



COURSE UNIT DESCRIPTION

Course unit title	Code
Addictions and Public Health	

Annotation
During the course of the study, students will comprehensively examine the problems posed by the most relevant addictions for public health. The causes of addictions, health and social problems, and prevention models will be examined. Based on individual examples, the wrong paths of public health and their most effective solutions will be summarized. By revealing the diversity and complexity of the real situation, the aim will be to educate specialists who are prepared to improve public health with modern attitudes, the basis of human rights, scientific evidence, and knowledge.

Lecturer(s)	Department, Faculty
Coordinating: Prof. Alvydas Navickas, PhD Other: Lecturers of the Department of Psychiatry, Institute of Clinical Medicine, Vilnius University Medical University and the Department of Public Health, Institute of Health Sciences.	VU MF ICM Psychiatric Clinic Geležinio vilko 29 A, Vilnius Phone: +370 698 27 153 e-mail: alvydas.navickas@mf.vu.lt

Study cycle	Type of the course unit
First (bachelor)	Compulsory

Mode of delivery	Semester or period when it is delivered	Language of instruction
Classroom / Remote	VI semester	Lithuanian / English

Requisites	
Prerequisites: Modern challenges in public health; Introduction to Public Health; Fundamentals of Healthy Lifestyle; Health Psychology; Fundamentals of Public Mental Health.	Co-requisites (if relevant): No

Number of ECTS credits allocated	Student's workload (total)	Contact hours	Individual work
3	81	40	41

Purpose of the course unit: programme competences to be developed
The purpose of these studies is to develop a science-based approach to social, cultural, psychological, existential, interpersonal problems caused by addiction,

	changes in social and mental health, and the challenges posed to the harmonious functioning of society.		
Learning outcomes of the study programme	Learning outcomes of the course unit	Teaching and learning methods	Assessment methods
1.1; 4.1	Upon completion of the subject studies, the student will gain knowledge of the main mental disorders, behavioural disorders and somatic changes caused by addiction.	The material is set out during general lectures, lecture-discussion methods are used. The student independently studies the pedagogical and scientific literature of Lithuanian and foreign scientists. Based on the latest scientific literature, a report is prepared.	Verifying knowledge during a discussion, summarizing patient information. Assessment of the report. Exam evaluation.
5.1; 6.1; 9.1	Will be able to analyze the influence of dependencies on social, cultural life and quality of life, harm caused to interpersonal relations.		
10.1; 12.1; 13.1	Will be able to understand the methods of early intervention, to evaluate models of treatment and prevention of addiction, and the challenges posed to the sustainable functioning of society.		

Course content: breakdown of the topics	Contact hours							Individual work: time and assignments	
	Lectures	Tutorials	Seminars	Workshops	Laboratory work	Internship/work	Contact hours, total	Individual work	Assignments
1. The concepts of dependencies and problems in Lithuania and worldwide. Dependencies control policy.	2		2				4	4	Analysis of literature, laws and decrees on the influence of dependencies on social life and their prevalence in Lithuania, Europe and the world. Lithuanian studies on alcohol, tobacco, drugs and gambling control policies.
2. Mental and behavioural disorders caused by addiction. Public mental health.	2		8				10	4	Prepare for mental and behavioural disorders caused by psychoactive substances: perception, thinking, emotions, attention, memory, will, cravings, self-awareness, consciousness, weakness and so on.
3. Biopsychosocial problems of alcohol dependence and influence on public health.			2				2	2	Prepare for alcohol-related harm to health, interpersonal relationships, social functioning.
4. Biopsychosocial problems and dependence on public health by opioids, stimulants, cannabinoids dependency.			2				2	2	Prepare for the health, interpersonal relationships, social functioning damage caused by opioids, stimulants, cannabinoids.

5. Dependence from hallucinogens, new synthetic drugs, nicotine. Influence on mental health of the population.			2				2	2	Prepare for the health, interpersonal relationships, social functioning damage caused by hallucinogens, new synthetic drugs, nicotine.
6. Addictive drugs. Self-healing. Misuse of medication. Medicalization of society.	2		2				4	4	Get ready for discussion on drugs that cause addiction, their health damage, and the dangers of medicalization of society.
7. Gambling. Peculiarities of formation of pathological game for gambling. Help for gamers.			2				2	2	Prepare for discussion about personal, family, social issues caused by gambling. Also about the procedure for organizing gambling in Lithuania and the help to gamblers.
8. The peculiarities of the formation of Internet dependencies, social networks. Other addictions and impulsive disorders.			2				2	2	Prepare for a discussion about the harm, spread, and prevention of Internet and social networking. Also prepare for addiction to pornography, oniomania, kleptomania, dipsomania, dromomania, trichotillomania, pyromania, and others.
9. Peculiarities of addiction in childhood and adolescence. The family of a dependent person. Children dependent on alcohol or other drugs. Protection of children's rights. Influence of cultural and religious factors.			2				2	2	Prepare for a discussion about the causes of addiction formation in childhood and adolescence. Also, the influence of cultural, family and religious factors on the formation of attitudes toward addictive substances and behaviour.
10. Suicidal behaviour, its prevalence, risk factors, suicidal process, its prevention.	2		2				4	3	Prepare for discussion about risk factors, process, prevalence, prevention models of suicidal behaviour. Influence of addictions on suicidal behaviour.
11. Motivation to change your behaviour. Motivational interview: basic principles and implementation options. Self-help groups.			2				2	2	Prepare for a discussion about the possibility of changing the behaviour, attitude and goals of a dependent person. Also about self-help groups: Al-Anon. Al-ateen and others.
12. The concept of biopsychosocial assistance. A contemporary approach to addiction prevention. Examples of research-based prevention programs.			4				4	4	Prepare for biological, psychological, and social assistance. Informing the public about the dependency problem and prevention. Prepare an example of a prevention program for one of the dependencies.
<i>Report</i>								8	According to the latest literature, ask about the current problem of addiction and public health.
...									
Total	8		32				40	41	

Assessment strategy	Weight %	Deadline	Assessment criteria
Written work – a paper or other scientific-	10	During the	Written work is assessed according to the criteria provided by the teacher.

pedagogical work assigned by the teacher.		module seminars.	
The exam test takes place in the auditorium.	90	At the appointed time of the VU MF Study Department.	A student can take the exam test after completing the written work and 100% of the seminars. The questionnaire consists of no more than 100 closed-ended questions. The number of correct answers to a question can be one.
The final grade consists of	100	Up to 10 business days after taking the test.	The final cumulative grade consists of: Written work 10% + exam test 90%. The final grade is evaluated on a 10-point scale. If an unsatisfactory grade (≤ 4) is received, the subject is not credited.

Author	Publishing year	Title	Issue of a periodical or volume of a publication; pages	Publishing house or internet site
Required reading				
Narkotikų, tabako ir alkoholio kontrolės departamentas		Apie psichoaktyviasias medžiagas		https://ntakd.lrv.lt/lt/
EMCDDA		Europos narkotikų vartojimo paplitimo ataskaita. Tendencijos ir pokyčiai.		https://www.euda.europa.eu/index_en
Laima Bulotaitė	2009	Priklausomybių anatomija		Vilnius
Aldona Šiurkutė	2000	Potraukių sutrikimai		Vilnius
Robertas Badaras, Danutė Jonušienė	2014	Toksikologo užrašai		Vilnius
Algirdas Dembinskas ir kt.	2003	Psichiatrija. Vadovėlis		Vilnius
Lina Besigirskaitė ir Sigita Lesinskiene	2016	Priklausomybė nuo socialinių tinklų internetinėje erdvėje: literatūros apžvalga.		http://www.hi.lt/uploads/pdf/visuomenes%20sveikata/2016.4%2875%29/VS%202016%204%2875%29%20LIT%20A%20SociaLiniai%20tinklai.pdf
Lina Barkienė; Artūras Barkus	2024	Priklausomybės kaukės		Vilnius
Canadian Public Health Association		A Public Health Approach to Substance Use		https://substanceuse.ca/sites/default/files/2023-07/A%20Public%20

				Health%20Approach%20to%20Substance%20Use%20Handbo ok%20%28CEWH% 20%26%20CPHA%2 9.pdf
Vinood B. Patel, Victor R. Preedy	2022	Handbook of Substance Misuse and Addictions. From Biology to Public Health.		Springer Nature
John Saunders, David Nutt, Susumi Higuchi et al.	2024	Oxford Handbook of Addiction Medicine		Oxford University Press
Robert A. Zucker, Sandra A. Brown	2019	The Oxford Handbook of Adolescent Substance Abuse.//		Oxford Academic
Recommended reading				
William R. Miller, Stephen Rollnick	2013	Motivational Interviewing. Preparing People to Change Addictive Behavior.		https://books.google.l t/books/about/Motiva tional Interviewing_ Third Edition.html?i d=o1- ZpM7QqVQC&print sec=frontcover&sour ce=kp_read_button& redir_esc=y#v=onepa ge&q&f=false
Maurizio Pompili, Roberto Tatarelli	2011	Evidence-Based Practice in Suicidology.		USA. Hogrefe
Danah M. Boyd, Nicole B. Ellison	2007	Social Network Sites: Definition, History, and Scholarship.		https://onlinelibrary. wiley.com/doi/full/10 .1111/j.1083- 6101.2007.00393.x
Janet Geringer Woititz	1999	Suaugę alkoholikų vaikai. Kaip nusimesti skausmingos praeities našta ir atkurti dvasios ramybę.		Vilnius. Vaga.
Peter Conrad	2007	Medicalization of society.		http://www.easewellb eing.co.uk/downloads /Peter-Conrad-The- Medicalization-of- Society.pdf