

PSY – 312: Mental Health and Well Being (3 CHs)

Course Pre-requisite: None

Course Description:

This course explores the fundamental concepts and principles of mental health and well-being within the context of psychology. Topics covered include the assessment and diagnosis of mental health conditions, stress management, and the role of cultural diversity in mental health.

Course Objectives:

The course will facilitate students to:

- Gain an in-depth understanding of various psychological factors that contribute to mental health.
- Analyze the significance of promoting well-being, and the application of evidence-based strategies for enhancing mental health and overall well-being.

Course Learning Outcomes:

By the end of the course, students should be able to:

- Define mental health and well-being from psychological perspectives.
- Identify the major factors influencing mental health, including biological, psychological, and social determinants.
- Analyze the role of stress in mental health and develop effective stress management techniques.
- Analyze the significance of cultural diversity and its influence on mental health outcomes.
- Identify common mental health disorders, their symptoms, and assessment methods.
- Apply evidence-based strategies for enhancing mental health and overall well-being.
- Demonstrate ethical considerations in providing mental health support and services.
- Critically analyze research findings and interventions related to mental health.

Course Contents:

- Introduction to Mental Health and Well-being
 - a. Definition of mental health and well-being
 - b. Historical perspectives on mental health and mental illness
 - c. The biopsychosocial model of mental health
- Factors Influencing Mental Health
 - a. Biological determinants (genetics, neurobiology)
 - b. Psychological factors (personality, cognition)
 - c. Social determinants (family, peer group, community)
- Basic Concepts in Mental Health and Psychopathology
 - a. Concept of Abnormality
 - b. Criteria of Normality and Abnormality
 - c. Defining 4 Ds (Deviance, Distress, Dysfunction, Danger)
 - d. Paradigm shift of mental health
- Stress and Coping
 - a. The stress response and its impact on mental health
 - b. Coping strategies and stress management techniques
 - c. Mindfulness and relaxation techniques
- Resilience and Mental Well-being
 - a. Understanding resilience and its significance
 - b. Protective factors for building resilience
 - c. Resilience-based interventions
- Cultural Diversity and Mental Health
 - a. Cultural influences on mental health perceptions
 - b. Cultural competence in mental health care
 - c. Addressing mental health disparities
- Introduction to Prevalent and Common Mental Health Disorders
- Assessment and Diagnosis
 - a. Diagnostic criteria for mental health disorders (e.g., DSM-5)
 - b. The role of psychological assessments in diagnosis
 - c. Diagnosis Vs. Formulation
 - d. Ethical considerations in diagnosis
- Evidence-Based Interventions for Mental Health

- a. Cognitive-behavioral therapy (CBT)
 - b. Mindfulness-based interventions
 - c. Psychopharmacology and medication management
- Promoting Mental Health and Well-being
 - a. Prevention strategies for mental health disorders
 - b. Ethical and Legal Issues in Mental Health

Textbooks

- Davey, G. (2015). *Psychopathology & Abnormal Psychology, Vol 1 & 2*. Sage Publications
- Folkman, S. (Ed.). (2011). *The Oxford Handbook of Stress, Health, And Coping*. Oxford University Press.
- Harrington, R. (2014). *Stress, Health, and Well-Being: Thriving in the 21st Century*. CA: Wadsworth Cengage Learning.

Reference Books

- Comer, r. J. (2004). *Abnormal psychology*. USA: freeman & company.
- American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders* (5th Ed.).
<https://doi.org/10.1176/Appi.Books.9780890425596>