

**DESCRIPTION OF COURSE UNIT FOR DOCTORAL STUDIES
AT VILNIUS UNIVERSITY**

Scientific Area/s, Field/s of Science	Medical and Health Sciences (M 000): Public Health (M 004); Medicine (M 001); Odontology (M 002); Pharmacy (M 003); Nursing (M 005) Natural Sciences (N 000): Biology (N 010); Ecology and Environmental Sciences (N 012) Social sciences (S 000): Sociology (S 005); Psychology (S 006); Educational Sciences (S 007); Management (S 003); Communication and Information (S 008)			
Faculty, Institute, Department/Clinic	Faculty of Medicine Institute of Health Sciences Department of Public Health			
Course unit title (ECTS credits, hours)	Public Mental Health 5 credits (135 hours)			
Study method	Lectures	Seminars	Consultations	Self-study
Number of ECTS credits	-	0,5	1	3,5
Method of the assessment (in 10 point system)	Exam composed of 5 questions in written and oral forms			
PURPOSE OF THE COURSE UNIT				
<p>To provide theoretical and practical knowledge about public mental health and population mental health determinants, public mental health epidemiology, characteristics and possibilities of public mental health promotion and prevention of mental ill-health and risk factors, modern public mental health policy, mental health care systems and assessments and research in public mental health. It aims to promote the evidence based transdisciplinary systematic approach to the public mental health and well-being, its improvement and the most up to date research methods applied for solving scientific and practical issues in public mental health.</p>				
THE MAIN TOPICS OF COURSE UNIT				
<p>A contemporary approach to individual and public mental health and wellbeing. Historical shift of paradigms and attitudes towards mental health and mental disorders. Public health crisis in Lithuania and Central and Eastern Europe in early 1990s and its correlation with population mental health. Contemporary understanding of mental health norms and pathology. Epigenetics and public mental health. Environmental impacts on mental health and wellbeing. The stress-vulnerability model. Toxic stress. Life course approach and its meaning in public mental health. Exposure to stress and long term consequences within the life course approach. Criteria for good mental health and wellbeing and its assessment in the context of social welfare state. The biopsychosocial paradigm of mental health. Prevalence and assessment of biological, psychological and social protective and risk factors determining the mental health on a population and individual levels. Psychological resilience, post-traumatic growth and their significance in the context of public health. The concept Quality of life concept. Mental health needs – individual and population based approached. Instruments applied for assessment of individual and population mental health.</p>				

Public mental health promotion and prevention of risk factors. Mental health literacy. Theories, principles, and evidence-based interventions for mental health promotion. Theory of salutogenesis. Principles and levels of prevention for public mental health. Innovative mental health interventions. Mental health in workplaces, main risk factors, epidemiology. Work-related psychopathologies. Presenteeism and absenteeism. Mental health promotion and prevention in the workplace environment.

Public mental health epidemiology and biostatistics. International Classification of Diseases and DSM-V Classification. The most prevalent mental and behavioral disorders, inequalities in population mental health. Mental and behavioral disorders and related comorbidities. Psychopathology, epidemiology and prevention of addictions. Global burden of mental and substance abuse disorders. Research in public mental health.

Mental health care system in Lithuania and international comparative analysis. Community mental health services, modern ethical, managerial and economical principles of service provision. Sustainability of mental health care system. Evaluation of the mental health system.

Mental health policy. International principles, features and instruments of public mental health policy. Evaluation of Lithuanian mental health policy. Consolidation of mental health in all policies principle.

Stigma, discrimination, social exclusion. Causes, assumptions and mechanisms. Approaches, principles and interventions for prevention of stigma and discrimination. Principles and methods of social inclusion. Principles of psychosocial and occupational rehabilitation. Human rights approach in public mental health.

Mental health of children and adolescents in the context of public health. Risk and protective factors for child and adolescent mental health. Toxic stress, mechanism of action and its prevention. Principles and methods of strengthening children's mental health, preventing risk factors and psychopathology.

Violence as a public mental health issue. Root causes, typology and epidemiology of violence. Short and long term impacts of violence for the public mental health. Myths about abuse. Public health approach to violence prevention principles and methods.

Suicide as a public mental health concern. Suicide risk factors, epidemiology, principles and models for prevention. High risk and population based approaches to suicide prevention. Phenomenon of the self-harm: causes, consequences, epidemiology and prevention. Evaluating the effectiveness of suicide prevention. Substance abuse as a risk factors for population mental health and suicides.

RECOMMENDED LITERATURE SOURCES

1. W.W.Eaton, M.D.Fallin. Public Mental Health. Oxford University Press, 2019.
2. V. Patel, H.Minas, A.Cohen, M.J.Prince. Global Mental Health. Oxford University Press, 2014.
3. A life course approach to mental disorders. Ed. K.C.Koenen, S.Rudenshine, E.Susserm, S.Galea. Oxford University Press, 2014.
4. Jean S.Brown, Alyson M. Learmonth, Catherine J. Mackereth. Promoting Public Mental Health and Wellbeing. Jessica Kingsley Publishers, 2015.
5. Knapp M., McDaid D., Mossialos E., Thornicroft G. Mental health policy and practice across Europe. McGraw Hill, Open university press, 2007. https://www.euro.who.int/data/assets/pdf_file/0007/96451/E89814.pdf
6. Brimblecombe N. Peter N. Mental Health Services in Europe. Provision and practice, 2012.
7. G. Thornicroft. Shunned.Discrimination against people with mental illness. Oxford university press, 2007.

8. Eds. Major B., Dovidom Link BG. The Oxford Handbook of Stigma, discrimination and health. Oxford university press, 2018.
9. Lindert J, Levav I. Violence and mental health. Springer, 2015.
10. Eds. Weist MD, Lever NA, Bradshaw CP, Owens JS. Handbook of school mental health. Springer, 2014.
11. PSO (2001). Pasaulinis psichikos sveikatos pranešimas: nėra sveikatos be psichikos sveikatos.
12. WHO (2014). Preventing suicide. Prieiga per internetą: <https://www.who.int/publications/i/item/9789241564779>
13. PSO (2012). Veiksmai visuomenės sveikatos srityje vykdant savižudybių prevenciją. Bendrosios gairės. Prieiga per internetą: <https://vpsc.lrv.lt/uploads/vpsc/documents/files/SPB/prevencija%20viuomen%C4%97ss%20sveikatos%20sirtyje.pdf>
14. WHO Mental health atlas (2020). Prieiga per internetą: <https://vpsc.lrv.lt/uploads/vpsc/documents/files/SPB/prevencija%20viuomen%C4%97ss%20sveikatos%20sirtyje.pdf>

CONSULTING LECTURERS

1. Coordinating lecturer: Marija Jakubauskienė (Assoc. Prof. Dr.).
2. Dainius Pūras (Prof. Dr.).
3. Jelena Stanislavovienė (Assist. Prof. Dr.).

APPROVED:

By Council of Doctoral School of Medicine and Health Sciences at Vilnius University:
29th of September 2022

Chairperson of the Board: Prof. Janina Tutkuvienė