Medicinski fakultet u Rijeci

IZVEDBENI NASTAVNI PLAN
2026/2027

Za kolegij

Anxiety and How to Deal with It

Studij:	**Medical Studies in English (R)** (izborni) Sveučilišni integrirani prijediplomski i diplomski studij
Katedra:	**Katedra za psihijatriju i psihološku medicinu**
Nositelj kolegija:	**doc.dr.sc. Pavešić Radonja Aristea, dr. med.**
Godina studija:	**2**
ECTS:	**1.5**
Stimulativni ECTS:	**0 (0.00%)**
Strani jezik:	**Mogućnost izvođenja na stranom jeziku**

Podaci o kolegiju:

Anxiety disorders may develop as a result of persistent or excessive stress and frustration and represent an increasingly important health problem. Anxiety is a normal part of human life and experience and does not necessarily indicate illness. Through a multidisciplinary approach, this course will introduce medical students to the causes, clinical presentation, and treatment of anxiety. Students will learn to recognize symptoms of anxiety in everyday life, distinguish normal from pathological anxiety, and differentiate anxiety occurring in psychologically healthy individuals from anxiety associated with mental disorders.

The aim of the course is to familiarize students with the etiology of anxiety disorders, enable them to recognize their clinical presentation and potential consequences, and identify appropriate therapeutic interventions.

Students will also learn about anxiety as a psychological phenomenon accompanying physical illness and its influence on the clinical presentation, diagnostic process, treatment, and course of disease.

Furthermore, students will acquire the knowledge and skills necessary to understand the psychological experiences that arise in the patient–physician relationship, as well as physicians' psychological reactions when interacting with patients. Particular emphasis will be placed on developing effective and empathetic communication skills when caring for seriously physically ill patients.

Ishodi učenja:

Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Explainthe concepts, etiology, risk factors, and clinical presentation of anxiety and anxiety disorders.

2. Distinguish between normal and pathological anxiety, including anxiety in psychologically healthy individuals and that associated with mental disorders.

3. Recognize and assess psychological, behavioral, and physical symptoms of anxiety in everyday life and in clinical settings.

4. Describe the impact of anxiety accompanying physical illness on symptom presentation, diagnosis, treatment, and the course of disease.

5. Identify the possible consequences and comorbidities of anxiety disorders.

6. Describe and evaluate the main therapeutic approaches to anxiety disorders, including psychological, pharmacological, and multidisciplinary interventions.

7. Demonstrate effective, empathetic, and professional communication with anxious and seriously physically ill patients.

8. Recognize and reflect on the psychological experiences of both patients and physicians within the patient–physician relationship.

Popis obvezne ispitne literature:

Black DW, Andreasen NC. INTRODUCTORY TEXTBOOK OF PSYCHIATRY; Seventh Edition. American Psychiatric Association; VA, US 2020 (e-book)

https://doi.org/10.1176/appi.books.9781615373758

Toy EC, Klamen D. CASE FILES: PSYCHIATRY; Sixth Edition. Mc Graw Hill Medical; 2021

Popis dopunske literature:

All relevant international literature available online.

Nastavni plan:

Predavanja popis (s naslovima i pojašnjenjem):

L1 The biopsychosocial model of anxiety disorders

Distinguish fear, stress, and anxiety. Explain the adaptive role of anxiety and the biopsychosocial model of its development. Show the importance of intensity, duration, avoidance, and impaired functioning when differentiating between normal and clinically significant anxiety. Connect examples to student life and medical practice.

L2 Anxiety in everyday life

Explain the connection between a situation, threat assessment, emotions, bodily reactions, and behavior. Show the role of catastrophic interpretations, excessive worry, avoidance, and repeated seeking of reassurance. Using everyday and health examples, distinguish short-term relief from long-term coping.

L3 Test anxiety

Describe the development, symptoms, and consequences of exam anxiety. Consider the impact of perfectionism, procrastination, and fear of failure. Present the principles of realistic preparation and how to act when anxiety interferes with performance. Explain when it is necessary to seek additional help.

L4 Anxiety disorders

Give a brief overview of the main features of panic disorder, generalized anxiety disorder, and phobic disorders. Point out anxiety in connection with other mental disorders, physical illnesses, medications, and psychoactive substances; go into details in seminars. Explain the difference between a panic attack and panic disorder, as well as the importance of assessing acute physical symptoms before attributing them to anxiety.

L5 Anxiety ; treatment

Show the role of psychoeducation, cognitive-behavioral interventions, relaxation, lifestyle habits, and pharmacotherapy. Differentiate between self-help, support, and professional treatment. Explain the importance of an individual approach and seeking help in a timely manner. Emphasize that self-help methods can support treatment but are not a replacement when professional treatment is needed.

Seminari popis (s naslovima i pojašnjenjem):

S1 Anxiety, physical symptoms, and the impact of psychoactive substances

Analyze the presentation of a person with palpitations, shortness of breath, or other physical symptoms. Consider possible physical causes as well as the effects of medications, caffeine, and other substances. Develop initial questions and explain the need for medical evaluation, without making a final diagnosis.

S2 Panic Attack: Understanding the Symptoms and Support

In the case presentation, discuss the fear of bodily sensations, interpretation of symptoms, and reactions of others. Analyze a supportive approach after proper assessment, communication mistakes, and possibilities for further help. Distinguish a panic attack from panic disorder.

S3 Phobias and Social Anxiety: Avoidance and Gradual Facing

Consider the connection between avoidance and maintaining anxiety. Using an example of public speaking or an imaginary clinical case, demonstrate the principles of gradual exposure. Discuss the difference between teaching coping strategies and conducting psychotherapy.

S4 Obsessive-compulsive disorder

Understanding the indicators, epidemiological aspects, and interventions for obsessive-compulsive disorder

S5 Excessive worry and dealing with uncertainty - Generalized anxiety disorder

Link daily concerns to the traits of generalized anxiety disorder. Differentiate between an actionable issue and a theoretical danger. Employing a pre-established illustration, contrast problem-solving, cyclical cognition, and the pursuit of validation.

S6 Stress-induced, grief, and PTSD disorders

Reflect on the interplay between anxiety in the context of grief and after a traumatic experience, including its correlation with depressed and post-traumatic symptoms. In a specific instance, examine relevant support and signals that denote the requirement for further analysis.

S7 Anxiety in illness and the doctor–patient relationship

Reflect on the apprehension associated with diagnosis, examinations, hospitalization, and the unpredictable results of therapy. Differentiate between disproportionate health concerns and the rational apprehension of an individual experiencing physical illness. Examine the dynamics of supportive communication, the constraints of persuasion, and the influence of a prospective physician's worry on the patient relationship.

S8 Anxiety in children, teenagers, and older adults

In concise case analyzes, examine the acknowledgment of worry and the delivery of assistance across various life phases. Examine the developmental framework, the significance of familial influence, and the modification of communicative practices.

S9 Anxious depressive disorder

Understanding the indicators, epidemiological aspects, and interventions

S10 Coping with Anxiety: Evidence, Limitations, and Myths

Conduct a critical analysis of psychological interventions, relaxation techniques, mindfulness practices, digital applications, and pharmacological treatments, utilizing specific instances to emphasize their objectives and constraints. Elucidate the distinction between support protocols and professional intervention, and examine the rationale for why a uniform method is not universally applicable to all individuals and various forms of anxiety.

Vježbe popis (s naslovima i pojašnjenjem):

P1 -P2 Interview with an anxious patient; Recognizing and Mapping Anxiety

P3-P4 Anxiety in a physically ill patient

P5-P6 Anxiety in children and teenagers

P7-P8 Anxiety in older adults

P9-P10 Breathing, muscle relaxation, and focusing your attention when dealing with anxiety

Obveze studenata:

Regular attendance and participation in classes. Preparation of a seminar paper on an assigned topic.

Ispit (način polaganja ispita, opis pisanog/usmenog/praktičnog dijela ispita, način bodovanja, kriterij ocjenjivanja):

Student assessment shall be conducted in accordance with the University of Rijeka Regulations on Studies and the Regulations on Student Assessment of the Faculty of Medicine in Rijeka. Students’ work and performance will be evaluated and graded continuously throughout the course and in the final examination.

Performance during the course accounts for up to 50% of the final grade, while the final examination accounts for the remaining 50%. Students who obtain at least 25 points during the course are eligible to take the final examination.

Students who obtain fewer than 25 points or miss more than 30% of the course activities are not eligible to take the final examination.

Ostale napomene (vezane uz kolegij) važne za studente:

-

SATNICA IZVOĐENJA NASTAVE 2026/2027

Anxiety and How to Deal with It

Predavanja (mjesto i vrijeme / grupa)	**Vježbe** (mjesto i vrijeme / grupa)	**Seminari** (mjesto i vrijeme / grupa)
11.01.2027		
L1 The biopsychosocial model of anxiety disorders: • Klinika za psihijatriju - 0. Prizemlje (12:00 - 13:30) [447] ○ AAHTDWI L2 Anxiety in everyday life: • Klinika za psihijatriju - 0. Prizemlje (12:00 - 13:30) [447] ○ AAHTDWI		
doc.dr.sc. Pavešić Radonja Aristea, dr. med. [447]		
12.01.2027		
L3 Test anxiety: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 14:00) [447] ○ AAHTDWI L4 Anxiety disorders: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 14:00) [447] ○ AAHTDWI L5 Anxiety ; treatment: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 14:00) [447] ○ AAHTDWI		
doc.dr.sc. Pavešić Radonja Aristea, dr. med. [447]		
18.01.2027		
		S1 Anxiety, physical symptoms, and the impact of psychoactive substances: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 15:00) [358] [447] ○ AAHTDWI S2 Panic Attack: Understanding the Symptoms and Support: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 15:00) [358] [447] ○ AAHTDWI S3 Phobias and Social Anxiety: Avoidance and Gradual Facing: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 15:00) [358] [447] ○ AAHTDWI S4 Obsessive-compulsive disorder: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 15:00) [358] [447] ○ AAHTDWI
doc. dr. sc. Blažević Zelić Sandra, dr. med. [358] · doc.dr.sc. Pavešić Radonja Aristea, dr. med. [447]		

19.01.2027		
		S5 Excessive worry and dealing with uncertainty - Generalized anxiety disorder: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 14:00) [358] [447] ◦ AAHTDWI S6 Stress-induced, grief, and PTSD disorders: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 14:00) [358] [447] ◦ AAHTDWI S7 Anxiety in illness and the doctor–patient relationship: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 14:00) [358] [447] ◦ AAHTDWI
doc. dr. sc. Blažević Zelić Sandra, dr. med. [358] · doc.dr.sc. Pavešić Radonja Aristea, dr. med. [447]		
20.01.2027		
		S8 Anxiety in children, teenagers, and older adults: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 14:00) [447] [358] ◦ AAHTDWI S9 Anxious depressive disorder: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 14:00) [447] [358] ◦ AAHTDWI S10 Coping with Anxiety: Evidence, Limitations, and Myths: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 14:00) [447] [358] ◦ AAHTDWI
doc. dr. sc. Blažević Zelić Sandra, dr. med. [358] · doc.dr.sc. Pavešić Radonja Aristea, dr. med. [447]		
25.01.2027		
	P1 -P2 Interview with an anxious patient; Recognizing and Mapping Anxiety: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 15:00) [446] [447] ◦ AAHTDWI P3-P4 Anxiety in a physically ill patient: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 15:00) [446] [447] ◦ AAHTDWI	
doc.dr.sc. Pavešić Radonja Aristea, dr. med. [447] · asistentica Stanivuk Ilijana, dr. med. [446]		
26.01.2027		

	P5-P6 Anxiety in children and teenagers: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 15:00) [446] [447] ◦ AAHTDWI P7-P8 Anxiety in older adults: • Klinika za psihijatriju - 0. Prizemlje (11:00 - 15:00) [446] [447] ◦ AAHTDWI	
doc.dr.sc. Pavešić Radonja Aristea, dr. med. [447] · asistentica Stanivuk Ilijana, dr. med. [446]		
27.01.2027		
		S9 Anxious depressive disorder: • Klinika za psihijatriju - 0. Prizemlje (12:00 - 13:30) [447] [446] ◦ AAHTDWI S10 Coping with Anxiety: Evidence, Limitations, and Myths: • Klinika za psihijatriju - 0. Prizemlje (12:00 - 13:30) [447] [446] ◦ AAHTDWI
doc.dr.sc. Pavešić Radonja Aristea, dr. med. [447] · asistentica Stanivuk Ilijana, dr. med. [446]		

Popis predavanja, seminara i vježbi:

PREDAVANJA (TEMA)	Broj sati	Mjesto održavanja
L1 The biopsychosocial model of anxiety disorders	1	Klinika za psihijatriju - 0. Prizemlje
L2 Anxiety in everyday life	1	Klinika za psihijatriju - 0. Prizemlje
L3 Test anxiety	1	Klinika za psihijatriju - 0. Prizemlje
L4 Anxiety disorders	1	Klinika za psihijatriju - 0. Prizemlje
L5 Anxiety ; treatment	1	Klinika za psihijatriju - 0. Prizemlje

VJEŽBE (TEMA)	Broj sati	Mjesto održavanja
P1 -P2 Interview with an anxious patient; Recognizing and Mapping Anxiety	2	Klinika za psihijatriju - 0. Prizemlje
P3-P4 Anxiety in a physically ill patient	2	Klinika za psihijatriju - 0. Prizemlje
P5-P6 Anxiety in children and teenagers	2	Klinika za psihijatriju - 0. Prizemlje
P7-P8 Anxiety in older adults	2	Klinika za psihijatriju - 0. Prizemlje
P9-P10 Breathing, muscle relaxation, and focusing your attention when dealing with anxiety	2	

SEMINARI (TEMA)	Broj sati	Mjesto održavanja
S1 Anxiety, physical symptoms, and the impact of psychoactive substances	1	Klinika za psihijatriju - 0. Prizemlje
S2 Panic Attack: Understanding the Symptoms and Support	1	Klinika za psihijatriju - 0. Prizemlje
S3 Phobias and Social Anxiety: Avoidance and Gradual Facing	1	Klinika za psihijatriju - 0. Prizemlje
S4 Obsessive-compulsive disorder	1	Klinika za psihijatriju - 0. Prizemlje
S5 Excessive worry and dealing with uncertainty - Generalized anxiety disorder	1	Klinika za psihijatriju - 0. Prizemlje
S6 Stress-induced, grief, and PTSD disorders	1	Klinika za psihijatriju - 0. Prizemlje
S7 Anxiety in illness and the doctor–patient relationship	1	Klinika za psihijatriju - 0. Prizemlje

S8 Anxiety in children, teenagers, and older adults	1	Klinika za psihijatriju - 0. Prizemlje
S9 Anxious depressive disorder	1	Klinika za psihijatriju - 0. Prizemlje
S10 Coping with Anxiety: Evidence, Limitations, and Myths	1	Klinika za psihijatriju - 0. Prizemlje

ISPITNI TERMINI (završni ispit):
