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)

- 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