott Sadock, Pedro Ruiz. Fouth edition 2007.

Unit II. Key questions covered in lesson 5: The concept of psychosis and the concept of neurosis. Group of psychotic schizophreniform disorders.
1.Symptoms of psychosis and neurosis
2. Etiology of psychosis and neurosis
3. Psychotic schizophreniform disorders.

Recommended reading for this discipline:

[1] Kaplan & Sadock's concise textbook of clinical psychiatry / Benjamin James Sadock, Virginia Alcott Sadock, Pedro Ruiz. Fouth edition 2007.

[2] The American Psychiatric Association Publishing Textbook of Psychiatry, Seventh Edition Edited by Laura Weiss Roberts, M.D., M.A. 2019 pp 15-17

Unit II. Key questions covered in lesson 6: Intellectual Disabilities. Communication Disorders. Language Disorder. Speech Sound Disorder. Childhood-Onset Fluency Disorder (Stuttering). Social (Pragmatic) Communication Disorder. Autism Spectrum Disorder. Attention-Deficit/Hyperactivity Disorder. Elimination disorders.
1.Symptoms of childhood disabilities
2. Etiology of childhood disabilities
3. Diagnosis of childhood disabilities
4. Treatment of childhood disabilities

Recommended reading for this discipline:

[1] Handbook of Intellectual Disabilities. Integrating Theory, Research, and Practice. Johnny L. Matson. 2019

[2] The American Psychiatric Association Publishing Textbook of Psychiatry, Seventh Edition Edited by Laura Weiss Roberts, M.D., M.A. 2019 pp 15-17

Unit II. Key questions covered in lesson 7: Phenomenology of Bipolar and Related Disorders. Bipolar I Disorder and Bipolar II Disorder. Differential Diagnosis of Bipolar and Related Disorders. Treatment of Bipolar and Related Disorders. Depressive Disorders. Persistent Depressive Disorder (Dysthymia). Substance/Medication-Induced Depressive Disorder. Management of MDD.
1.Bipolar I, Bipolar II. Etiology, symptoms, diagnosis, treatment.
2. Dysthymia
3. Depressive Disorder

Recommended reading for this discipline:
[1] Kaplan & Sadock's concise textbook of clinical psychiatry / Benjamin James Sadock, Virginia Alcott Sadock, Pedro Ruiz. Fouth edition 2007.
[2] The American Psychiatric Association Publishing Textbook of Psychiatry, Seventh Edition Edited by Laura Weiss Roberts, M.D., M.A. 2019 pp 15-17

Unit II. Key questions covered in lesson 8: Bio-psycho-social model of anxiety, the importance of somatization of anxiety states in the practice of a family doctor. Etiology, prevalence, course of the disease. Approaches to patients with Anxiety Disorders, Obsessive-Compulsive and Related Disorders: basic principles of prevention, treatment and rehabilitation of the anxiety.
1. Etiology, prevalence, course of anxiety
2. Basic principles of prevention, treatment and rehabilitation of OCD

Recommended reading for this discipline:
[1] Kaplan & Sadock's concise textbook of clinical psychiatry / Benjamin James Sadock, Virginia Alcott Sadock, Pedro Ruiz. Fouth edition 2007.
[2] Michael H. Ebert, Peter T. Loosen, Barry Nurcomble. CURRENT DIAGNOSTIC AND TREATMENT IN PSYCHIATRY. McGraw – Hill International editions. 2000

Unit I. Key questions covered in lesson 9: Unit Control
1.Basics methods in psychiatry. Pathophysiology of mental disorders.
2.Schizophrenia. Clinical picture, treatment, prevalence and etiological factors
3.Childhood disabilities. Intellectual Disabilities. Autism Spectrum Disorder. Attention-Deficit/Hyperactivity Disorder
4.Mood disorders. Bipolar disorder. Depressive disorder. Anxiety disorder.

Unit III. Key questions covered in lesson 10: Obsessive-Compulsive and Related Disorders. Obsessive-Compulsive Disorder. Diagnosis, clinical course, pharmacotherapy, treatment, cognitive-behavioral therapy. Body Dysmorphic Disorder, Hoarding Disorder, Trichotillomania (Hair-Pulling Disorder), Excoriation (Skin-Picking) Disorder. Diagnosis, clinical course, pharmacotherapy, treatment, cognitive-behavioral therapy.
1. Diagnosis, clinical course, pharmacotherapy, treatment, cognitive-behavioral therapy of body dysmorphic disorder.
2. Basic principles of prevention, treatment and rehabilitation of OCD

Recommended reading for this discipline:
[1] Kaplan & Sadock's concise textbook of clinical psychiatry / Benjamin James Sadock, Virginia Alcott Sadock, Pedro Ruiz. Fouth edition 2007.
[2] The American Psychiatric Association Publishing Textbook of Psychiatry, Seventh Edition Edited by Laura Weiss Roberts, M.D., M.A. 2019 pp 15-17

Unit III. Key questions covered in lesson 11: Trauma- and Stressor-Related Disorders. Disruptive, Impulse-Control, and Conduct Disorders.
1. Diagnosis, clinical course, pharmacotherapy, treatment, cognitive-behavioral therapy of PTSD.
2. Diagnosis, clinical course, pharmacotherapy, treatment, Impulse-Control, and Conduct Disorders.

Recommended reading for this discipline:
[1] The PTSD workbook. By Mary Ruth Williams. 2013
[2] Michael H. Ebert, Peter T. Loosen, Barry Nurcomble. CURRENT DIAGNOSTIC AND TREATMENT IN PSYCHIATRY. McGraw – Hill International editions. 2000

Unit III. Key questions covered in lesson 12: Somatic Symptom and Related Disorders. Gender Dysphoria.
1. Diagnosis, clinical course, pharmacotherapy, treatment of gender dysphoria.
2. Diagnosis, clinical course, pharmacotherapy, treatment of somatic disorder.

Recommended reading for this discipline:
[1] Psychology and Gender Dysphoria. Jemma Tosh. 2016
[2] Michael H. Ebert, Peter T. Loosen, Barry Nurcomble. CURRENT DIAGNOSTIC AND TREATMENT IN PSYCHIATRY. McGraw – Hill International editions. 2000

Unit III. Key questions covered in lesson 13: Sleep–Wake Disorders. Sexual Dysfunctions.
1. Diagnosis, clinical course, pharmacotherapy, treatment of sexual dysfunctions.
2. Diagnosis, clinical course, pharmacotherapy, treatment of sleep/wake disorders.

Recommended reading for this discipline:
[1] Sleep-Wake Disorders. Karl DoghramjiM.D., Anna IvanenkoM.D., Ph.D. 2019
[2] The American Psychiatric Association Publishing Textbook of Psychiatry, Seventh Edition Edited by Laura Weiss Roberts, M.D., M.A. 2019 pp 15-17

Unit IV. Key questions covered in lesson 14: Substance-Related and Addictive Disorders**.**
1. Diagnosis, clinical course, pharmacotherapy, treatment of alcohol addiction
2. Diagnosis, clinical course, pharmacotherapy, treatment of drug addiction

Recommended reading for this discipline:
[1] Addiction Psychiatry: Current Diagnosis and Treatment 1st Edition. Norman S. Miller. 1995

[2] Kaplan & Sadock's concise textbook of clinical psychiatry / Benjamin James Sadock, Virginia Alcott Sadock, Pedro Ruiz. Fouth edition 2007.

Unit IV. Key questions covered in lesson 15: Neurocognitive Disorders

1. Diagnosis, clinical course, pharmacotherapy, treatment of vascular dementia (VaD)
2. Diagnosis, clinical course, pharmacotherapy, treatment of dementia with Lewy body (DLB)
3. Diagnosis, clinical course, pharmacotherapy, treatment of Alzheimer's disease

Recommended reading for this discipline:

[1] Neurocognitive Behavioral Disorders: An Interdisciplinary Approach to Patient-Centered Care. 1st ed. 2019 Edition. Maureen Nash. Sarah Foidel.

[2] Michael H. Ebert, Peter T. Loosen, Barry Nurcomble. CURRENT DIAGNOSTIC AND TREATMENT IN PSYCHIATRY. McGraw – Hill International editions. 2000

Unit IV. Key questions covered in lesson 16: Personality Pathology and Personality Disorders. Paraphilic Disorders

1. Diagnosis, clinical course, pharmacotherapy, treatment of borderline personality disorder, paranoid personality disorder, schizoid personality disorder.
2. Diagnosis, clinical course, pharmacotherapy, treatment of exhibitionism (exposure of genitals to strangers), voyeurism (observing private activities of unaware victims), and frotteurism (touching or rubbing against a nonconsenting person)

Recommended reading for this discipline:

[1] Practical Guide to Paraphilia and Paraphilic Disorders. R Balon. 2016

[2] The American Psychiatric Association Publishing Textbook of Psychiatry, Seventh Edition Edited by Laura Weiss Roberts, M.D., M.A. 2019 pp 15-17

Unit IV. Key questions covered in lesson 17: Basic principles of psychoanalysis. Basics of cognitive behavioral therapy

1. Structure of personality, psychosexual stages, defense mechanism, anxiety, and the unconscious mind.
2. Core beliefs. Dysfunctional assumptions. Automatic negative thoughts.

Recommended reading for this discipline:

[1] Cognitive Behavior Therapy: Basics and Beyond. Third Edition. Judith S. Beck. 2020

[2] Basic principles of psychoanalysis. A. A Brill. 2017

Unit IV. Key questions covered in lesson 18: Unit Control

1. Obsessive-Compulsive and Related Disorders. Body dysmorphic disorder. Clinical picture, treatment, prevalence and etiological factors.
2. PTSD. Diagnosis, clinical course, pharmacotherapy, treatment, cognitive-behavioral therapy.
3. Gender dysphoria. Somatic disorder. Diagnosis, clinical course, pharmacotherapy, treatment
4. Neurocognitive Disorders. Diagnosis, clinical course, pharmacotherapy, treatment.
5. Alcohol addiction, drug addiction. Diagnosis, clinical course, pharmacotherapy, treatment

Methodological instructions for the implementation of independent work on the discipline

To perform independent work, students need to reinforce their knowledge materials from lectures, skills from practical classes and cases. And study how use guidelines\books to different disorders.