

“GEORGE EMIL PALADE” UNIVERSITY OF MEDICINE, PHARMACY, SCIENCE AND
TECHNOLOGY OF TARGU MURES

SCHOOL OF DOCTORAL STUDIES

PhD Thesis Summary

**Title: The relationship between personality style and communication skills
in the medical field**

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Introduction. The medical profession represents one of the most challenging due to both the amount of scientific knowledge applied during the process of treating patients and the requirement of customizing the medical act according to the morphofunctional individuality of each patient. In this context, there is a need to provide patient-centered medical care / services that integrate a medical perspective based on medical / clinical concepts and protocols, as well as individualized interventions according to the patient's expectations, needs and personality. Clinical practice shows us that the doctor-patient relationship is a complex one and includes not only the interaction with the patient, but also with the family or relatives. The way in which the doctor will transmit certain medical information is one of the most important components of communication between doctor and patient. It must be said that this type of communication has direct implications, including in medical practice, regarding the doctor's decisions for ensuring complete and effective therapeutic procedures. Last but not least, communication with the patient and his/ her family must be done in a coherent, clear language, without the use of jargon, in order to avoid possible communication distortions that may occur in the doctor-patient interaction. The development of these communication skills begins when students choose their medical specialty, a complex process, representing a major professional stage in the life of every doctor. In this context, it is extremely important for teachers in medical and especially clinical education, to know the personality typologies of the students, in order to be able to guide them in choosing the future medical specialty. Moreover, identifying the student's dimensional profile of personality would enable the recommendation of a certain specialty, but also the use of coaching and motivational interviewing techniques to solve ambivalences, in case that inconsistencies are found. It is recommended that this is done according to the personality dimensions of the future doctor, the optimal choice of the specialty and the development of skills in relation to one's personality representing the key elements in her/his further professional growth. In conclusion, the choice of a medical specialty in relation to the personality of the medical student contributes to increasing the quality doctor-patient interaction, while also facilitating the achievement of professional performance and the optimization of therapeutic results for upcoming patients.

The PhD thesis consists of a general part, structured into four chapters, which describe the personality characteristics, the methods of assessing these personality types, and their implications in the medical field; and the second part '**Personal Contribution**' in which we detailed three prospective research studies.

The first study was based on the hypothesis that different personality types have either a positive or negative impact on achieving communication skills, an ability that is very important for the students of the medical faculties influencing the pattern of doctor-patient communication, patients' compliance and adherence to treatment, but also academic success. The main objective of the study was to assess the creativity level and the personality features of the students from the medical faculty using the DECAS and BWAS tests. The study was prospective transversal and included 119 students from the Faculty of General Medicine and Dental Medicine who completed both DECAS and BWAS tests between November 2020 and July 2021. Thus, we assessed the creativity levels and the personality features of these students and we established correlations with age, with personality types, but we also compared the students from preclinical years with those from clinical ones.

The main objective of **the second study** was to assess University of Medicine, Pharmacy, Sciences and Technology from Târgu Mureș' residents creativity levels and personality features using the same DECAS and BWAS tests. This study was also prospective transversal and included 28 residents independently of specialty, who completed both DECAS and BWAS tests. We assessed the creativity levels and personality types in our sample and we established correlations between the DECAS personality inventory, BWAS scale and age. We also identified correlations between different types of personality encountered in residents.

The hypothesis of **the third study** started from the comparison of the personality traits of the students from the Medical Faculties and the young residents.. The main objective of this study was to assess the correlations between the personality inventory DECAS and the BWAS scale between students and residents. The study was prospective comparative between 28 residents and 119 students from the University of Medicine, Pharmacy, Sciences and Technology Tg. Mureș between July 2021 – December 2021, who agreed to complete both BWAS and DECAS tests to assess their creativity and personality. The main objective was to assess the correlation between the DECAS personality inventory and BWAS scale between students and residents.

General conclusions: According to the results obtained in this PhD research we noticed that females presented a higher level of Emotional Stability when compared to males. By comparing the students from preclinical and clinical years, we found a higher degree of extraversion in those from preclinical years and we observed that creativity decreases in elder students. In students, a higher level of Openness resulted in an increased level of Extraversion and Emotional Stability, while increased Extraversion led to a lower level of Agreeability, noticing in the same time a strong influence of Emotional Stability on creativity. Regarding the students from preclinical years, Conscientiousness was influenced by age. The Openness level in residents involved an increased level of Extraversion determining them to be less agreeable. In addition, our study proved that in residents, Agreeability is negatively influenced by Conscientiousness, whereas residents with increased Conscientiousness proved to be less creative.

The originality of this thesis consists in assessing the personality features of the students from General Medicine and Dental Medicine Faculties proving major differences between them, which should be shaped during their training. We also assessed the personality dimensions of the residents, demonstrating that there are correlations between their different personality features with major implications in terms of the medical act performed in clinical practice. Thus, the innovative character of this study is mirrored in highlighting a vital need on both personal side focusing on improving the individual medical performance, and on the socio-economical level by constantly improving healthcare services and decrease their related costs by developing a medical action centered on the patient and doctor-patient relationship. Moreover, this thesis compared the personality features between students and residents to underline the changes of personality depending on the social context and situations imposed by the profession, pointing out once more that this PhD research is characterized by innovation in terms of both medical university education, and post-graduation education. Given the highlights of this paper, we can say without error that training through personality education courses are absolutely necessary both during the years of university education and during the residency program in order to prevent difficult situations that may occur in the lives of young doctors. These purposes can be achieved only by an approach based on effective communication between doctor and patient, which is directly influenced by the doctor's personality traits.