

## SYLLABUS

**1. Course title:**

Mental health

**2. Code:****3. Cycle of study:****4. ECTS credits:****5. Type of course:** Mandatory  Elective**6. Prerequisites:**

none

**7. Class restrictions:****8. Duration / semester:****9. Weekly contact hours:**

9.1. Lectures:

9.2. Seminars:

9.3. Laboratory/Practice classes:

**10. Faculty:**

Faculty of Humanities &amp; Social Sciences

**11. Department/study program:**

TEACHER EDUCATION

**12. Lecturer:**

dr. sc. Ljubica Tomic Selimović, van.prof.

**13. Lecturer's e-mail:**

ljubica.tomic@untz.ba

**14. Web site:**

www.untz.ba

**15. Course aims:**

The aim of the course is to acquaint students with the areas of prevention and ways to improve mental health. Students will be introduced to the theory and practice of mental health. Students will be able to define mental health and other concepts in the field of mental health. They will learn the basic principles of prevention and measures of success of preventive activities.

**16. Learning outcomes:**

After completing the course, students will gain knowledge about

- risk factors that negatively affect people's quality of life
- ways in which preventive action can be taken in order to improve health and avoid the emergence of various diseases, primarily those associated with stress.

**17. Course content:**

- Theoretical foundations of mental health.
- Mental health and mental hygiene.
- Development of the concept of mental health.
- Epidemiological method in the study of mental health problems.
- Models of mental health and disease.
- Level of primary, secondary and tertiary prevention.
- Stress and crisis.
- Coping with stress: coping strategies and styles, social support.
- Combating stress - prevention / methods and techniques.
- Family and stress.
- Drug and alcohol abuse; Addiction prevention and treatment
- Mental health aspects in childhood and the possibility of preventive activities.
- Conflict prevention and conflict resolution.

**18. Learning methods:**

Didactic methods will be used during lectures and exercises:

- method of oral presentation
- method of demonstration and illustration
- method of conversation
- method of written works
- method of reading and working on the text

**19. Assessment methods:**

a) Written: tasks of an objective type and Essay-test

b) Oral: orally

To check the acquired knowledge will be used:

- written and
- oral method

The written method includes a written test (tasks of an objective type I essay). The knowledge test will be realized through questions and answers from the content of the course. The same will be done after the realization of the planned lectures. The minimum number of points for passing the written part of the exam is 25 (more than 60%). The oral method will be applied to students who achieve a minimum number of points through a written test (25).

**Written knowledge test**

Upon completion of the course, a written test of knowledge (tasks of an objective type and essay) of students follows. Students will be offered a combination of essay questions and a series of objective-type assignments.

Students who pass the written part of the exam, ie achieve 25 to 40 points, take the oral part of the exam. The date of the written part of the exam will be announced to students at least fifteen (15) days before the exam. The maximum number of points that a student can achieve in the written part of the exam is 40, and the minimum, in order to pass the exam, is 25 points.

Borrowing any items, between students, during the exam is not allowed. Students who copy from others or discuss during the exam will be removed from the exam and their work will not be scored.

**Oral knowledge test**

The oral part of the exam will be done on the basis of several questions from the teaching content and the students' answers lasting 15-30 minutes. The maximum number of points that a student can achieve in this part of the exam is 10, and the minimum number to pass the exam is 6 points.

**20. Assessment components:**

Criterion max. points

a) attendance and activity in class: attendance at lectures and exercises 10; activity in classes 10 b) individual / team project: individual project 10; team / group project 10

c) written examination: 50

d) oral part of the exam: 10

Total possible points: 100

Assignment of grades based on the number of points achieved:

94-100 = 10, 84-93 = 9, 74-83 = 8, 64-73 = 7, 54-63 = 6; to 53 = 5

**21. Required reading list:**

Brlas, S., Gulin, M. (ur.). (2010). Psihologija u zaštiti mentalnog zdravlja, ZZJZ "Sveti Rok" Virovitičko-podravške županije, Virovitica, 35-41

Lazarus, R.S. i Folkman, S. (2004). Stres, procjena i suočavanje, Jastrebarsko, Naklada Slap

Vlajković, J. (1990.). Teorija i praksa mentalne higijene. Beograd. Savez Društava psihologa Srbije

Vlajković, J. (1998.). Životne krize i njihovo prevazliženje. Beograd. Plato

**22. Web sources:****23. Applicable starting from the academic year:**

2022/23

**24. Adopted in the Faculty/Academy session:**