

**Course Title : Mental Health and Epidemiology**

**Course Code : PSY-915**

**Credit Hours : 3**

**Pre-requisites:** Community/Public Mental Health

**Course Description:**

1. This course aims at building students' knowledge and understanding about epidemiology and mental health. It will build their skills to conduct and critically evaluate research relevant to prevalence, causes and conceptualization of mental health in a regional and global context. The course will be contextualized by taking regional case examples, available epidemiological data and small scale research projects in local community settings.

**Course Objectives:**

2. The course is designed to:
  - a. Enhance student's knowledge and skills about methods of data collection and various study designs (observational research, case-control studies, cohort study, clinical trials) in mental health research
  - b. Deeper understanding about issues related to mental health in context of developing countries
  - c. Enable students to effectively recognize issues and challenges for mental health research in a developing world context.
  - d. Gain in-depth understanding about sources and uses of epidemiologic data for health services planning

**Learning Outcomes:**

3. The students will be able to;
  - a. Demonstrate knowledge of basic concepts, terminologies and methods used in epidemiological research.
  - b. Demonstrate knowledge about issues and challenges in epidemiological research particularly in context of developing countries.
  - c. Understand how to use the available epidemiological data for health planning.
  - d. Able to design and conduct epidemiological research on mental health in the local context.

4. **Course Contents:**

- a. Defining Epidemiology
- b. Terminology in epidemiology: Prevalence, incidence, onset, risk factors, co-morbidity
- c. Overview on issues in Mental Health Research in Developing Countries
- d. Research methods in epidemiology and clinical trials (observational research, case-study, case-control, cohort studies)
- e. Mental health and epidemiology in a global context
- f. Design, Monitoring, and Evaluation of Clinical and field trials relevant to mental health research
- g. Guidelines for reporting results of clinical trials

**Recommended Text:**

- a. Haynes, R. B. (2012). *Clinical epidemiology: how to do clinical practice research*. Lippincott Williams & Wilkins.
- b. Tsuang, M.T., & Tohen, M. (2002). Text Book in Psychiatric Epidemiology. 2<sup>nd</sup> Ed. Wiley-Liss.
- c. Variety of research papers on Global Mental Health