

(Vilniaus universiteto studijų dalyko (modulio) aprašo tipinė forma anglų kalba)



COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
Public Mental Health	VPSV 7115

Academic staff	Core academic unit(s)
Coordinating: Prof. Dr. Dainius Pūras	Vilnius University, Faculty of Medicine, Institute of Public Health, Čiurlionio str. 21, Vilnius
Other:	

Study cycle	Type of the course unit
Second	Compulsory

Mode of delivery	Semester or period when it is delivered	Language of instruction
Lectures, seminars, practical work in classroom; distance learning	Semester II	Lithuanian

Requisites	
Prerequisites: Health policy; health law; public health interventions; information systems in public health	Co-requisites (if relevant): None

Number of ECTS credits allocated	Student's workload (total)	Contact hours	Individual work
5 credits	135 hours	66	69

Purpose of the course unit
To provide knowledge about: the essence, goals and objectives of public mental health; the theoretical foundations of public mental health and the principles of applying these foundations in practice; major public mental health problems and their epidemiology in Lithuania and globally — including the prevalence of mental and behavioural disorders, their distribution and dynamics across different population groups, addictions and their epidemiology, the epidemiology of violence and suicide, manifestations of violence, crises in parent–child relationships, stigma and

discrimination, social integration; causes, consequences, risk and protective factors of public mental health challenges, their prevention levels and methods; public mental health policy in Lithuania and globally; population-based, longitudinal public mental health studies; principles and methods of developing, implementing and evaluating public mental health policies, programmes, interventions and services.

Upon completing the course, students must be able to identify and assess public mental health problems, epidemiological characteristics and risk factors, and to plan, implement and evaluate public mental health promotion and prevention activities.

To develop generic competencies: abstract, analytical, systemic and critical thinking; ability to work independently and in a team; work in virtual teams; leadership; communication.

Learning outcomes of the course unit	Teaching and learning methods	Assessment methods
Generic competencies		
Having successfully completed this module, the student will be able to: analyse, synthesise and critically evaluate; learn during further studies and independently throughout life; apply knowledge in practice; teach others; conduct scientific and applied epidemiological research in the field of public mental health.	Active learning methods, lectures, seminars, practical work, research methods. Distance learning applied. Engaging lectures, exercises and seminars using interactive integrated learning methods (case analysis, problem solving, group work, presentation of discussion results in classroom/e-seminar), consultations.	Continuous assessment of knowledge and skills during seminars. Examination, practical work and seminar assessments, preparation of a public mental health project. One analytical written work on a chosen public mental health topic. Examination — written responses to closed-type questions (test).
Cross-cultural collaboration, group decision-making and authentic leadership skills; ability to be creative and take initiative; ability to pursue goals while maintaining the highest academic ethics standards.	Independent literature search. Critical evaluation of scientific and analytical texts in public mental health. Work with legal acts. Engaging lectures and seminars using active learning methods (case analysis, problem solving, group work, presentation of discussion results in classroom), consultations, work in virtual teams.	Continuous assessment of knowledge and skills during seminars. Practical work and seminar assessments, preparation of a public mental health project.
Subject-specific competencies		
Argue substantively the essence of contemporary public mental health and its epidemiological characteristics; know Lithuanian and international (EU, WHO, etc.) public mental health policy priorities and relevant legislation; maintain a clear and correct public stance on improving mental health; understand the main public mental health problems of Lithuanian and foreign populations — their causes, consequences, prevention methods and inequalities.	Lectures and seminars in classrooms/virtual space using distance learning methods, situation modelling and case analysis, group work, independent work. Interactive learning methods (assumption evaluation, brainstorming, concept mapping, decision tree, logic matrix, etc.).	Continuous assessment of knowledge and skills during seminars. Practical work and seminar assessments, preparation of a public mental health project.
Assess psychological, social and biological factors; plan and conduct epidemiological public mental health studies; develop mental health promotion and prevention policies, programmes and interventions and assess their impact on wellbeing, sustainability of health and social systems, and overall state development; understand public mental health risk factors, socioeconomic determinants and their epidemiology, and the resulting	Lectures and seminars in classrooms/virtual space using distance learning methods, situation modelling and case analysis, group work, independent work. Interactive learning methods (assumption evaluation, brainstorming, concept mapping, decision tree, logic matrix, etc.).	Continuous assessment of knowledge and skills during seminars. Examination, practical work and seminar assessments, preparation of a public mental health project.

changes in population health needs and status.		
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Content	Contact hours							Individual work: time and assignments	
	Lectures	Tutorials	Seminars	Workshops	Lab. work	Internship	Contact hours, total	Individual work	Tasks for individual work
Contemporary concept of personal and public mental health; the mental health continuum. Life-course developmental paradigm in the mental health context. Historical shifts in approaches to mental health and mental disorders (paradigm changes). Global burden of mental disorders.	1		2	2			5	6	Study of scientific and subject literature. Situation analysis. Individual and group practical task completion. Preparation of analytical written work. Interactive self-assessment test.
Contemporary understanding of mental health norms and pathology. Stress-vulnerability model. "Negative" mental health. Positive mental health. Criteria for good mental health and its assessment in the context of state welfare.	1		2	2			5	7	Study of scientific and subject literature; analysis, interpretation and evaluation of public mental health indicators. Situation analysis. Analysis of legal acts. Individual and group practical task completion. Preparation of analytical written work. Interactive self-assessment test.
Causes and consequences of mental and behavioural disorders. Biological, psychological and social protective and risk factors determining mental health status of communities and individuals; their epidemiology and assessment. Prevention principles in the field of public mental health. Lithuania. Health crises in the Central and Eastern European region and their relationship with public mental health.	2		2	4			8	7	Study of scientific and subject literature; analysis, interpretation and evaluation of public mental health indicators. Situation analysis. Analysis of legal acts. Individual and group practical task completion. Preparation of analytical written work. Interactive self-assessment test.
The mental health care system and its links with public health care: contemporary ethical, managerial and economic principles of service provision. Sustainability of the mental health system. Assessment of the mental health system. Mental health policy and its assessment: key WHO, EU and Lithuanian documents and the principles enshrined therein. Mental health across all areas of state policy.	1		2	4			7	7	Study of scientific and subject literature; analysis, interpretation and evaluation of public mental health indicators. Situation analysis. Analysis of legal acts. Individual and group practical task completion. Preparation of analytical written work. Interactive self-assessment test.
Stigma, discrimination and social exclusion. Prevalence of these phenomena, epidemiological assessment methods, prevention	1		2	4			7	7	Study of scientific and subject literature; analysis, interpretation and evaluation of public

principles. Contemporary public mental health care interventions reducing stigma. Mental health advocacy and human rights of persons with mental health problems. Principles of psychosocial and occupational rehabilitation. Prevention of institutionalisation, restraints and excessive medication in mental health care. Empowerment of persons with mental health problems. Social integration.									mental health indicators. Situation analysis. Analysis of legal acts. Individual and group practical task completion. Preparation of analytical written work. Interactive self-assessment test.
Violence as a public mental health problem; epidemiology of violence and systematic assessment. Mechanisms of the origin of violence. Types of violence. Consequences of violence. Myths about violence. Methods of preventing violence as a public mental health problem. Effects of violence prevention.	1		2	4			7	7	Study of scientific and subject literature; analysis, interpretation and evaluation of public mental health indicators. Situation analysis. Analysis of legal acts. Individual and group practical task completion. Preparation of analytical written work. Interactive self-assessment test.
Suicide as a public mental health problem. Epidemiology of suicide, risk factors, prevention models, assessment of the effectiveness of suicide prevention. Addictions and their epidemiology. Addictions as a public mental health and suicide problem.	1		2	4			7	7	Study of scientific and subject literature; analysis, interpretation and evaluation of public mental health indicators. Situation analysis. Analysis of legal acts. Individual and group practical task completion. Preparation of analytical written work. Interactive self-assessment test.
Children's mental health problems and epidemiology in the context of public health. Methods of promoting children's mental health and preventing the most important problems, and their assessment.	1		2	4			7	7	Study of scientific and subject literature; analysis, interpretation and evaluation of public mental health indicators. Situation analysis. Analysis of legal acts. Individual and group practical task completion. Preparation of analytical written work. Interactive self-assessment test.
Mental health promotion and prevention. Primary and secondary prevention of mental and behavioural disorders (in families, workplaces, schools, etc.). Planning, implementation and evaluation of mental health promotion and mental disorder prevention. Assessment of public mental health and assessment methods.			2	4			6	7	Study of scientific and subject literature; analysis, interpretation and evaluation of public mental health indicators. Situation analysis. Analysis of legal acts. Individual and group practical task completion. Preparation of analytical written work. Interactive self-assessment test.
Epidemiology of public mental health. Most common mental and behavioural disorders and their significance for public health; inequalities in mental disorders. Scientific and applied epidemiological research in the field of mental health.	1		2	4			7	7	Study of scientific and subject literature; analysis, interpretation and evaluation of public mental health indicators. Situation analysis. Analysis of legal acts. Individual and group practical task completion.

									Preparation of analytical written work. Interactive self-assessment test. Presentation.
Total	10		20	36			66	69	

Assessment strategy	Weight %	Deadline	Assessment criteria
Participation in classroom/virtual environment work (lectures and seminars)	—	Throughout the semester	Student is able to complete assigned tasks and familiarise with the topics being studied. For missed seminars the student submits a 3–5 page paper on the missed topic. If a student did not speak during a seminar, they write a 3–5 page paper on the seminar topic. If a student misses 3 practical sessions without justification, they are not allowed to complete other work or participate in practical sessions; this opportunity is granted only in the following academic year.
Seminar	—	By end of course cycle	While preparing for and during the seminar, students learn to clearly and concisely formulate a problem, substantiate and analyse it. The problem prepared and presented during the seminar is assessed as "passed" or "not passed". All group members must contribute during the seminar.
Intermediate test	20%	By end of course cycle	Midterm assessment – a written test. At the end of each seminar, a self-assessment test is administered. The Public Mental Health course test consists of 10 questions, each with 3–5 answer options, of which only one is correct. Grading (10-point scale): 10 — excellent (10 correct answers); 9 — very good (9 correct answers, minor errors permissible); 8 — good (8 correct answers); 7 — average, major errors (7 correct answers); 6 — satisfactory, meets minimum requirements (6 correct answers); 5 — weak, barely meets minimum (5 correct answers); 4 — minimum requirements are not met, 4 questions answered correctly, 3 — minimum requirements are not met, 3 questions answered correctly, 2 — minimum requirements are not met, 2 questions answered correctly, 1 — minimum requirements are not met, 1 question answered correctly, 0 — minimum requirements are not met, 4 questions answered correctly; no correct answers. A score of 5 or above is required to pass. Scores are recorded to the nearest tenth; only the overall cumulative grade is rounded. Admission to the final examination requires a passing test score (≥ 5).
Individual analytical written work and oral presentation	30%	By the scheduled examination date	A public mental health project (analytical written work on a chosen topic, prepared according to pre-submitted guidelines) is developed during the semester. Passing score: ≥ 5 . The work must have a clear, logical structure (introduction presenting topic relevance, aim, objectives, methods; literature review with critical evaluation; conclusions). The discussion section addresses challenges related to the topic and gaps between policy documents and implementation practice, and discusses possible trends in changing perspectives with arguments from different viewpoints. Oral presentation: 10 minutes, with slides, clearly stating aim, objectives, methods and specific results; use of current subject literature; well-formulated conclusions.

Final examination	50%	Examination session	Written examination consisting of 50 closed-type questions (3–5 answer options per question, one correct). Admission requires: completion of all practical work and seminars, passing intermediate test score (≥ 5), and positively assessed written work (≥ 5). Each question is worth 0.5 points. The final grade is cumulative: 20% intermediate test + 30% written work + 50% final examination.
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Author (-s)	Publishing year	Title	Issue of a periodical or volume of a publication	Tasks for individual work
Required reading				
W.W. Eaton	2012	Public Mental Health		Oxford University Press, USA
Jean S. Brown, Alyson M. Learmonth, Catherine J. Mackereth	2015	Promoting Public Mental Health and Wellbeing		Jessica Kingsley Publishers, UK
M. Cattan, S. Tilford	2006	Mental health promotion		McGraw-Hill / Open University Press, UK
Grigaitė U., Levickaitė K., Juodkaitė D., Goštautaitė-Midttun N.	2025	Promoting human rights-based deinstitutionalization in Lithuania by applying the WHO's QualityRights Assessments. International Journal for Quality in Health Care	Vol. 37, Issue 1	https://doi.org/10.1093/intqhc/mzae118
Pūras D., Hannah J.	2025	Reflections on Institutional Corruption in Mental Health Policy Implementation: Global Insights and the Eastern European Experience. Health and Human Rights	Vol. 27, No. 2	https://www.hhrjournal.org/2025/12/08/reflections-on-institutional-corruption
World Health Organization	2025	Guidance on mental health policy and strategic action plans. Module 1		https://www.who.int/publications/i/item/9789240106
D. Pūras, A. Germanavičius, R. Povilaitis, A. DervinytėBongar zoni	2005	Visuomenės psichikos sveikata [Public Mental Health]		Vilnius: Vilnius University Press
World Health Organization	2001	World Health Report 2001: Mental Health — New Understanding, New Hope		https://iris.who.int/items/f87eb331-b36f-40fa-b7a7-4
Recommended reading				
D. Pūras et al.	2014	Challenges in Implementing		http://www.fsf.vu.lt/dokumentai/Naujienuos_Mokslo_pekiai/MOKSLO_STUDIJA

		Lithuania's Mental Health Policy		
Puras D., Gooding P.	2019	Mental health and human rights in the 21st century	World Psychiatry, 18: 42–43	https://doi.org/10.1002/wps.20599
World Health Organization	2002	World Report on Violence and Health		https://www.who.int/publications/i/item/9241545615
World Health Organization		New information on mental health promotion issues worldwide		https://www.who.int/health-topics/mental-health#tab
World Health Organization	2021	Guidance on community mental health services: promoting person-centred and rights-based approaches		https://www.who.int/publications/i/item/9789240025
Seimas of the Republic of Lithuania	2007	Resolution on the Mental Health Strategy		https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.2
UNICEF	2022	UNICEF Annual Report 2021		https://www.unicef.org/reports/unicef-annual-report-2021

NOTE: Including Open Educational Resources in the reading list is recommended.