

PSY-421: Mental Health in Community (3 CHs)

Pre-requisite: None

Course Description:

This course will provide students a conceptual understanding for mental health and psychosocial wellness approaches while having a primary emphasis on providing a deeper understanding of communal and social system in context of Pakistan.

Course Objectives:

This course will facilitate students to:

- Conceptualize mental health and psychosocial wellness in the context of communal and social systems with reference to Pakistan.
- Understand different levels of community-based interventions.
- Understand the relevance of tertiary vs. preventive care in promoting mental health.
- Understand the Global vs. Local Context for public mental health.
- Analyze factors and public mental health especially of and vulnerable/at risk populations.

Course Learning Outcomes:

The course will enable students to:

- Conceptualize mental health and psychosocial wellness in the context of communal and social systems.
- Critically analyze how environmental and structural factors play a significant role in the development of mental disorders.
- Explain and analyze the relevance of tertiary v/s preventive care in promoting mental health.

Course Contents:

- The Social and Cultural Context of Health, The Ecological Model
- Theories and Models of Individual Behavior
- The Household as a Basic Health Unit
- Social Support Systems
- Social Change Theories
- Mental health systems in the Developing world-WHO AIMS Report
- Mental Health System of Pakistan
- Mental Health Law of Pakistan
- Development and Evaluation of Complex Health Care Interventions

- Global vs. Local context and public mental health
- Public Mental Health and Vulnerable/at risk Populations
- Participatory Approach in Research and Intervention

Reference Readings:

- Bryant, W., Fieldhouse, J., & Bannigan, K. (Eds.). (2022). *Creek's Occupational Therapy and Mental Health E-Book*. Elsevier Health Sciences.
- Rogers, A., & Pilgrim, D. (2021). *A Sociology of Mental Health and Illness 6e*. McGraw-Hill Education (UK).