

Course Title : Gender & Mental Health

Course Code : PSY 913

Credit Hours : 3

Pre requisite: Community Mental Health

Course Description:

1. Mental health problems are the most significant contributor to Burden of Disease and disability. Among the variables that have demonstrated a relationship with specific risk of being affected are the interactions between biological and social vulnerability. Research evidence is available culturally and socially constructed difference between women and men in their roles and responsibilities, status in family and society, and power, interact with biological differences between the sexes to contribute to differences in the nature of mental health problems suffered. This also impacts when and what kind of help they will seek for their mental health problems and also responses of the health sector and society as a whole. This course will provide an opportunity to look into the dynamics of the interaction between gender and mental health in our cultural context and develop a sensitivity to adapt intervention plans keeping in mind the peculiar interaction effects of gender on mental health service and research.

2. **Course Objective:**

- a. To develop awareness regarding biological and social factors as it impacts mental health.
- b. To understand the socio psychological factors that differentially cause stress in men and women.
- c. To review the mental health practice and policy to align it with the specific needs of the gender.

3. **Learning Outcome:**

- a. Increased awareness and sensitivity towards psychosocial factors that pose threat to mental health of men and women.
- b. Demonstrate skills to address the specific mental health issues of both gender.
- c. Plan and execute research to explore service and policy deficit and merits in the area of gender and mental health.

4. **Course Outline:**

- a. Gender ,prevalence, onset and course of disorders
- b. Gender and inequalities in mental health services
- c. The development of Self in men and women
- d. Women as mothers: pre, peri-natal and post-natal care and women's mental health
- e. Psychosocial factors as determinant of mental health in men and women
- f. From individual to couples: understanding relationships, conflicts and growth
- g. Gender based discrimination and violence
- h. Professional, personal and social issues of women mental health practitioners
- i. Public health approach for improving mental health

Suggested Readings:

1. Kohen. D. (2010). Oxford Textbook of Women and Mental Health. Oxford University Press.
2. Thornicroft, G.,Szmukler, G., Mueser,K.T& Drake. R.E. (2011). Oxford Textbook of Community Mental Health. Oxford University Press. ISBN-10: 019956549X | ISBN-13: 978-0199565498.
3. Murray, C.E., &Grayes, K.N. (2012). Responding to family violence: A Comprehensive Research-Based Guide for Therapists. Routledge. ISBN-10: 0415885612 | ISBN-13: 978-0415885614