

UNIVERSITY OF CALIFORNIA, BERKELEY

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DEPARTMENT OF PSYCHOLOGY
BERKELEY, CALIFORNIA 94720-1650
2121 BERKELEY WAY

PSYC 138: Global Mental Health, 3 units

Date, Time, Location: TBD

Summer

Session TBD

Course Overview:

Global mental health aims to alleviate suffering caused by mental disorders around the world. Although most of the world lives in low-and-middle income countries, the majority of mental health resources are concentrated in high income countries. Therefore, we focus on the burden of mental disorders in low-resource settings. Global mental health rests on the following foundations: 1) the best available scientific evidence; 2) a culturally-sensitive & contextual understanding of mental health; 3) evaluating interventions that promote mental health, prevent disorders, and enable recovery; 4) respect for human rights and human dignity; and 5) an interdisciplinary approach to addressing the burden of global mental health needs. Readings will focus on primary-source empirical articles, recent chapters, and ongoing work by international health organizations and development agencies.

Objectives:

The objectives of this course are two-fold. Students will:

- 1) Gain an understanding of the:
 - Global perspectives and priorities in understanding mental health
 - Multidimensional nature of mental health in low-resource settings—biological, psychological, cultural, economic, community, and organizational dimensions that are central to understanding and addressing mental disorders
 - Importance of cultural expressions, cultural differences, and contextual nuances that affect diagnosing and treating mental disorders
 - Major individual, clinical, community and population approaches to preventing, treating and managing mental disorders
 - Role of the mental health delivery systems in preventing, identifying and treating mental disorders in different contexts
- 2) Develop the critical thinking skills necessary to evaluate scientific ideas and research in original scientific papers and popular media
- 3) Learn to articulate and communicate both orally and in written form a critical and nuanced understanding of current global mental health research

Reading List:

- Patel, V., Minas, H., Cohen, A., & Prince, M.J. (2014). *Global mental health: Principles and practice*. Oxford University Press.
- Articles, as assigned below

Requirements & Grading:

- Exam #1: 35%
- Exam #2: 35%
- Article Presentation: 30%

Exams.

The exams will be a combination of multiple, choice, short answer, and essay questions and completed in the course. There will be no make-up exams in the course.

Article Summary & Presentation.

Each student will turn in a 2-page summary (12-point font, double-spaced) and complete a 20-minute presentation of one peer-reviewed empirical intervention study with original data collection focused on one topic in global mental health. The article cannot be one that has been reviewed in the course. The 20-minute presentation will be an oral PowerPoint presentation, which will include the following elements:

- (5 points) Background of study (why is this important)
- (5 points) Hypothesis of study, including identification of the independent and dependent variables (what question is being asked by the researchers)
- (5 points) Main result or outcome of study (what was the answer to the question)
- (15 points) Critical evaluation of study
 - Extent to which intervention addressing biological, psychological, and social contributions of the mental disorder (3 points)
 - Cultural and contextual sensitivity (3 points)
 - Weaknesses of study (3 points)
 - Relevance to major global development goals (3 points)
 - Requirements of mental health care system & ability to be integrated or sustained into a low resource context (3 points)

Schedule:

DATE	TOPIC	READINGS
WEEK 1		
TBD	Introduction to global mental health	• Patel, Ch. 1 • Prince, M., Patel, V., Saxena, S., Maj, M., Maskelko, J.,...Rahman, A. (2007). No health without mental health. <i>Lancet</i>, 370, 859-877.
	Disorders, Diagnosis & Classification	• Patel, Ch. 2 • Phillips, M.R. (2014). Will RDoC hasten the decline of America's global leadership role in mental health? <i>World Psychiatry</i>, 13, 40-41. • Phillips, M.R. (2010). Rethinking the role of mental illness in suicide. <i>American Journal of Psychiatry</i>, 167, 731-733.

TBD	Culture & Global Mental Health	• Patel, Ch. 3 • https://www.nytimes.com/2010/01/10/magazine/10psyche.html
	Social determinants of mental health	• Patel, Ch. 7 • Cohen, A., Patel, V., Thara, R., & Gureje, O. (2008). Questioning an axiom: Better prognosis for schizophrenia in the developing world? <i>Schizophrenia Bulletin</i>, 34, 229-244. • Kleinman, A. (2008). Commentary on Alex Cohen et al: "Questioning an axiom: Better prognosis for schizophrenia in the developing world." <i>Schizophrenia Bulletin</i>, 34, 249-250.
TBD	Epidemiology and impact	• Patel, Ch. 5 • Vigo, D., Thornicroft, G., & Atun, R. (2016). Estimating the true global burden of mental illness. <i>Lancet Psychiatry</i>, 3, 171-178.
TBD	Research methods & practice	• Patel, Ch. 4 • Bass, J.K., Annan, J., Murray, S.M., Kaysen, D., Griffiths, S.,... Bolton, P.A. (2013). Controlled trial of psychotherapy for Congolese survivors of sexual violence. <i>New England Journal of Medicine</i>, 368, 2182-2191.
WEEK 2		
TBD	EXAM #1	
TBD	Mental health and global health development agendas	• Patel, Ch. 6 • Liu, N.H., Daumit, G.L., Dua, T., Aquila, R., Charlson, F.,... Saxena, S. (2017). Excess mortality in persons with severe mental disorders: A multilevel intervention framework and priorities for clinical practice, policy and research agendas. <i>World Psychiatry</i>, 16, 30-40.
	Interventions for mental disorders	• Patel, Ch. 12 • mhGAP Intervention Guide Version 2.0 for mental, neurological and substance use disorders in non-specialized health settings (2016). World Health Organization: Geneva, Switzerland. Available at http://www.who.int/mental_health/mhgap/mhGAP_intervention_guide_02/en/
TBD	Mental Health Systems Development	• Patel, Chs. 8 & 10 • Tang, X., Yang, F., Tang, T., Yang, X., Zhang, W.,... Qu, Z. (2015). Advantages and challenges of a village doctor-based cognitive behavioral therapy for late-life depression in

		rural China: A qualitative study. <i>PLoS One</i> , 10, 9.
	Mental Health Systems Resources	• Patel, Chs. 8 & 10 • Naslund, J.A., Aschbrenner, K.A., Araya, R., Marsch, L.A.,...Bartels, S.J. (2017). Digital technology for treating and preventing mental disorders in low-income and middle-income countries: A narrative review of the literature. <i>Lancet Psychiatry</i>, 4, 486- 500.
TBD	Mental Health promotion and prevention of mental disorders	• Patel, Ch. 11 • Victor, R.G., Lynch, K., Li, N., Blyler, C., Muhammad, E., ...Elashoff, R.M. (2018). A cluster-randomized trial of blood-pressure reduction in black barbershops. <i>New England Journal of Medicine</i>, 378, 1291-1301.
	Mental Health Policy Development & Implementation	• Patel, Ch. 13 • Tomlinson, M., Rudan, I., Saxena, S., Swartz, L., Tsai, A.C., & Patel, V. (2009). Setting priorities for global mental health research. <i>Bulletin of the World Health Organization</i>, 87, 438-446.
WEEK 3		
TBD	EXAM #2	
TBD	Mental health and psychosocial support in humanitarian settings	• Patel, Ch. 18 • Tol, W.A., Augustinavicius, J., Carswell, K., Brown, F.L., Adaku, A.,...van Ommeren, M. (2018). Translation, adaptation, and pilot of a guided self-help intervention to reduce psychological distress in South Sudanese refugees in Uganda. <i>Global Mental Health</i>, 5, e25-e38.
TBD	Presentations	All PowerPoints & article summaries due
TBD	Presentations	