Behavioural Sciences and Communication

Year 1 — Bachelor of Dental Surgery

Reference and Resource List — Chapters 1 to 10

Supporting the MCQ, SBA, SAQ and flashcard question bank

BM Education FZE

Disclaimer

Questions in this bank were generated with the assistance of artificial intelligence and reviewed against the references listed. They are provided for educational revision only, are not a substitute for prescribed textbooks, clinical guidelines or supervised clinical training, and no warranty is given as to their accuracy or completeness.

References are presented in Vancouver style. Part 1 lists the core sources that apply across the whole subject; Part 2 lists, for each chapter, the relevant sections of those core texts together with sources specific to that chapter. Numbers in square brackets in Part 2 refer to the core list in Part 1.

PART 1 — CORE REFERENCES (ALL CHAPTERS)

1.1 Principal psychology and health psychology texts

1. Gross R. Psychology: The Science of Mind and Behaviour. 8th ed. London: Hodder Education; 2020.
2. Passer MW, Smith RE. Psychology: The Science of Mind and Behavior. 8th ed. New York: McGraw Hill; 2020.
3. Ogden J. Health Psychology: A Textbook. 6th ed. London: Open University Press/McGraw Hill; 2019.
4. Marks DF, Murray M, Estacio EV. Health Psychology: Theory, Research and Practice. 6th ed. London: Sage; 2020.
5. Morrison V, Bennett P. An Introduction to Health Psychology. 4th ed. Harlow: Pearson; 2016.
6. Sarafino EP, Smith TW. Health Psychology: Biopsychosocial Interactions. 10th ed. Hoboken (NJ): Wiley; 2020.
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1.2 Behavioural sciences and psychology applied to dentistry

8. Humphris G, Ling MS. Behavioural Sciences for Dentistry. Edinburgh: Churchill Livingstone; 2000.
9. Mostofsky DI, Fortune F, editors. Behavioral Dentistry. 2nd ed. Ames (IA): Wiley-Blackwell; 2014.
10. Freeman R, Humphris G. Communicating in Dental Practice: Stress-Free Dentistry and Improved Patient Care. London: Quintessence; 2006.
11. Kent GG, Blinkhorn AS. The Psychology of Dental Care. 2nd ed. Oxford: Wright; 1991.
12. Scambler S, Asimakopoulou K, editors. Sociology and Psychology for the Dental Team: An Introduction to Key Topics. Cambridge: Polity Press; 2016.

1.3 Sociology, social determinants and dental public health

13. Scambler G, editor. Sociology as Applied to Health and Medicine. 7th ed. London: Palgrave Macmillan; 2018.
14. Daly B, Batchelor P, Treasure E, Watt R. Essential Dental Public Health. 2nd ed. Oxford: Oxford University Press; 2013.
15. Marmot M, Allen J, Boyce T, Goldblatt P, Morrison J. Health Equity in England: The Marmot Review 10 Years On. London: Institute of Health Equity; 2020.

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17. World Health Organization. Global oral health status report: towards universal health coverage for oral health by 2030. Geneva: WHO; 2022. Available from: https://www.who.int

1.4 Clinical communication skills

18. Silverman J, Kurtz S, Draper J. Skills for Communicating with Patients. 3rd ed. Boca Raton (FL): CRC Press; 2013.

19. Kurtz S, Silverman J, Draper J. Teaching and Learning Communication Skills in Medicine. 2nd ed. Oxford: Radcliffe Publishing; 2005.

20. Lloyd M, Bor R, Noble L. Clinical Communication Skills for Medicine. 4th ed. Edinburgh: Elsevier; 2018.

21. Makoul G. Essential elements of communication in medical encounters: the Kalamazoo consensus statement. Acad Med. 2001;76(4):390-3.

1.5 Behaviour change and motivational interviewing

22. Miller WR, Rollnick S. Motivational Interviewing: Helping People Change and Grow. 4th ed. New York: Guilford Press; 2023.

23. Rollnick S, Miller WR, Butler CC. Motivational Interviewing in Health Care: Helping Patients Change Behavior. 2nd ed. New York: Guilford Press; 2022.

24. Michie S, van Stralen MM, West R. The behaviour change wheel: a new method for characterising and designing behaviour change interventions. Implement Sci. 2011;6:42.

25. Michie S, Richardson M, Johnston M, Abraham C, Francis J, Hardeman W, et al. The behavior change technique taxonomy (v1) of 93 hierarchically clustered techniques: building an international consensus for the reporting of behavior change interventions. Ann Behav Med. 2013;46(1):81-95.

26. Prochaska JO, DiClemente CC. Stages and processes of self-change of smoking: toward an integrative model of change. J Consult Clin Psychol. 1983;51(3):390-5.

27. National Institute for Health and Care Excellence. Behaviour change: individual approaches. Public health guideline PH49. London: NICE; 2014. Available from: https://www.nice.org.uk/guidance/ph49

1.6 Professional standards, ethics and curriculum frameworks

28. General Dental Council. Standards for the Dental Team. London: GDC; 2013. Available from: https://standards.gdc-uk.org

29. General Dental Council. Preparing for Practice: dental team learning outcomes for registration. Rev ed. London: GDC; 2015. Available from: https://www.gdc-uk.org

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31. Field JC, Cowpe JS, Walmsley AD. The graduating European dentist: a new undergraduate curriculum framework. Eur J Dent Educ. 2017;21 Suppl 1:2-10.

32. Dental Council of India. Bachelor of Dental Surgery (BDS) Course Regulations, 2007 (as amended). New Delhi: DCI.

1.7 Prevention, records and clinical guidance

33. Office for Health Improvement and Disparities, Department of Health and Social Care, NHS England, NHS Improvement. Delivering better oral health: an evidence-based toolkit for prevention. 4th ed. London: OHID; 2021. Available from: https://www.gov.uk

34. Scottish Dental Clinical Effectiveness Programme. Practice Support Manual. Dundee: SDCEP. Available from: https://www.sdcep.org.uk

35. National Institute for Health and Care Excellence. Oral health promotion: general dental practice. NICE guideline NG30. London: NICE; 2015. Available from: https://www.nice.org.uk/guidance/ng30

36. Faculty of General Dental Practice (UK). Clinical Examination and Record-Keeping: Good Practice Guidelines. 3rd ed. London: FGDP(UK); 2016.

1.8 Reflective practice, professional development and wellbeing

37. Schon DA. The Reflective Practitioner: How Professionals Think in Action. New York: Basic Books; 1983.

38. Gibbs G. Learning by Doing: A Guide to Teaching and Learning Methods. Oxford: Oxford Further Education Unit; 1988.

39. Rolfe G, Freshwater D, Jasper M. Critical Reflection in Nursing and the Helping Professions: A User's Guide. Basingstoke: Palgrave Macmillan; 2001.

40. Maslach C, Leiter MP. Understanding the burnout experience: recent research and its implications for psychiatry. World Psychiatry. 2016;15(2):103-11.

Key journals for currency

Community Dentistry and Oral Epidemiology · Community Dental Health · Patient Education and Counseling · Health Psychology · Psychology & Health · British Journal of Health Psychology · Journal of Dental Education · European Journal of Dental Education · British Dental Journal · Journal of Dentistry · International Dental Journal · Journal of Public Health Dentistry · Medical Education · BMJ Quality & Safety

PART 2 — CHAPTER-SPECIFIC REFERENCES

Chapter 1 — Foundations of Behavioural Sciences in Dentistry

1.1 Scope and relevance · 1.2 Health, illness and disease models · 1.3 The dentist as a behavioural scientist

Core texts: [1] Introductory chapters on the scope and subject matter of psychology · [3] Chapters on the biopsychosocial model, health beliefs and illness behaviour · [4] Chapters on the social and cultural context of health · [6] Chapters on health, illness and the biopsychosocial framework · [8] Introductory chapters on behavioural science in dentistry · [12] Chapters on sociology and psychology applied to the dental team · [13] Chapters on illness behaviour, the sick role and health inequalities · [14] Chapters on the determinants of oral health and inequalities · [15] · [16] · [17] · [29]

Additional

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- Watt RG. Social determinants of oral health inequalities: implications for action. Community Dent Oral Epidemiol. 2012;40 Suppl 2:44-8.
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- Locker D, Allen F. What do measures of oral health-related quality of life measure? Community Dent Oral Epidemiol. 2007;35(6):401-11.
- Sheiham A. Oral health, general health and quality of life. Bull World Health Organ. 2005;83(9):644.
- World Health Organization. Constitution of the World Health Organization. Geneva: WHO. Available from: https://www.who.int

Chapter 2 — Basic Psychology for Dental Practice

2.1 Sensation, perception and attention · 2.2 Learning and behaviour · 2.3 Memory and information processing · 2.4 Thinking, judgement and decision-making · 2.5 Motivation and emotion · 2.6 Stress and coping

Core texts: [1] Chapters on perception, learning, memory, motivation, emotion and stress · [2] Chapters on sensation and perception, learning, memory, thinking and motivation · [3] Chapters on stress, coping and health behaviour · [6] Chapters on stress, appraisal and coping · [7] Whole text on the transactional model of stress and coping · [8] Chapters on learning, memory and stress in the dental setting · [9] Chapters on conditioning and dental fear · [11] Chapters on patient learning and recall

Additional

- Bandura A. Social Learning Theory. Englewood Cliffs (NJ): Prentice Hall; 1977.
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Chapter 3 — Human Development and Individual Differences

3.1 Lifespan development · 3.2 Personality and individual differences · 3.3 Sociocultural factors

Core texts: [1] Chapters on developmental psychology and personality · [2] Chapters on human development and personality theory · [4] Chapters on culture, identity and health · [5] Chapters on development across the lifespan · [12] Chapters on the social patterning of health behaviour · [13] Chapters on culture, ethnicity, stigma and social norms · [14] Chapters on oral health across the life course · [15]

Additional

- Erikson EH. Childhood and Society. 2nd ed. New York: Norton; 1963.
- Piaget J, Inhelder B. The Psychology of the Child. New York: Basic Books; 1969.
- Bowlby J. A Secure Base: Clinical Applications of Attachment Theory. London: Routledge; 1988.
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- Gilbert GH, Duncan RP, Shelton BJ. Social determinants of tooth loss. Health Serv Res. 2003;38(6 Pt 2):1843-62.

Chapter 4 — Health Psychology, Dental Anxiety and Pain

4.1 Health beliefs and behaviour · 4.2 Dental fear, anxiety and phobia · 4.3 Psychological aspects of pain · 4.4 Assessment of anxiety and fear

Core texts: [3] Chapters on health beliefs, models of health behaviour, adherence and pain · [4] Chapters on health cognitions and pain · [5] Chapters on health beliefs and adherence · [6] Chapters on pain, stress and adherence · [8] Chapters on dental anxiety and pain · [9] Chapters on dental fear, phobia and its management · [10] Chapters on anxious patients · [11] Chapters on dental anxiety and pain

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- Rosenstock IM. Historical origins of the Health Belief Model. Health Educ Monogr. 1974;2(4):328-35.
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Chapter 5 — Fundamentals of Communication

5.1 Basics of human communication · 5.2 Core communication skills · 5.3 Non-verbal communication in dentistry · 5.4 Empathy and rapport building · 5.5 Barriers to effective communication

Core texts: [8] Chapters on communication in the dental setting · [10] Chapters on verbal and non-verbal communication and rapport · [12] Chapters on communication and the dental team · [18] Chapters on initiating

the session, building the relationship and information gathering · [19] Chapters on the Calgary-Cambridge framework and skills teaching · [20] Chapters on core consultation skills and barriers · [21] · [28] Standard 2 on effective communication

Additional

- Rogers CR. The necessary and sufficient conditions of therapeutic personality change. J Consult Clin Psychol. 1957;21(2):95-103.
- Mehrabian A. Silent Messages. Belmont (CA): Wadsworth; 1971.
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- Zolnierek KB, DiMatteo MR. Physician communication and patient adherence to treatment: a meta-analysis. Med Care. 2009;47(8):826-34.

Chapter 6 — Dentist–Patient Interaction in Clinical Dentistry

6.1 Professional dental interview and history taking · 6.2 Explaining diagnosis and treatment options · 6.3 Informed consent and shared decision-making · 6.4 Communicating preventive advice · 6.5 Communicating financial and practical issues

Core texts: [18] Chapters on information gathering, explanation and planning and closing the session · [19] Chapters on structuring the consultation · [20] Chapters on history taking and explanation · [21] · [28] Standards on communication and valid consent · [33] Chapters on preventive advice for each patient group · [34] Sections on consent, treatment planning and communication · [35] · [36]

Additional

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Chapter 7 — Communication for Behaviour Change and Patient Education

7.1 Principles of behaviour change · 7.2 Motivational interviewing (introductory) · 7.3 Patient education strategies · 7.4 Adherence to oral health instructions

Core texts: [3] Chapters on health behaviour change and adherence · [22] Whole text on the spirit and skills of motivational interviewing · [23] Chapters on brief consultations in health care settings · [24] · [25] · [26] · [27] · [33] Chapters on behaviour change and preventive advice · [35]

Additional

- Lundahl B, Moleni T, Burke BL, Butler R, Tollefson D, Butler C, et al. Motivational interviewing in medical care settings: a systematic review and meta-analysis of randomized controlled trials. Patient Educ Couns. 2013;93(2):157-68.
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- National Institute for Health and Care Excellence. Tobacco: preventing uptake, promoting quitting and treating dependence. NICE guideline NG209. London: NICE; 2021. Available from: https://www.nice.org.uk/guidance/ng209

Chapter 8 — Difficult Situations and Special Patient Groups

8.1 Managing anxious and phobic patients · 8.2 Managing angry, non-cooperative or demanding patients · 8.3 Communicating with children and adolescents · 8.4 Communicating with older adults · 8.5 Patients with disabilities and special health care needs · 8.6 Cross-cultural and multilingual encounters · 8.7 Breaking bad news in dentistry

Core texts: [8] Chapters on anxious and difficult patients · [9] Chapters on behaviour management and special groups · [10] Chapters on managing anxiety and conflict in practice · [11] Chapters on children, older people and anxious patients · [13] Chapters on disability, ageing and ethnicity · [18] Chapters on communicating in challenging circumstances · [20] Chapters on breaking bad news and difficult consultations · [28] · [34]

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Chapter 9 — Professionalism, Teamwork and Interprofessional Communication

9.1 Professional behaviour and boundaries · 9.2 Team communication in the dental setting · 9.3 Patient safety and error disclosure · 9.4 Record-keeping and written communication

Core texts: [10] Chapters on the dental team and practice communication · [12] Chapters on professional roles and the dental team · [18] Chapters on the relationship and closing the session · [28] Standards on confidentiality, professionalism and raising concerns · [29] Learning outcomes on professionalism, management and leadership · [30] · [34] Sections on team working and practice governance · [36]

Additional

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- Information Commissioner's Office. Guide to the UK General Data Protection Regulation. Wilmslow: ICO. Available from: https://ico.org.uk

Chapter 10 — Personal Development, Stress Management and Reflective Practice

10.1 Stress and burnout in dental students and dentists · 10.2 Time management and work organisation · 10.3 Resilience and self-care · 10.4 Reflective practice and lifelong learning · 10.5 Seeking help, support systems and early intervention

Core texts: [3] Chapters on stress, coping and health professional wellbeing · [6] Chapters on stress and its management · [7] Whole text on appraisal, coping and adaptation · [8] Chapters on occupational stress in dentistry · [37] · [38] · [39] · [40]

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