

## **PSY-409: Child and Maternal Mental Health (3 CHs)**

**Prerequisite:** Introduction to Social Psychology/Life Span Development

### **Course Description:**

This course will introduce students to the field of child and maternal health by focusing on issues which influence the health and well-being of children and families over the life span. The course will emphasize health promotion, disease prevention, and supportive programs at different for mothers and children at different stages of life and how these programs are designed to meet the needs of children and families. This will provide students conceptual understanding about health disparities and its implications for policy and practice in the context of Pakistan.

### **Course Objectives:**

The course will facilitate students to:

- Learn importance of promoting women and children's health and well-being.
- Understand key concepts in working with culturally diverse people.
- Understand the role of poverty and poor infrastructure as a risk factor for adverse health outcomes in children and maternal health in low- and middle-income countries
- Explore the concept of health disparities and factors which can result in health disparities.
- Identify community-level strategy to promote children and mother's well-being.

### **Course Learning Outcomes:**

Students should be able to:

- Conceptualize the underlying concepts about promotion of individual and population health
- Demonstrate knowledge base for the structure /design of maternal and child health programs and services
- Evaluate the strengths and weaknesses of these programs
- Analyze disparities in health status based on gender, socio-economic status, race
- Identify essential gaps in existing maternal and child health programs

### **Course Contents:**

- Historical development of maternal and child health practice
- Life Course Health Development model
- The importance of social determinants of health and illnesses
- Characteristics of the current health care systems and implications for children
- Basic principles and theories of population-based health promotion
- A review of local context to understand the critical statistics and measures about child and maternal mental health.

### **Textbooks:**

- Kotch, J. (2012). *Maternal and child health: Programs, problems, and policy in public health*. Jones & Bartlett Publishers.
- Turner-Cobb, J. (2013). *Child health psychology: A biopsychosocial perspective*.

### **Reference Books:**

- Ebrahim, G. J. (2007) *Practical Mother, Newborn and Child Care in Developing Countries*. Book Aid, London
- Boschi-Pinto, C., Lanata, C. F., & Black, R. E. (2010). Maternal and child health: global challenges, programs, and policies. *The global burden of childhood diarrhea*. New York: Springer, 225-243.
- Anoko, D. A. S. J. N., & Abramowitz, S. A. Global Maternal and Child Health: Medical, Anthropological, and Public Health.
- Gutschow, K., Davis-Floyd, R., & Daviss, B. A. (Eds.). (2021). *Sustainable birth in disruptive times*. Springer International Publishing.
- Taylor, E. A., Verhulst, F. C., Wong, J., Yoshida, K., & Nikapota, A. (Eds.). (2020). *Mental health and illness of children and adolescents*. Springer.