

Course Title: Mental Health and Addiction Inclusive

Group: Discontinuous BSc Students in Public Health

Semester: Second 92-93

Name of Professor: Dr. Sattar Kikhawani

Class day: Tuesday Class time: 2-4

**General Objective of the course:** Familiarity with the definition of principles and components and concepts of mental health, familiarity with the factors affecting mental health, and the causes and contexts of addiction and ways to prevent

Session	Topic	Objectives of the meetings
1	Initial evaluation - communication - goal setting	Ensuring that there are prerequisites - placement - explanation of expectations
2	A. Mental health: Definition of mental health and health, concepts of mental health Interaction of physical and mental health	1. Define health and mental health and get acquainted with the two main concepts of mental health, namely the medical concept and the positive and evolutionary concept of mental health. 2. Get acquainted with the different physical, mental, spiritual and social components of health and its close relationship with each other
3	Mental health indicators	At the end of each session, the learner is expected to: 1. Explain the indicators of mental health according to Jahuda 2. Get acquainted with different views of psychologists about mental health 3. Explain Keys' diagnostic criteria for mental health 4. Positive indicators of mental health and psychological well-being
4	Mental health indicators Fourth factors of mental illness Ways to prevent mental disorders and diseases	1. Explain the etiology of mental disorders based on the basic model of psychiatry (Bio-psycho-social medical model) 2. Explain biological, psychological, cognitive and neurocognitive, and social and cultural factors by giving examples in mental disorders. 3. Explain the prevention services at the first, second and third levels of mental health
5	National mental health programs	1. Get acquainted with the national mental health program and explain its role in decentralizing mental health services
6	The role of environment (family-community)	

	in mental health	
7	Puberty issues and the reciprocal role of mental health in it	<ol style="list-style-type: none"> <li>1. Get acquainted with the sensory, cognitive, emotional and social characteristics of puberty.</li> <li>2. Explain the mental health of puberty and adolescence</li> </ol>
8	The importance of mental health in different age periods (children, adolescents, youth and the elderly)	Explain the importance of mental health in prenatal and postnatal periods, early childhood, puberty, adulthood, middle-aged and elderly
9	The role of faith and spirituality in mental health	<ol style="list-style-type: none"> <li>1. Get acquainted with the different views of psychologists on the role of religion on mental health and explain the reasons for the difference of views.</li> <li>2. Explain the positive effect of religion on various aspects of mental health</li> </ol>
10	B- Addiction: General information about addiction and addictive substances	<ol style="list-style-type: none"> <li>1. Define addiction and its common terms and effects</li> <li>2. According to DSM-IV-TR, explain substance-related disorders, i.e. substance abuse disorder and substance-related disorder, and name its criteria.</li> <li>3. Name the types of addictive substances</li> </ol>
11	Continuation	Continuation
12	Addiction, crime or disease	1. Explain with clear reasons whether addiction is a crime or a disease or both
13	Causes, factors and contexts of addiction The role of biological, psychological and behavioral factors, social, economic and environmental factors in addiction	<ol style="list-style-type: none"> <li>1. Explain the role of biological, psychological, socio-cultural, and familial factors in addiction</li> <li>2. Get acquainted with the signs of addiction in people</li> </ol>
14	The role of society's beliefs and culture in addiction	Explain the role of society's beliefs and culture in addiction
15	The situation of addiction in Iran and the world and addiction prevention programs	<ol style="list-style-type: none"> <li>1. Explain the situation of addiction in Iran and the world</li> <li>2. Describe addiction prevention programs</li> </ol>
16	A look at past coping methods and new ways Questions and answers and exam preparation	Answers to students' course questions
17	Compression evaluation	Recognize learners' academic achievement

Main resources of the course: Student evaluation method:

1- National mental health program, written by Dr. Jafar Boalhari, final exam

2- Mental Health, by Dr. Behrouz Milanifar, the Role of Periodic Examinations (Student Questions)