

# 2007 USMLE Content Outline

## Behavioral Medicine

The following objectives from the USMLE content outline will be partly or fully covered in the Behavioral Medicine course.

### **General Principles**

#### **Gender, ethnic, and behavioral considerations affecting disease treatment and prevention, including psychosocial, cultural, occupational, and environmental**

- Progression through the life cycle, including birth through senescence
  - cognitive, language, motor skills, and social and interpersonal development
  - sexual development (e.g., puberty,)
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- Psychologic and social factors influencing patient behavior
  - personality traits or coping style, including coping mechanisms
  - psychodynamic and behavioral factors, related past experience
  - family and cultural factors, including socioeconomic status, ethnicity, and gender
  - adaptive and maladaptive behavioral responses to stress and illness (e.g., drug-seeking behavior, sleep deprivation)
  - patient adherence, including general and adolescent

Patient interviewing, consultation and interactions with family

- multicultural ethnic considerations

Medical ethics, jurisprudence and professional behavior

- death and dying
- birth-related issues
- sexuality and the profession; other “boundary” issues

### **Multisystem Processes**

Nutrition

- eating disorders ( anorexia, bulimia)

## Central and peripheral nervous systems

### Abnormal processes

- paroxysmal disorders (e.g., epilepsy, headache, pain syndromes, and sleep disorders including narcolepsy, restless legs syndrome/periodic limb movement, circadian rhythm disorders, parasomnias)
- psychopathologic disorders, processes and their evaluation
  - early-onset disorders (e.g., autism, learning disorders)
  - disorders related to substance use
  - schizophrenia and other psychotic disorders
  - mood disorders
  - anxiety disorders
  - somatoform disorders
  - personality disorders
  - physical and sexual abuse of children,
  - other disorders (e.g., dissociative, impulse control, post-traumatic stress disorder)

### Principles of therapeutics

#### **Gender, ethnic, and behavioral considerations affecting disease treatment and prevention, including psychosocial, cultural, occupational, and environmental.**

- emotional and behavioral factor (e.g., drug abuse, dementia, sleep deprivation, accident prevention, pets)
- influence on person, family, and society (e.g., developmental disabilities, dementia, generational reversal, nutrition, seizures, sleep disorders)

### Musculoskeletal system

#### **Gender, ethnic, and behavioral considerations affecting disease treatment and prevention, including psychosocial, cultural, occupational, and environmental**

- influence on person, family, and society (e.g., osteoporosis, fractures in elderly)

## Reproductive system

### Abnormal processes

- metabolic and regulatory for male and female

### **Gender, ethnic, and behavioral considerations affecting disease treatment and prevention, including psychosocial, cultural, occupational, and environmental**

- gender identity, sexual orientation, sexuality, libido
- effects of traumatic stress syndrome, violence, rape, child abuse