

Syllabus
Major Depression in the Population: A Healthcare Approach
(3 ECTS)

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Psychology Programme

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1. Course Description

a. Title of a Course: Major Depression in the Population: A Healthcare Approach

b. Pre-requisites:

There are no prerequisites.

c. Course Type (compulsory, elective, optional): elective

d. Abstract:

Public Mental Health is the application of the principles of medicine and social science to prevent the occurrence of mental and behavioral disorders and to promote mental health of the population. This course illustrates the principles of public health applied to depressive disorder, including principles of epidemiology, transcultural psychiatry, health services research, and prevention. It is predicted that by 2020 depressive disorder will be the most important cause of disease burden in the entire world! Every human being suffers from feeling depressed at some point or other, but only about one fifth of the population will experience an episode of depressive disorder over the course of their lives. This course illuminates the public health approach to disease, and the particular complexities of applying this approach to mental disorders, using depression as the exemplar.

2. Learning Objectives:

The course will introduce basic major depression concepts, describe the basics of epidemiologic investigation as applied to mental health, discuss what predicts depression in low and middle income countries, estimate the burden of major depressive disorder.

3. Learning Outcomes:

After taking this course you should:

1. Describe the basics of epidemiologic investigation as applied to mental health
2. Apply epidemiologic principles to mental health
3. Compare study designs as they apply to public mental health investigation
4. Discuss the variety of factors that have affected the prevalence and incidence of depressive disorder
5. Judge whether the evidence of trends in prevalence of depression are indicative of an "age of melancholy"
6. Discuss patterns of treatment and care use
7. Explain the barriers and obstacles that discourage people from seeking treatment and care
8. Summarize the historical trends in treatment and care
9. Evaluate the quality of mental health care

10. Recommend a program for destigmatization of mental health care

11. Propose a plan to improve detection and treatment of depression

4. Course Plan:

Week 1 - What is Major Depression and Why Is It Important? The Burden of Depressive Disorder in the Population

This week, we will be focusing on the definition of major depression and the methods that we use for measuring its effect on populations.

Week 2 - Depression in Low- and Middle-Income Countries: A Closer Look at Maternal Depression

This week we will be covering depression from a global public health perspective

Week 3 - Basic Concepts of Epidemiology as Applied to Depression

This week we take advantage of what we know about major depressive disorder to examine major epidemiologic research designs, including the case control design, the cohort design, and the study of diseases in time and space.

Week 4 - The Search for Etiologic Clues

This week the focus is on possible causes for depressive disorder, including inheritance, stress, social life, work life, and the evolution of modern living.

Week 5 - Unmet Need for Care, Barriers, and Programs to Improve Access

In this module, we discuss unmet need for treatment and treatment seeking and present a publichealth view of depression treatment.

5. Reading List:

a. Required:

Antony, M., & Stein, M. (Eds.), Oxford Handbook of Anxiety and Related Disorders. : Oxford University Press,(или более поздние издания). – URL:
<http://www.oxfordhandbooks.com/view/10.1093/oxfordhb/9780195307030.001.0001/oxfordhb-9780195307030>.– ЭБС: Oxford Handbooks Online

Richards, C., & O'Hara, M. (Eds.), The Oxford Handbook of Depression and Comorbidity. : Oxford University Press,(или более поздние издания). – URL:
<http://www.oxfordhandbooks.com/view/10.1093/oxfordhb/9780199797004.001.0001/oxfordhb-9780199797004>.– ЭБС: Oxford Handbooks Online

b. Optional:

Altmaier, E., & Hansen, J. (Eds.), The Oxford Handbook of Counseling Psychology. : Oxford University Press,(или более поздние издания). – URL:
<http://www.oxfordhandbooks.com/view/10.1093/oxfordhb/9780195342314.001.0001/oxfordhb-9780195342314>.– ЭБС: Oxford Handbooks Online

Kleespies, P. (Ed.), The Oxford Handbook of Behavioral Emergencies and Crises. : Oxford University Press,(или более поздние издания). – URL:
<http://www.oxfordhandbooks.com/view/10.1093/oxfordhb/9780199352722.001.0001/oxfordhb-9780199352722>.– ЭБС: Oxford Handbooks Online

In this course, information on recommended readings will be provided at the beginning of each module. At the end of each module, we will also give a list of additional resources to help further expand your knowledge on the topics discussed.

6. Grading System:

The final grade is calculated as follows: Final Quiz (100%). The grades will be given on a scale of 1 to 10 throughout the class. All grades, having a fractional part greater than 0.5, are rounded up. greater than 0.5, are rounded up.

7. Examination Type:

Sample questions for assessing the quality of knowledge:

«The majority of cases of depression diagnosed and treated in the community settings in the United States...

1. are diagnosed and treated by primary care physicians
2. are diagnosed and treated in hospital settings
3. are diagnosed and treated by psychiatrists
4. are diagnosed and treated in emergency room settings

Treatment of depression changed in the United States between 1987 and 2007 in the following way:

1. the use of antidepressants decreased and the use of psychotherapy increased
2. the use of antidepressants and psychotherapy both decreased
3. the use of antidepressants increased and the use of psychotherapy decreased
4. the use of antidepressants and psychotherapy both increased»

8. Methods of Instruction:

Blended course: On-line lectures (<https://www.coursera.org/learn/public-health-depression>) and out-of-class work.

9. Special Equipment and Software Support (if required): PC, internet access