

Course Name	Mental Health
Course Number	OATHF36
Credits	1.0 Credits
Adaptation years	1, 2 Year
Class hold days	SprAB Mon5
Instructor	Tamaki Saito, Nobuaki Morita, Yasukazu Ogai
Overview	<p>This course aims to equip students with an understanding of basic concepts, methods and social systems to assess and support persons with mental health problems.</p> <ul style="list-style-type: none"> • Mechanisms and assessment of stress • Psychological development and crisis • Mental health care • Actual status of persons with mental disorders and support systems for them
Remarks	Lectures are conducted in English.
Course Type	lectures
Relation to Degree Program Competences	Competence to apply social and behavioral sciences
Course Objectives (Learning Outcomes)	This course aims to equip students with an understanding of basic concepts, methods and social systems to assess and support persons with mental health problems.
Class Schedule	Classroom is 4F305.
Course Prerequisites	All classes are conducted in lectures (100%). Preparing for the range of classes and reviewing them after class.
Grading Philosophy	More than 70% attendance is required for earning the credit.
Course Hours Breakdown and Out-of-Class Learning	Evaluated by report.
Textbooks, References, and Supplementary Materials	<ol style="list-style-type: none"> 1. 高橋三郎、大野裕、染矢俊幸ほか, DSM-5 精神疾患の分類と診断の手引 American Psychiatric Association 2. 中根允文他訳, ICD -10 精神および行動の 障害 DCR 研究用診断基準 3. 精神保健福祉白書編集委員会, 精神保健医療福祉白書2018/2019: 多様性と包括性の構築 4. ベンジャミン・J. サドック、バージニア・A. サドック, カプラン臨床精神医学ハンドブック 第4版 -DSM-5診断基準による診療の手引
Office Hours and Contact Information	<p>To consult with us, email us in advance. Tamaki Saito (tamaki@md.tsukuba.ac.jp) Tamaki Saito The following websites may also be helpful</p> <ul style="list-style-type: none"> • ICD-11, (https://icd.who.int/en) • Website of APA (American Psychiatric Association) Patients & Families “What Is Psychiatry?” (https://www.psychiatry.org/patients-families) • Website of WHO ; HEALTH TOPICS (https://www.who.int/health-topics); “Mental Health” , “Addictive behavior” , “Suicide prevention” , “Violence against children” “Violence against women” • Website of Ministry of Health, Labour and Welfare Annual Health, Labour and

Office Hours and Contact Information	<p>Welfare 2020 Report Mental Health and Medical Welfare Measures (https://www.mhlw.go.jp/english/wp/wp-hw5/dl/23010905e.pdf)</p> <ul style="list-style-type: none"> ・厚生労働省の情報提供「みんなのメンタルヘルス」(https://www.mhlw.go.jp/kokoro/index.html) ・MentalHealth.gov. (mental health and mental health problems information. By U. S. Department of Health & Human Services) (https://www.mentalhealth.gov/)
Other (Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	<p>Developmental disorder, stress, child abuse, hikikomori, suicide, psychotherapy, community care</p>