

PSY-408: Health and Epidemiology (3 CHs)

Prerequisite: None

Course Description:

This course will give an overview of the philosophy, methods, and uses of epidemiological perspective to physical and mental health. Students will learn about factors related to the distribution of different physical and mental illnesses in different regions. The course will also give a broad overview of methods of epidemiological research.

Course Objectives:

The course will facilitate students to:

- Understand principles and methods of epidemiology.
- Explain incidence and prevalence of common physical and mental disorders both at the global and national level.
- Critically analyze risk factors associated with physical and mental health and protective factors associated with healthier life patterns.

Course Learning Outcomes:

At the end of the course students will be able to demonstrate:

- Conceptual understanding of the principles of epidemiology.
- Basic understanding about research methods in epidemiology.
- Critical reflection on and list risk and protective factors associated with physical and mental health problems most commonly prevalent globally and nationally.

Course Contents:

- History, Philosophy, and uses of Epidemiology
- Research Methods in epidemiology
- Psychiatric Epidemiology
- Social epidemiology

- Epidemiology and Policy
- Epidemiological Studies in the Context of Pakistan

Textbooks:

- Merrill, R. M. (2015). *Introduction to epidemiology*. Jones & Bartlett Publishers.
- Bhugra, D., Bhui, K., Wong, S. Y. S., & Gilman, S. E. (Eds.). (2018). *Oxford textbook of public mental health*. Oxford University Press.
- Marelich, W. D., & Erger, J. S. (Eds.). (2004). *The social psychology of health: Essays and readings*. Sage.

Reference Books:

- Friis, RH (2010) *Epidemiology 101*. Published by Jones and Bartlett Learning.
- Bonita, R & Beaglehole, R (2007) *Basic Epidemiology*. World Health Organization.
- Rothman, KJ. (2012) *Epidemiology: An Introduction*. Oxford University Press, Inc.