

Subject program „8OEA18/VTSK Mental Health and Addictive Behaviour”

Year: 2019/2020

Status: Draft

Subject language Estonian
Creditpoints 3 ECTS
Grading method Distinctive (letters)
Academicians

General

Subject objective Has an overview about common mental health disorders, different types of addictive behaviour and interventions.

Learning outcomes

1. Understands common mental health disorders and behavioural disorders, their major causes and assesses the influence of addictive behaviour on health and the need of prevention of addictive problems and the need for finding solutions.
2. Has an overview about different addictions and their relations to mental health.

Learning outcomes	
1.Outcome	Understands most common mental health disorders and behavioural disorders, their major causes, and evaluates the consequences of addictive behaviour on health and the need of prevention and the need to solve addiction problems.
grade „Sufficient(E)”	Analysing current information and connecting knowledge between the themes of different behavioural patterns and mental health is poor in the essay and in presentation. There is no wholeness in handed in paper nor in the presentation, hard to follow for the reader/listener. The student knows the main terms of mental health and main mental and behavioural disorders poorly, does not understand risk factors and protective factors of mental health disorders and their importance, has no examples on how to prevent or options how to solve the problems. The importance or the necessity of mental health has not been highlighted nor reasoned. The form of the paper and the presentation does not comply with the requirements of the guidelines of written papers.

Learning outcomes	
grade „Satisfactory(D)”	The paper and the presentation are satisfactory. Analysing current information and connecting knowledge between the themes of different behavioural patterns and mental health is satisfactory in the essay and in presentation (incl. structure and presentation), incl. The reader/listener has difficulties in understand the author clearly. The student knows several main terms of mental health and main mental and behavioural disorders at satisfactory level but there are gaps in analysis and finding connections between the topics and examples, only briefly mentioning mental health topic. The student understands only a few risk and protective factors of mental health disorders but makes mistakes in some fundamental issues.
grade „Good(C)”	Analysis of current information and linking knowledge between various behavioural patterns and themes of mental health is good both in the essay and in the presentation (incl. structure and presentation). Analysis is superficial and does not offer clearly understandable compact overview of the topic discussed. Main terms of mental health and theme of mental health disorders are discussed well but there are not enough connections nor examples. The student knows well several risk and protective factors of mental health but not all of them. There are minor errors in finding prevention and solutions.
grade „Very good(B)”	Analysis of current information and linking knowledge between various behavioural patterns and themes of mental health is very good both in the essay and in the presentation (incl. structure and presentation). The student has an analytical text, there are good connections and parallels between different behavioural habits and risk and protective factors. The structure of the paper and presentation and a standard language are clearly understandable and easy to follow. The importance of mental health theme and mental health disorders are very well discussed and reasoned generating interest in the reader/listener and giving a good overview. The student understands very well main terms in mental health and main mental and behavioural disorders and has very good knowledge of risk and protective factors of mental health understanding their importance. There are no major mistakes in structure and in discussing the themes generally.

Learning outcomes	
grade „Excellent(A)”	Analysis of current information and linking knowledge between various behavioural patterns and themes of mental health is excellent both in the essay and in the presentation (incl. structure and presentation). The student has an analytical and discussing text, there are good connections and parallels between different mental and behavioural habits and risk and protective factors. The structure of the paper and presentation and a standard language are clearly understandable and very easy to follow. The student knows and understands very well main terms in mental health and main mental and behavioural disorders and has excellent knowledge of risk and protective factors of mental health disorders and understanding their importance. The form of the paper and presentation is excellent and complies with the requirements of the guidelines of written papers.
2.Outcome	2. Has an overview of different addictions and their connections with mental health.
grade „Sufficient(E)”	Student’s skills to analyse current information and finding connections between different behavioural patterns and theme of mental health is poor. The paper submitted by a student nor the presentation do not form a coherent whole and it is difficult to follow for the reader/listener, it is not clearly understandable. The student has a minimum overview of the nature and stages of development of addiction without examples of various addictive behaviours and without explaining their nature. The student does not have an overview of connections between addictive behaviour and mental health, there are no explanations about the importance and necessity of mental health. The form of the paper and the presentation does not comply with the requirements of the guidelines of written papers.
grade „Satisfactory(D)”	Student’s skills to analyse current information and finding connections between different behavioural patterns and theme of mental health is satisfactory. The paper submitted by a student and the presentation are satisfactory, therefore the reader/listener might have difficulties in understanding it clearly. The student has satisfactory overview of different addictions, knowing several main terms but there is no analysis nor logical connections between addictive behaviour and theme of mental health, it means errors in some fundamental issues. The submitted paper and presentation are satisfactory.
grade „Good(C)”	Student’s skills to analyse current information and finding connections between different behavioural patterns and theme of mental health is good. The paper submitted by a student and the presentation are well understandable for the reader/listener. Student has good overview of different connections of risk and protective factors to mental health theme and understands background of different but not all addictions but does not know every detail the causes and solutions. There are minor errors. The student understand well the nature of addiction and stages of its development.

Learning outcomes	
grade „Very good(B)”	Student’s paper and presentation are very good, the student’s text is analytical, providing very good connections and parallels between different behavioural habits and risk and protective factors. The structure of the paper and the presentation and standard language are very easily followed and understandable. Theme of mental health and addictive behaviour are very well discussed and reasoned, generating interest and giving a very good overview to the listener/reader. The student locates very well in the theme of addiction by understanding its nature and explaining the stages of developing an addiction. The student has a very good overview of various forms of addictive behaviour and can explain their nature. Also the student has very good knowledge of risk and protective factors of mental health disorders and understands their importance. There are no major errors nor in discussing addiction topic nor in formatting.
grade „Excellent(A)”	Both the submitted paper and the presentation are excellent, text of the student is analytical and discussing, finding connections and providing parallels between various behavioural habits, mental health and risk and protective factors of theme addiction. Format and standard language of the paper and the presentation are very easy to follow and clearly understandable. The student easily locates in theme of addiction understanding the nature of addiction and explaining excellently the stages of developing an addiction. The student understands very well different possible forms of addictive behaviour and can explain their nature, incl. creates excellent connections with mental health. The form of the paper and presentation is excellent and complies with the requirements of the guidelines of written papers.

Subject program parts

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Changer confirm	Kristi Mõistus 27.06.2019
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Study in different study forms

Study form	Lecture	Excerice	Seminar	Practice	Homework	Internet study	Out of office	Practical training
All study forms			36.0		42.0			

General description

Curriculum of Health Promotion

Module: Basics of organism’s life processes

Time: 1st year, spring term.

Forms of studying

Classroom part of the subject discusses themes of mental health (incl. several mental health disorders), addiction (nature, development, prevention) and health damaging addictive behaviour (incl. main terms, interventions etc.). Classroom part of the subject concentrates mainly on giving knowledge about mental health and finding connections, and individual learning concentrates more on students' individual development, incl. confirming knowledge and improving ability to analyse.

The students acquire following topics within the subject:

mental health, mental health disorders, addiction, health damaging (legal and illegal) addictive behaviour, prevention, stress, burnout, depression.

Teaching methods

Seminars, discussions, group works, video presentations, essay, presentations.

Content and method for independent study

Independent learning consists of:

processing the literature, acquiring study materials, watching-analysing a themed movie, preparing and presenting an analytical essay and presentation.

Seminar materials and personally collected information and knowledge are used within independent learning to process mental health movie chosen prior and to write an analytical essay, which are shared with other students at the final meeting of the subject in a form of a presentation

Deadline for watching a themed movie and submitting an analytical essay is confirmed within first seminars of the subject.

Required reading (K)

Eesti vaimse tervise poliitika alusdokument.(2002). PRAXIS. Tallinn.

Kasmel. A., Lipand, A. (2007). Tervisedenduse teooria ja praktika I. Tallinn.

Vaimse tervise strateegia 2016-2025 (versioon 30.03.2016). (2016). VATEK.

Recommended reading (T)

Alkoholi poliitika roheline raamat. (2014). Siseministeerium.

Eesti uimastipoliitika vähendamise valge raamat. (2014). Siseministeerium.

Jürisoo, M. (2004). Burnout- läbipõlemine. Fontes

Mental health action plan 2013-2020. (2013). WHO.

Moss, A. C.; Dyer, K. R. (2010). Psychology of addictive behaviour. Palgrave Macmillan.

Rassool, G, H. (2011). Understanding Addiction Behaviour. Theoretical and clinical practice in

health and social care. Palgrave Macmillan.

Methods of assessment

Methods of assessment are based on learning outcomes and the process of final grade development includes writing an essay, a presentation and writing an exam, both for achieving first and second learning outcome.

Final mark of the subject (max 100 points) is formed of the points of an essay (max 30 points), a presentation (max 10 points) and an exam (max 60 points).

In case of an essay and presentation most of all the student's ability to analyse, discuss and to find connections with theoretical knowledge and theme of mental health are valued the most. An exam tests student's level of theoretical knowledge acquired within the subject.

Final mark is based on the following grading scale:

"A" 91-100%

"B" 81-90%

"C" 71-80%

"D" 61-70%

"E" 51-60 %

Additional information

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Subject program

Nr	Activity	Hours	Literature	Academicians
1.	Sissejuhatus õppeainesse. Vaimse tervise temaatika olulisus, päevakorralisus ning vajalikkus, ainekavaga tutvumine (teemad, hindamine, materjalid, lisamaterjalid). / Introduction to the subject. Importance of mental health theme, actuality and necessity, getting acquainted with subject programme (topics, assessment, materials, additional materials).	4	Õppejõu konspektid ÕISis, seminari materjalid, kohustuslik kirjandus / Lecturer's materials in SIS, seminar materials, required reading	Kristi Mõistus
2.	Stress, depressioon ja läbipõlemine (olemus, riski- ja kaitsefaktorid, stereotüübid ja stigmad, ennetus). / Stress, depression and burnout (nature, risk and protective factors, stereotypes and stigmas, prevention).	4	Õppejõu konspektid ÕISis, seminari materjalid, kohustuslik kirjandus / Lecturer's materials in SIS, seminar materials, required reading	Kristi Mõistus
3.	Vaimse tervise häired. Erinevate vaimse tervise häirete käsitlemine, sh riski- ja kaitsefaktorid, ennetuse ja sekkumiste olulisus. / Mental health disorders. Discussing various mental health disorders, incl. risk and protective factors, importance of prevention and interventions.	4	Õppejõu konspektid ÕISis, seminari materjalid, kohustuslik kirjandus / Lecturer's materials in SIS, seminar materials, required reading	Kristi Mõistus

4.	Sõltuvus. Sõltuvuse olemus, -kujunemine, erinevad vormid, sõltuvusainete levik ning trendid (toitumine, treening, nutisõltuvus jne). Sõltuvuskäitumise ennetamine ning erinevad sekkumistegevused. / Addiction. Nature, development, different forms of addiction, spreading of addictive substances and trends (nutritions, exercise, smart devices). Prevention of addictive behaviour and various activities to intervene.	4	Õppejõu konspektid ÕISis, seminari materjalid, kohustuslik kirjandus / Lecturer's materials in SIS, seminar materials, required reading	Kristi Mõistus
5.	Uimastid. Enamlevinud uimastid (legaalsed, illegaalsed) ning nende mõju inimese organismile, sh peamiselt vaimsele tervisele; enamlevinud tarvitamise põhjused (sh riski- ja kaitsefaktorid), tagajärjed ja sekkumised. / Street drugs. Most common drugs (legal, illegal) and their influence of a person's body, incl. mainly on mental health; main causes for doing drugs (incl. risk and protective factors), consequences and interventions.	4	Õppejõu konspektid ÕISis, seminari materjalid, kohustuslik kirjandus / Lecturer's materials in SIS, seminar materials, required reading	Kristi Mõistus
6.	Vaimse tervise raamdokumendid. Olulisemate vaimset tervist käsitletavate dokumentide, materjalide ning peamise infovälja tutvustamine. / Framework documents of mental health. Introduction of main documents, materials and main information sources discussing mental health.	4	Õppejõu konspektid ÕISis, seminari materjalid, kohustuslik kirjandus / Lecturer's materials in SIS, seminar materials, required reading	Kristi Mõistus
7.	Õppevisiit (Tallinna Laste Vaimse Tervise Keskus). Asutuse töö ja olemusega tutvumine, õppeaine raames omandatud teoreetiliste teadmiste seostamine praktikaga. / Study visit (Tallinn Children's Mental Health Centre). Getting acquainted with work and nature of the centre, linking theoretical knowledge absorbed within the subject with practice.	4	Õppejõu konspektid ÕISis, seminari materjalid, kohustuslik kirjandus / Lecturer's materials in SIS, seminar materials, required reading	Kristi Mõistus

8.	<p>Positiivse vaimse tervise hoidmine, erinevate meetodite kasutamine, ennetus, sekkumised ja meetmed. Vaimset tervist puudutavate üleriigiliste kampaaniate ning ühiskonda hõlmavate tegevuste korraldamine ning läbiviimine. Vaimse tervisealase info kättesaadavuse ning temaatika teadlikkuse tõstmine ning vajadus erinevates ühiskonna tasandites. /Preserving positive mental health, use of various methods, prevention, intervention and methods. organising national campaigns and activities for community about mental health and conducting them. Raising awareness on accessibility of info about mental health and theme and necessity at various levels of society.</p>	4	<p>Õppejõu konspektid ÕISis, seminari materjalid, kohustuslik kirjandus / Lecturer's materials in SIS, seminar materials, required reading</p>	Kristi Mõistus
9.	<p>Eksam. Üliõpilaste esitlused eelnevalt koostatud analüütiliste esseede põhjal ning õppeaine lõpueksam. / Exam. Students' presentation based on analytical essays written prior and a final exam of the subject.</p>	4	<p>Õppejõu konspektid ÕISis, seminari materjalid, kohustuslik kirjandus / Lecturer's materials in SIS, seminar materials, required reading</p>	Kristi Mõistus