

Global Mental Health: Psychology from an International Perspective

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Office hours and place: based in London, please get in touch by email

The schedule and place of the course:

28th February-1st of March, 2019; ELTE PPK

The goal of the course

This two-day course is aiming to give insights to global mental health as well as to evidence communication to policymakers and international stakeholders. We will discuss how the field of global mental health emerged and the role the World Health Organisation has been playing in it with the Mental Health Gap Action Programme and the Mental Health Atlas. We will review key evidence and counterarguments of cross-cultural and cross-country interventions for mental health, as well as the main sociological and anthropological criticisms of the field. We will be looking at mental health services in low- and middle income countries with case studies from China, Ethiopia and Argentina. The course will present best practices and strategies of communicating research evidence to policy-makers and to the general public from the field of mental health.

Conditions of the course completion

Full participation in the entirety of the two-day course is mandatory. For every topic I assigned an article and a list of websites to look at. Please familiarise yourselves with these before the course – it is essential in order to have a good understanding of the topics. These materials form the basis of discussions during the course.

Besides, students will be given a case scenario from the field of global mental health and will be asked to write a policy brief and recommendations to the World Health Organisation.

Bibliography, additional materials

Essential readings:

Lipkus, I. M. (2007). Numeric, verbal, and visual formats of conveying health risks: suggested best practices and future recommendations. *Medical decision making*, 27(5), 696-713.

COURSE DESCRIPTION

Madans, J. H., Loeb, M. E., & Altman, B. M. (2011, December). Measuring disability and monitoring the UN Convention on the Rights of Persons with Disabilities: the work of the Washington Group on Disability Statistics. In *BMC public health* (Vol. 11, No. 4, p. S4). BioMed Central.

Prince, M., Patel, V., Saxena, S., Maj, M., Maselko, J., Phillips, M. R., & Rahman, A. (2007). No health without mental health. *The lancet*, 370(9590), 859-877.

Summerfield, D. (2008). How scientifically valid is the knowledge base of global mental health?. *BMJ: British Medical Journal*, 336(7651), 992.

World Health Organization. (2008). mhGAP: Mental Health Gap Action Programme: scaling up care for mental, neurological and substance use disorders.

Recommended readings:

Mills, C. (2014). Decolonizing global mental health: The psychiatrization of the majority world. *London and New York: Routledge*.

Detailed syllabus – before the course, please familiarise yourselves with the articles and materials given following each topic.

1. Global Mental Health: an introduction to the concept from a psychology and an international development viewpoint

Please look up the following websites:

Mental Health Innovation Network: <http://www.mhinnovation.net/about>

City Mental Health Alliance: <http://citymha.org.uk/>

Centre for Global Mental Health: <https://www.centreforglobalmentalhealth.org/>

Read:

Prince, M., Patel, V., Saxena, S., Maj, M., Maselko, J., Phillips, M. R., & Rahman, A. (2007). No health without mental health. *The lancet*, 370(9590), 859-877.

2. Mental Health Gap Action Programme: training the trainers approach and SDGs

Please look up the following websites and materials:

World Health Organization. (2008). mhGAP: Mental Health Gap Action Programme: scaling up care for mental, neurological and substance use disorders.

https://www.who.int/mental_health/mhgap/tots_manual.pdf

3. Supported decision making and the UN's Convention

Read:

Gooding, P. (2013). Supported decision-making: a rights-based disability concept and its implications for mental health law. *Psychiatry, Psychology and Law*, 20(3), 431-451.

4. Medicalisation and the social perspective

Read:

Summerfield, D. (2008). How scientifically valid is the knowledge base of global mental health?. *BMJ: British Medical Journal*, 336(7651), 992.

5. Discrimination and stigma from a structural perspective

Read:

Mills, C. (2015). The psychiatrization of poverty: Rethinking the mental health–poverty nexus. *Social and Personality Psychology Compass*, 9(5), 213-222.

6. Global Mental Health Research - Evidence-based policy-making

Read:

Herrman, H., Saxena, S., Moodie, R., & World Health Organization. (2005). Promoting mental health: concepts, emerging evidence, practice: a report of the World Health Organization, Department of Mental Health and Substance Abuse in collaboration with the Victorian Health Promotion Foundation and the University of Melbourne.

7. Global Mental Health Research – travels in China, Argentina and Ethiopia

No additional reading

8. eHealth and mHealth: does it work?

Have a look at apps to manage depression and/or mood in Google Play Store or Apple Store

9. Skills you need in the field: evidence communication for policy makers and general public

Please have a look at the following websites:

<http://www.iconarray.com/>

<https://whatworkswellbeing.org/>

Please read:

Lipkus, I. M. (2007). Numeric, verbal, and visual formats of conveying health risks: suggested best practices and future recommendations. *Medical decision making*, 27(5), 696-713.

10. Skills you need in the field: languages, networking and diplomacy

Interactive session

11. Skills you need in the field: behavioural economics

Interactive session

12. Careers in global health – a day in WHO and youth initiatives

Interactive session