



DEPARTMENT OF GLOBAL PUBLIC HEALTH

K9F5320, Global Mental Health, 3 credits (hec)

Global psykisk hälsa, 3 högskolepoäng

Third-cycle level / Forskarnivå

Approval

This syllabus was approved by the The Committee for Doctoral Education on 2023-12-08, and was last revised on 2024-12-10. The revised course syllabus is valid from autumn semester 2025.

Responsible department

Department of Global Public Health, Faculty of Medicine

Prerequisite courses, or equivalent

Background or previous coursework in public health, global health, health care, or other relevant medical or social science subject area.

Purpose & Intended learning outcomes

Purpose

The aim of this course is to provide an overview of the field of Global Mental Health, and advance students' understanding of its key concepts and challenges. Students will consider mental health across cultures and contexts, and learn innovative approaches to preventing and treating mental disorders in low-resource settings. We will integrate knowledge and approaches from public health, global health, transcultural psychiatry and psychology, anthropology, and psychiatric epidemiology.

Intended learning outcomes

- Define key concepts in the field of global mental health,
- Describe the epidemiology of mental disorders, risk factors, and social determinants of mental health in a global perspective.
- Describe mental health challenges in low- and middle-income countries and discuss issues unique to understanding, measuring and caring for mental health in these settings.
- Discuss the role of culture and stigma in the presentation of mental disorders.
- Identify vulnerabilities in different populations, such as at different ages and life stages, and for

those exposed to migration or armed conflict.

- Discuss complex issues related to mental health and its care across socially and culturally diverse contexts globally.

Course content

This course examines global mental health beginning with an understanding of the foundations of the field, to social and cultural shaping of mental health, to approaches to reduce the global burden of mental disorders. The course will explore various perspectives and a diversity of experiences from low- and middle-income countries when considering models of global mental health research and practice. Students will learn methods of cross-culturally adapting psychological tools, and challenges for measurement, interventions and mental health research in low-resource settings and humanitarian contexts.

Topics will include:

- the epidemiology and burden of mental disorders, and mental health challenges in low-and middle-income countries
- social determinants of mental health, risk factors and vulnerabilities of particular populations, such as across different phases of development and for individuals exposed to violence, trauma, migration and armed conflict;
- the role of culture in the shaping of mental health and presentations of mental disorders; the impacts of stigma;
- mental health and psychosocial support in humanitarian and post-conflict settings
- the promotion of mental health and strengthening of mental health systems, and approaches to prevention and treatment of mental disorders, especially in resource-constrained settings.

Forms of teaching and learning

Learning activities include lectures, group discussions, video-lectures and interactive seminars with international experts, individual and group presentations.

Students will critically review relevant scientific articles and other works, and are expected to engage analytically with assigned readings, coming to class ready to participate actively in discussions of the issues raised therein.

Students will be encouraged to question, critique and reflect on ideas, assumptions, evidence and examples presented in course activities.

Language of instruction

The course is given in English

Grading scale

Pass (G) /Fail (U)

Compulsory components & forms of assessment

Compulsory components

It is compulsory to attend all lectures, seminars, group work sessions, and discussions. There will also be two individual assignments with oral components and a group presentation that are compulsory.

Absence may in special circumstances be compensated by extra individual assignments arranged in agreement with the course organizers.

Forms of assessment

The students will have two individual assignments during the course that need to be presented orally. The students are expected to be discussant on presentations by peers and show active participation in course discussions and presentations. All intended learning outcomes have to be achieved in order to pass the course.

Course literature

Course textbook: Patel, V., Minas, I. H., Cohen, A., and Prince, M. (2014). Global mental health: principles and practice. Oxford University Press.

In addition, scientific literature, seminal works in the field, other published reference materials and multi-media resources will be added before the course start.