PSYC 138: Global Mental Health, 3 units  
Date, Time, Location: TBD  
Summer  
Session TBD

Course Overview:  
Global mental health aims to alleviate suffering caused by mental disorders around the world. Although most of the world lives in low-and-middle income countries, the majority of mental health resources are concentrated in high-income countries. Therefore, we focus on the burden of mental disorders in low-resource settings. Global mental health rests on the following foundations: 1) the best available scientific evidence; 2) a culturally-sensitive & contextual understanding of mental health; 3) evaluating interventions that promote mental health, prevent disorders, and enable recovery; 4) respect for human rights and human dignity; and 5) an interdisciplinary approach to addressing the burden of global mental health needs. Readings will focus on primary-source empirical articles, recent chapters, and ongoing work by international health organizations and development agencies.

Objectives:  
The objectives of this course are two-fold. Students will:  
1) Gain an understanding of the:  
   - Global perspectives and priorities in understanding mental health  
   - Multidimensional nature of mental health in low-resource settings—biological, psychological, cultural, economic, community, and organizational dimensions that are central to understanding and addressing mental disorders  
   - Importance of cultural expressions, cultural differences, and contextual nuances that affect diagnosing and treating mental disorders  
   - Major individual, clinical, community and population approaches to preventing, treating and managing mental disorders  
   - Role of the mental health delivery systems in preventing, identifying and treating mental disorders in different contexts  
2) Develop the critical thinking skills necessary to evaluate scientific ideas and research in original scientific papers and popular media  
3) Learn to articulate and communicate both orally and in written form a critical and nuanced understanding of current global mental health research

Reading List:  
- Articles, as assigned below
Requirements & Grading:
- Exam #1: 35%
- Exam #2: 35%
- Article Presentation: 30%

Exams. The exams will be a combination of multiple, choice, short answer, and essay questions and completed in the course. There will be no make-up exams in the course.

Article Summary & Presentation. Each student will turn in a 2-page summary (12-point font, double-spaced) and complete a 20-minute presentation of one peer-reviewed empirical intervention study with original data collection focused on one topic in global mental health. The article cannot be one that has been reviewed in the course. The 20-minute presentation will be an oral PowerPoint presentation, which will include the following elements:

- (5 points) Background of study (why is this important)
- (5 points) Hypothesis of study, including identification of the independent and dependent variables (what question is being asked by the researchers)
- (5 points) Main result or outcome of study (what was the answer to the question)
- (15 points) Critical evaluation of study
  - Extent to which intervention addressing biological, psychological, and social contributions of the mental disorder (3 points)
  - Cultural and contextual sensitivity (3 points)
  - Weaknesses of study (3 points)
  - Relevance to major global development goals (3 points)
  - Requirements of mental health care system & ability to be integrated or sustained into a low-resource context (3 points)

Schedule:

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<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>READINGS</th>
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<tbody>
<tr>
<td>TBD</td>
<td>Culture &amp; Global Mental Health</td>
<td>• Patel, Ch. 3&lt;br&gt;• <a href="https://www.nytimes.com/2010/01/10/magazine/10psychet.html">https://www.nytimes.com/2010/01/10/magazine/10psychet.html</a></td>
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<td>Epidemiology and impact</td>
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<td>Research methods &amp; practice</td>
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<td>Mental health</td>
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- Patel, Ch. 5

- Patel, Ch. 4

- Patel, Ch. 6

- Patel, Ch. 12

- Patel, Chs. 8 & 10

- Patel, Chs. 8 & 10

- Patel, Ch. 11

- Patel, Ch. 13
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