

Brief description of the elective discipline (abstract)

«Mental Health»

(name of elective course)

Speciality	Medicine
Educational level	master
Year of study (course)	2 year
Form of education	full-time form of education
Department	psychology and philosophy

Goals of the discipline are - to give students an idea of the general concept of human health, the concept of mental health disorders and their factors, main characteristics of lifestyle and factors of forming a healthy lifestyle, introduces the features of the problems which are related to lifestyle, main types of psychohygiene, health factors, forms the ability to apply knowledge of human health psychology in professional activities, identify the features of the impact on the psychological health of socio-economic, socio-political, environmental and biosocial factors, identify individual psychological differences depending on individual lifestyle and the presence of disease, analyze the descriptors and determinants of mental health for the implementation of psychohygiene and psychoprophylaxis, which are important elements in the training and professional activities of the specialist.

Course objectives are:

- Acquirement the system of knowledge of medical and social foundations of mental health
- Formation of the clinical world and adopting a series of medical and psychological skills, which are important elements in the training and future activities of doctor
- Formation of a special vision of the psychology of a healthy personality, psychology of a healthy lifestyle, disorders of psychological health, medical and social foundations of the problems of a sick person
- Mastering the ability to effectively structure and organization of the system of interpersonal interaction doctor-patient
- Mastering the ability to analyze different kinds of psychosocial and medical and social situations in the life of the patient
- Understanding the most effective methods of influencing the personality of a patient and his relatives
- Understanding of psychohygiene
- Development skills of practical implementation of skills and methods of psychohygiene
- Development of skills of research work of students, persistence and activity in mastering of bases of the future profession

Learning outcomes: effectively formulate conclusions; explain to professionals, patients and their families and planned communication strategy in professional activities; establish appropriate professional connections to achieve results; establish appropriate connections/links to achieve goals; use information and communication technologies in professional activities; establish interpersonal relationships to ensure quality execution of tasks; establish appropriate links to achieve the goals; use communication strategies and interpersonal skills; to convey one's own public position; establish interpersonal relationships to effectively deal with the tasks and duties; establish appropriate relationships to achieve a positive result.

After studying the course, students should know:

- analytical methods for the analysis and application of acquired knowledge

- the scope of their responsibilities and ways to deal with the tasks
- methods of evaluating quality indicators
- communication tactics, laws and ways of communicative behavior
- methods and strategies of communication, their civil rights and responsibilities
- rights, responsibilities and ways of how to deal with the tasks

After studying the course, students should be able to:

- solve those professional tasks that arise in professional activities that require constant updates
- to carry out professional activities that require constant updating and integration of knowledge
- analyze information, formulate their own opinion and make informed decisions
- use information and communication technologies in the professional field, which requires updating and integration of knowledge
- define tasks and be persistent and conscientious in the realization of duties
- qualitatively deal with the tasks
- choose communication methods and strategies to ensure effective teamwork
- to form their civic consciousness and act accordingly
- define the goal and strategy of further development, be persistent and honest in the realization of duties
 - apply knowledge to lead a healthy lifestyle and adapt to new circumstances and (including conflict) situations.

Approximate list of lecture and practical topics:

1. Introduction to Mental health.
2. The concept and basic principles of Mental health.
3. Mental health disorders
4. Lifestyle. Lifestyle issues
5. Age aspects of Mental health. Family and its maladaptation forms.
6. Personality and microsocial environment: potential danger to Mental health.
7. The impact of meso- and macro-social environment on Mental health.
8. Fundamentals of psychohygiene.

The list of competencies, the acquisition of which will be provided by the discipline.

General competencies:

- GC1. Ability to abstract thinking, analysis and synthesis, the ability to learn and be modernly trained.
- GC2. Ability to apply knowledge in practical situations
- GC3. Knowledge and understanding of the subject area and understanding of professional activity
- GC4. Ability to adapt and act in a new situation
- GC5. Ability to make an informed decision; work in a team; interpersonal skills
- GC6. Ability to communicate in the state language both orally and in writing; ability to communicate in a foreign language
- GC7. Skills in the use of information and communication technologies
- GC8. Definiteness and perseverance in terms of tasks and responsibilities
- GC9. The ability to act socially responsibly and consciously
- GC10. The desire to preserve the environment.

Special (professional) competencies:

- SC1. Skills of interviewing and clinical examination of the patient
- SC4. Ability to determine the required mode of work and rest in the treatment of diseases.
- SC13. Ability to carry out sanitary, hygienic and preventive measures.
- SC19. Ability to assess the impact of the environment, socio-economic and biological determinants on the health of the individual, family, population

The list of scientific and pedagogical employees who will ensure the conduct of the discipline:

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