

Zaporozhye State Medical University

Department of Psychiatry, psychotherapy, general and medical psychology,  
narcology and sexology

Approved on the methodical conference of department  
psychiatry, psychotherapy, general and medical psychology,  
addiction and sexology  
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“ \_\_\_\_\_ ” \_\_\_\_\_ 2015 year

### **Methodological developments**

for practical classes on the topic "Medical psychology: the subject, objectives and  
methods of psychological research" for students of 4th year medical faculty  
(specialty "medicine")

Zaporozhye  
2015

## **A THEME : is "MEDICAL PSYCHOLOGY: OBJECT, TASK AND METHODS of PSYCHOLOGICAL RESEARCH"**

**Actuality of theme** : Progress of medicine that is accompanied by appearance of difficult effective methods of research and therapy has a shadow side. All more distinctly a tendency comes to light to narrow specialization of doctors all attention of that is tied down to the results technically difficult instrumental methods of diagnostics and treatment, and features of functioning of integral organism, originality of face of patient, him a mental condition and influence of them on character and dynamics of disease are taken into account not enough. For overcoming of this negative phenomenon to the future doctor it is necessary to lay hands on bases of psychological knowledge, to learn psychology of patient, purchase skills of the psychotherapy operating on him. Interest grows in psychological researches and value of introduction of psychological technologies in industries of activity, that is characterized by the permanent co-operating of man with other people. To such areas, undoubtedly, medicine belongs. In the nearest future and in a remote prospect, further progress of medicine in the direction of upgrading of life of patients is mainly related to maximal individualization of going near diagnostics and treatment of every separate patient, realization of principle to "treat not illness, but patient". Life in modern society is characterized all by a growing rate, enormous new information content, unfavorable ecological terms. It results in the catastrophic increase of the states of психоемоційної tension, psychogenic psychonosemas and psychosomatic diseases become the consequence of that quite often. The amount of domestic problems and problems increases with a rising generation. The timely use of principles of психогієни, психопрофілактики and rehabilitation, deployment of psychotherapy methods, can help a modern man to find a psychical equilibrium, deservingly to get along at the daily loading, build safe domestic life, raise healthy posterity.

**Overall objective:** to be able to identify the subject, objectives and tasks of medical psychology, its methods and the criteria for mental health. Able to carry out basic measures for Mental Health and psychological prophylaxis in general practice, identify evidence to basic psychotherapeutic interventions.

**General aim:** able to determine an object, aims and tasks of medical psychology, her methods and also criteria of psychical health of man. Able to conduct basic measures in relation to mental hygiene and psychoprophylaxis in general medical practice , to determine a certificate to basic psychotherapy interferences.

Specific objectives: <b>know how</b>	Objectives entry level: <b>know as</b>
1. To determine the place of medical psychology among other psychological disciplines, subject and tasks of medical psychology	1. Identify the subject of psychology, mental processes, states and properties rights (general psychology course)
2.To identify evidence to basic research methods in medical psychology. To determine health criteria	2. Identify the basic physiological concepts, anatomical substrate of higher mental functions

**Interdisciplinary integration.**

Disciplines	Know	Be able
1.Normal anatomy	To know the structure of the cortex, subcortical centers and the vascular system of the brain.	To be able to determine the possible location of abnormal cells in the CNS.

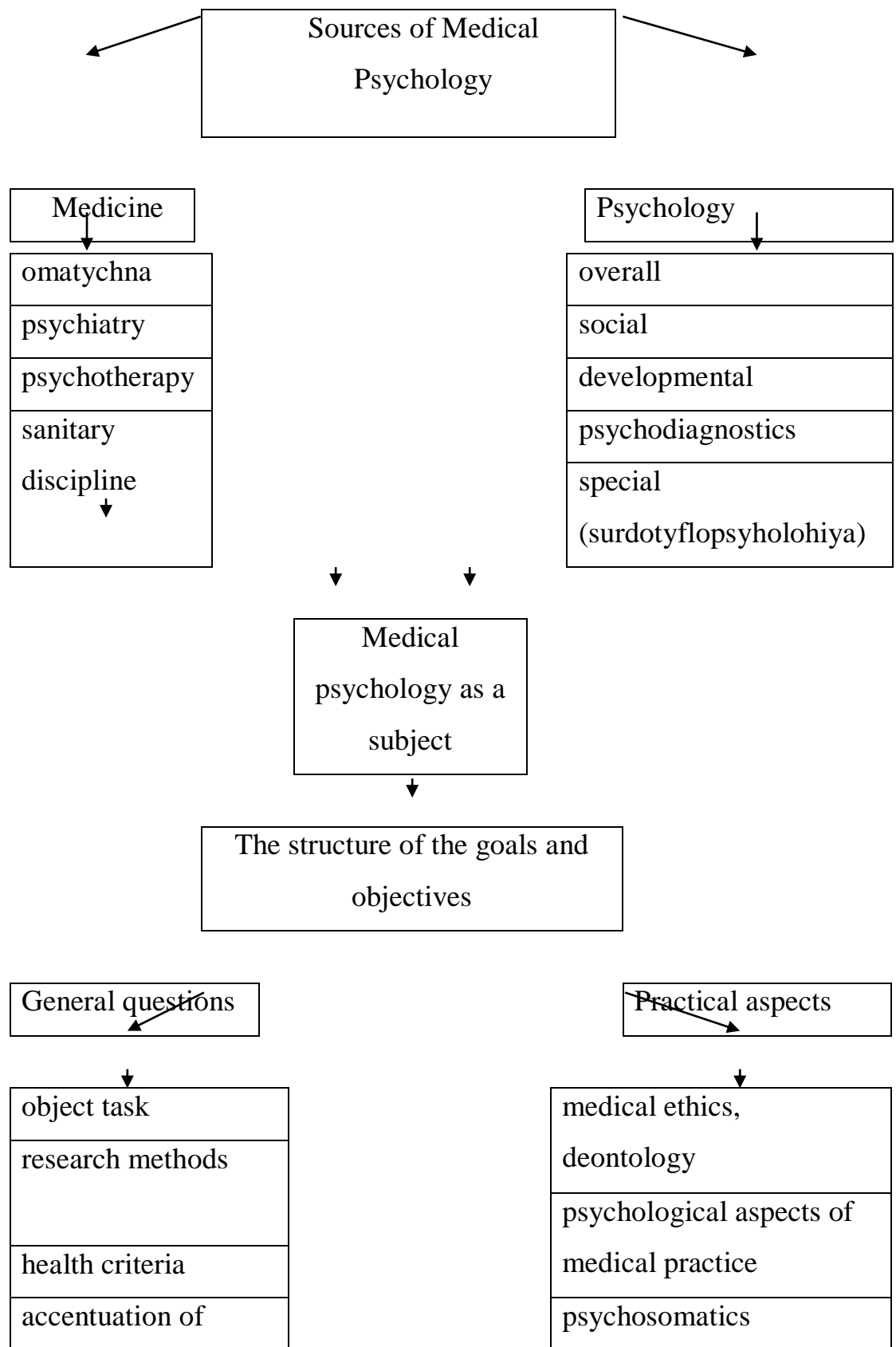
2. Normal physiology	To learn the functionality of different parts of the brain.	To be able to determine the parameters of the normal functioning of the various parts of the brain according to EEG EPO.
3. Patanatomy	Know postmortem possible changes in the vascular system and cerebrospinal fluid, brain tissue with organic forms disorder	To be able to interpret typical pathological changes in the vascular system and cerebrospinal fluid, brain tissue with organic forms disorder
4. Patfiziolojiya	To learn the features of the brain	To be able to determine the clinical and laboratory signs of brain activity according to EEG K

**Table of contents of studies** : information, that is needed for forming of knowledge-abilities that provide gaining end of employment, is expounded in literary sources and lectures.

**Theoretical questions:**

- 1.Determination, object and tasks of medicopsychology.
- 2.Methods of psychological research.
- 3.Principles of construction of purposeful psychological conversation.
- 4.Determination of psychical health and levels of psychological adaptation of man.
- 5.Criteria of health of WHO

**Count of logical structure of theme "Subject, tasks and methods of medical psychology"**



personality
internal picture of illness

mental hygiene and prevention
private IM
psychotherapy

### Methods of psychological researches

**ORGANIZATIONAL METHODS:** 1) **comparative method of** - співпоставлення of the psychical phenomena between the different groups of transmitters of psyche - on age, article, by an origin and other; 2) **лонгітюдний method of** -багаторазове research of the same persons is during great while; 3) **complex method of** - the methods of different sciences - psychology, sociology, ethnography, pedagogics, psychiatry, medicine, психофізіології, biology, mathematics and other are used

**EMPIRIC METHODS:** a 1) supervision and introspection; 2) experimental -- laboratory and natural; 3) психодіагностичні -- tests, questionnaires, questionnaires, sociometry, supervisions, interview, method of analysis of foods of activity, biographic, близнюковий, content-analysis; mathematical and комп\*of ютерного design, an apparatus .

**METHODS of TREATMENT of RESEARCH RESULTS :** 1) quantitative (statistical) methods; 2) quality (analysis, differentiation of data after groups).

**INTERPRETATION METHODS:** a 1) genetic method (an analysis of material is in the plan of development with the selection of phases, stages, critical moments and other); 2) structural method (establishing structural connections is between different parties of the psychical phenomenon).

The methods of psychological research also divide into **BASIC:**

Observation - method of long, systematic, focused research	Experiment - researcher is artificially and
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and describe mental phenomena that occur in the activities and behavior of people based on their direct perception		systematically changes the conditions of the study, and then fixes those manifestations of mental phenomena he examines
Lines		Lines
Vital - disorganized, random perception of the facts and phenomena of the environment	Scientific - purposeful, systematic, systematic registration of facts and phenomena, which has a clear program; characterized by analyticity and operating system specific, unambiguous scientific concepts and scientific explanation of the causes and nature of the phenomena studied.	Laboratory (held in specially organized environment); natural (in the environment); --vyyavlyayutsya ascertaining certain features of mental phenomena; forming - provides meaningful impact on mental phenomenon in order to develop certain qualities in him; search experiment - aimed at obtaining fundamentally new information in unexplored scientific fields; clarifying - to determine the boundaries of which is covered and certain phenomena, theories and laws; Criticizing - is carried out in order to correct existing laws or theories with new facts; reproducing - provides precise repetition of previous experiments the researchers to test the validity, reliability and objectivity they receive results.
	<u>Objective (external) - introspection (introspection vnutrishnye-);</u> <u>Field (natural) - Laboratory;</u> <u>Individual - collective;</u> <u>Random - scheduled;</u> <u>Systematic - non-systematic;</u> <u>Full - incomplete;</u> <u>Solid - selective; Noting - appreciatively;</u> <u>Standardized - not standardized;</u> <u>Open - hidden;</u> <u>Included - extraneous;</u> <u>Direct (direct) - indirect</u>	

	(indirect);	
	Provoked - unprovoked	

**AIDS:**

1. Test - a standardized psychological tests, in which an attempt is made to assess the level of development of a mental phenomenon. The most commonly used tests determine mental personality typology, its ability (measured by the level of mental and physiological properties) achievement tests (determined by the readiness of a particular activity), projective and psycho tests (established by the presence of certain mental defects and properties in humans, due to interpretation it some artificial event).

**AUXILIARY:**

1. **Test** is standardized psychological test as a result of that an attempt to estimate the level of development of some psychical phenomenon comes true. The tests of determination of psychical typology of personality, her capabilities (the levels of development of psychical and psychophysiological properties are measured), tests of success (the degree of readiness is determined to certain activity), and projective and diagnostic tests (the presence of certain psychical defects and properties is set for a man, due to interpretation by her some artificial event), are more often used.

2. **Conversation** is the psychological purposeful communicative operating under the theme of research .

3. **Analysis of foods of activity** (for example, pictures, hand wares and other).

4. **A questionnaire** is a questionnaire on the topic of research.

5. **Content-analysis** is an analysis of documents, printed information and other

6.**An expert evaluation and analysis** are analytical work of expert with material of research .

**Table of contents of theme :**



A medicopsychology (from lat. medicus - medical, curative) is industry of psychology that was formed on a joint with medicine, and sent to the study of психопрофілактики, diagnostics of diseases and pathosiss, психокорекційних forms of influence, decision of expert questions, and also questions of social and labour rehabilitation of patients, study of psychological features of professional activity of medical workers, mutual relations between them and by patients.

The major task of medicopsychology is a study of psyche of patient under various conditions. A medicopsychology has the applied tasks is development of principles and methods of psychological research in a clinic, and also question of creation and study of psychological methods of influence on the psyche of man in curative and prophylactic aims.

The subject of medical psychology is the study of individual patient rights in the broadest sense of the word (diverse and profound mental abuse of the mentally ill in detail studied a special science - psychiatry), medical professional, patient relations and medical staff at the stages of diagnostic and treatment process. Thus various related problems are considered in relation to the main task - to provide maximum patient care, protect it from adverse impacts.

There are four main parts of health psychology:

- 1) General psychology - studying human mental functions; biorhythms of mental activity; psychological and psychosexual development; personality and health; conscious and unconscious normal; mental health; psychology of sex differences; developmental psychology; interpersonal relationships (micro and makrogroups); family and its functioning (family health); adaptation, mental hygiene;
- 2) Clinical Psychology. Its sections: general and individual psychopathology, including semiology and syndromolohiyu; pathopsychology that studies the psychological mechanisms of mental activity; neuropsychology, that studies the morphological correlates of mental activity; psyhoidentyfikatsiya (pozahvoroblyviy in the field) and psychological diagnostics (pathological changes in the psyche) using experimental psychological methods;
- 3) Psychocorrection - correction using psycho sane changes in mental sphere;

#### 4) Medical ethics and deontology.

Psychological research methods: observation, introspection, psychological purposeful conversation.

The methods most often used in practice include medical psychologist observation and self-observation (observational methods), psychodiagnostic methods (tests - standardized and projective), interviews, conversations; analysis of processes and products, biographical methods (analysis of facts, dates and events of life's journey, documents, evidence). The use of certain methods or their combination depends on the problems and the object of study.

Observation - descriptive psychological research method that is purposeful and organized perception and recording behavior of the object. Observations can be continuous (fixed all manifestations of mind) or selective (fixed only individual displays, for example, only emotional). Subjects observations serve different behaviors. The objects of study are:

1. Verbal Behavior:

The content of speech;

Duration of language;

The intensity of language and others.

2. Non-verbal behavior:

The expression of the face, eyes, body,

Expressive movements, etc .;

3. Move people;

4. The distance between people;

5. Physical influences:

Tapping;

Tremors;

Blows and others.

Introspection as a real process is always present in psychological research and can act as a self-report investigated about their views, the course of solving the problem, feelings, etc. Of particular importance is the study of the dynamics of

introspection consciousness when describing being in various states of activity, the dynamics of representations and feelings, motives. Great importance ways and indirect introspection data presented in the form of diaries, autobiographical material, rewriting. In medical practice, always used material of subjective history that is compared with the data of objective medical history, clinical and laboratory research).

Clinical and psychological interview (conversation) - a method of obtaining information on individual psychological characteristics of personality and psychological state. From questioning the usual interview is different in that it is aimed dialogical nature and aimed not only at identifying obvious signs of disease, but also to recognize the hidden signs, and a more accurate understanding of the problem.

During clinical psychological interview should follow certain principles:

- The principle of the uniqueness and accuracy implies unambiguous wording of questions and the lack of diversity in the understanding of the requesting physician patient (for example, the question "Are you feeling the mental effects?" Is ambiguous, because under the influence can be understood different things: aliens other people, strong emotions etc.).

- The principle of clarity suggests that the diagnostician refers to a patient in plain language so that it corresponds to social status, level of knowledge, vocabulary, cultural differences.

- The principle of adequacy requires clarification content identical words used by the patient and psychologist to exclude misinterpretation answers.

- The principle of impartiality assumes control over the diagnostician or patient, he does not impose his ideas about the presence of the patient pathological manifestations.

That interview (conversation) consists of two parts. The first part - establishing psychological contact, the second - that conversation during the experiment, the contents of which always depends on the task. In opysuvalno-phenomenological paradigm clinical psychological interview is main method

examination of the individual, while monitoring and experimental psychological research play a supporting role.

Clinical and psychological interview can be semi-structured or free.

Semi-structured interview includes a mandatory list of specific questions relating to a particular problem. It allows psychologist in a short period to gather all the information needed to establish a psychological diagnosis, clear all the necessary aspects. The question of interviews aimed at identifying symptoms of the disorder, the definition of typical situations of their manifestation, intensity and depth of disorders, family and interpersonal context. Efficiency conducting structured interviews determined by two factors: 1) the quality of interpersonal contact a psychologist and patient; 2) the flexibility of the interview (taking into account the state of the studied psychologist individual, situation and characteristics of life survey investigated). Available clinical interviews and psychological help generate better information about actual problems investigated and the situation in which it is located. Free interview allows studied spontaneously express their most urgent, not imposed psychologist thoughts and feelings, as happens with them in everyday communication. In the original clinical psychological interview conducted by any method, it is important to conduct a survey of mental status. Information on mental status is a psychologist impressions from communication with the client. This survey reveals the aspects of behavior that require more careful analysis, to compare the complaints and formed impressions. Mental status includes five options:

- appearance of the subject;
- communication and behavior during interviews and testing;
- mood and emotions;
- intelligence;
- characteristics of perception itself, time and surrounding reality.

To assess the appearance to draw attention to appearance, matching age, manner of dress (cleanliness, adequacy), posture and gestures, facial expression.

Communication skills and behavior during interviews and testing provides information about the formation of social skills of communication and interaction, motor status, relationship to fact interviews with a psychologist (irritation, aggression, desire to call to his liking, defense position, lethargy, sarcasm) and adequacy of behavior in situations . Communication skills and to evaluate the process of thinking, integrity or dissociation, mobility, relevance, thoroughness.

Mood and emotion characterize the psychological state of the subject (gloom, tension, despair, oburyuvannya, confidence, sadness, euphoria, fear, etc.).

Intelligence is characterized vocabulary, level of experience, available supply of knowledge, ability to understand the relationship of things and events, to draw conclusions.

Features of perception itself, time and surrounding reality - describing the ability to navigate in his own person, time, location, finds that the level of consciousness (clear, potmarene, excluded), the adequacy of self-presence of disorders of perception, thinking.

Experimentally-psychological research methods patients

Experimentally-psychological research - is an artificial creation of conditions that exhibit features of human mental activity in disease states. When choosing methods of experimental psychological studies are the following circumstances.

1. The purpose of the study - differential diagnosis, determine the depth of the defect, the study of the effectiveness of therapy.
2. Education and patient experience.
3. Features contact with patients (eg, patients with impaired hearing or vision).

The study methods offered in order of increasing complexity (except simulation mode).

Construction of the clinical and psychological research involves the following steps.

The first phase of clinical psychological research - to discover the patient - the formulation stage clinical problem. This includes a conversation with the people that surround investigated: teachers, parents, friends, colleagues or classmates, doctors - about the peculiarities of his behavior and personality problems that arise; characterization of interpersonal relationships (social conditions of life of the patient), assessment of the material and cultural conditions of life; acquainted with the general state of physical health: concomitant somatic diseases, experience of using psychotropic substances. At this stage consists of a preliminary research plan, choice of methods, their sequence.

The second phase of clinical psychological research - conversation with the patient. The conversation should begin with passport data, based on what makes the first impression of the state of memory. Then the state investigate more memory (short-term and long-term - to his own life, historical events, recent events) is measured attention, characterized by a state of consciousness, orientation in time, place and self. The question to ask in a relaxed, natural manner, as usual conversation. Also it appears related to the patient's own disease problems, explained the goal of experimental psychological research. In further conversation investigated personality traits (to the disease and at the moment), the ability to assess changes occurring, being determined cultural and educational level, performance.

The third phase of clinical psychological research - experimental psychological. Perform each task should be preceded by instructions defining the situation and ensure cooperation research psychologist and patient. It should be as concise, consistent mental abilities patient exclude controversial understanding. Possible use of previous examples. Carelessly given instruction can lead to inappropriate results. Instruction must first try to start experimental psychological research. If the patient can not cope with the task, it is necessary to jointly discuss the reasons for this. It is also important to assess the patient using help from a psychologist, or reject it (negativism, deliberateness or resistance). Requires full

and accurate record of the experiment circumstances, activities, expressed opinions patient.

The fourth stage of clinical psychological research - analyzing the results and making conclusions. The output should be a response to a question that was put to the psychologist. The only form no opinion. But it can never be a simple duplication of the study protocol. Based on these data need to create a description of the mental state, note the behavior, attitude to the investigation (including the presence of the founding of conduct), to provide leading pathopsychological features (symptoms), specify the features of the flow of mental processes (for example, the rate of reactions vysnazhlyvist, stability ) describe saved aspects of mental activity. Allowed bringing bright characteristic examples. At the end is a summary that reflects the most important data (eg structure patopsihologicheskogo syndrome). The conclusion should not be categorical assertions in style.

The definition of mental health and levels of psychological adaptation. WHO Health Criteria

Categories norm and pathology, health and illness are the main vectors that define the system of perception and evaluation criteria of the human condition in medical psychology. Category norm is used as a benchmark comparison of the current (current) and DC (normal) state of people. The notion of rules in our minds is closely linked health. Deviations from the norm are seen as pathology and disease.

Rule - a term that can be invested in two main senses. The first - a statistical content standards: a level or range of levels of functioning of the body or individual that is inherent in most people and is typical of the most common. In this respect, the norm seems some objectively existing phenomenon. Statistical rate is determined by calculating the arithmetic mean values of certain empirical (found in life experience) data.

According to the statute of the WHO "Health - a state of complete physical, mental and social well being and not merely the absence of disease or the actual physical disability." It provides a general definition of the human condition, in which:

1) retained structural and functional properties of an organism;

- 2) the inherent high capacity to adapt to changes in the conventional natural and social environment;
- 3) stored emotional and social well-being.

WHO describes mental health as a state of well-being in which man is able to achieve its potential, overcome the everyday life stress, work productively and fruitfully, and contribute to the life of their community. In this positive sense, mental health is the foundation of well-being and effective functioning for the individual and for society. This basic concept of mental health consistent with its wide and varied interpretations in different cultures.

Criteria to determine the mental health WHO:

- 1) awareness and a sense of continuity, sustainability and identity of their physical and mental "I";
- 2) a sense of permanence and identity experiences in similar situations;
- 3) critical to their own mental and products (activity) and its results
- 4) compliance mental reactions (adequacy) strength and frequency of environmental impacts, social circumstances and situations;
- 5) the ability to control their own behavior according to social norms, rules and laws;
- 6) the ability to plan their lives and implement those plans;
- 7) the ability to change behavior depending on changes in situations and circumstances.

Thus, general health and mental health in particular is a dynamic combination of various indicators, while the disease front, can be defined as narrowing of extinction or breach of health criteria, ie as a special case of health.

In assessing the state of health within the biopsychosocial model leading role played by psychological factors. Subjective health is in the sense of optimism, physical and psychological well-being and joy of life. This subjective state justify the psychological mechanisms that provide health:

- 1) taking responsibility for their lives;
- 2) as a self-analysis of their individual physical and psychological characteristics;



- 3) self-understanding and self-acceptance, as a synthesis - the process of internal integration;
- 4) the ability to live in the present;
- 5) the existence of individual consciousness as a result - is built consciously hierarchy of values;
- 6) the ability to understand and accept other;
- 7) trust the process of life - along with rational attitudes, focus on success and conscious planning of the necessary life and spiritual quality that E. Erykson called basic trust in other words, is the ability to follow the natural flow of the life process, anywhere and why it is not detected.

The concept of adaptation, which is contained in the WHO health criteria, should be considered in terms of KK Platonova, who defines adaptation as "adjustment plastic internal changes to external changes." The mechanism of adaptation is a structure that contains the following interrelated levels (components):

Psychophysiological adaptation - property advisable to rebuild the body physiological functions in accordance with the requirements of the environment.  
Own psychological (mental) adaptation - the ability to maintain the integrity and adequate response to various situations surrounding environment, its abuse is often linked to stress, psychological stress

Psychosocial adaptation, or adaptation of the individual to communicate with new team

All levels but at the same time adapting to varying degrees are involved in the regulation of life.

## **ORGANIZATION OF EMPLOYMENT**

### **Determination of baseline knowledge.**

Determining the source of knowledge held by addressing the students of tests. The teacher checks them according to the standards of answers, discusses the results.

### **Survey on main issues to one theme.**

By individual survey for each student questions about topics class, the instructor is able to determine the theoretical knowledge of students. Answers discussed all students, supplemented, distributed under the guidance of a teacher.

### **Independent study students.**

Students conduct a survey of patients on employment, giving attention to the complaints, history of life and disease, determine basic symptoms and syndromes that suggest the disease. Students determine the main directions of examination and treatment, offering individual and group drugs dose. During the self-study teacher corrects answers, discussing various options for psychotherapy and pharmacotherapy.

### **Analysis and outcome of students.**

Summary of lessons conducted the final test control solution. Students are encouraged to solve STEP-format tests 1.2. The teacher validates the solution by the standards of answers. The analysis of each student in class.

### **Place and time of the class.**

Classes are conducted with students during 180 minutes. Classes are held in the educational room. Curation of patients is in the palace of the psychiatric hospital departments.

### **Equipment classes.**

1. Table.
2. Scheme.
3. Sets problems baseline.
4. Nabory final control tests.

### **Plan and organizational structure classes.**

№ II II	The main stages of employment, their functions and content	Educational objectives in the levels of assimilation	Control methods and learning	Materials methodological security (monitoring, visibility, instruktivnosti)
1. 2. 3.	Preparatory stage arrangements Setting learning objectives and motivation Control of initial level of knowledge, skills and abilities:	II II III	Frontal individual oral express - poll Test Control Level II The solution of typical problems II	P.1 urgency P.2 learning goals Tables, figures, structural logic, medicines, slides Questions for individual poll Tests and objectives Level II
4.	The main stage Formation of professional skills: 1.Ovolodinnya method of carrying out purposeful	III III	Professional training for the patient. Solving problems of	Algorithms (focus map) for the formation of practical skills.

	<p>conversation.</p> <p>2. Sformuvaty ability to conduct comprehensive (affordable student level) examination status of the patient, interpret their data.</p>	III	<p>tests and III level.</p> <p>Professional training in dealing atypical clinical situations</p>	<p>Patients</p> <p>Medical history, examination and treatment protocols</p> <p>Tests and custom task level III</p> <p>Simulation games</p>
<p>5. The final stage</p> <p>6. Control and correction of mastering professional skills</p> <p>7. Summarizing lessons (theoretical, practical, organizational)</p> <p>Homework (basic and additional literature on the subject)</p>	III	<p>Individual control skills or their results.</p> <p>Analysis and evaluation of clinical work</p> <p>Decision atypical problems III level.</p> <p>Test control III level.</p>	<p>Results of clinical work</p> <p>Challenges III level</p> <p>Tests III level</p> <p>Oriented map for independent work with literature</p>	

To assess initial knowledge offered to perform the following tasks:

Tests Level 1:

1. kolinchate medial part of the body is:

A. acoustic analyzer

B. Limbychnoyi system

S. visual analyzer

D. pyramidal path

E. Skin and kinesthetic analyzer

2. A holistic reflection of objects, situations and events that occurs when the direct effects of physical stimuli on the receptor surface senses - is:

A. Perception

Feeling B.

C. Submission

D. Memoirs

E. Imagination

3. Teaching children to behave on the water refers to measures:

A. Prevention

B. Hygiene

C. Propaganda

D. General Medicine

E. Psychotherapy

4. Careful auscultation of patient complaints and sympathetic attitude to its problems based on the theory of persons:

Humanistic A.

B. psychodynamic

Cognitive C.

D. Behavioural

E. All

5. Medical Psychology are:

A. Part of Psychiatry

B. Section of General Psychology

Part C. neuropsychology

D. Section of medical ethics and deontology

E. A special psychological discipline.

6. The subject of medical psychology does not include:

A. Study of the peculiarities of the psyche of the patient

B. Study of mental patient health and disease

C. The study of the physiological mechanisms of higher mental functions

D. Ensuring optimal system of positive psychological action accompanying the examination and treatment of patient

E. Study of the relationship physician (health worker) (the patient

Tests 2 levels

1. Patient N. 55, for 20 years suffering from hypertension, complains of manifest negligence associated with this forgetfulness. For research attention in N. applicable:

A. Proofreading test

B. Test Amthauera

C. Wechsler test

D. Methodology Dung

E. Methodology "Progressive Matrix Raven"

2. Patient F. 30, marks the last month periodic insomnia, loss of appetite. Typical signs of health does not include:

A. Structural conservation systems and organs

B. Functional conservation systems and organs

C. Professional and career

D. The high adaptability of the organism to model for him the physical and social environment

E. Keeping his usual state of health

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