

# Mental Health in Low Income Settings

University of Copenhagen  
12 - 30 July 2010

Students must arrive by: Sunday 11 July 2010

## DOWNLOAD PDF VERSION OF COURSE PROFILE

- [Course Description](#)
- [Target Audience](#)
- [Delivery Method](#)
- [Assessment Details](#)
- [Accommodation](#)
- [Costs](#)
- [Further Information](#)



## **Course Description**

In this intensive three week course, students will explore the epidemiology and social origins of mental health disease in low income settings. Additionally, students will learn to think critically about designing interventions and scaling up services to affected populations within the confines of a low-income health setting.

Mental disorders are an important cause of long-term disability worldwide and the WHO attributes 31.7% of all years lived with disability due to neuropsychiatric. These disorders are estimated to cause 1.4 million deaths each year and are quickly becoming a dominant cause of ill health worldwide. Partly inspired by the 2007 Lancet Series entitled Global Mental Health; this course explores the topic of mental health disease in low-income countries from a multi-disciplinary perspective.

The course is divided into three one-week thematic areas

### **Week 1 - The Epidemiology of Mental Health Disease**

In week 1, students will explore the definition of mental health disease and its distribution across low income countries and demographics. Additionally, students will learn how mental health diseases interact with other endemic diseases in low income settings including HIV/AIDS, Malaria, Tuberculosis and Diabetes; and will focus on the relationship between mental health disorders and drug adherence when treating these endemic

conditions.

## **Week 2 - Society and Mental Health Disorders**

In week 2, students will assume an anthropological and sociological approach to study the social origins of mental health and explore how mental health disease manifests itself in vulnerable populations. Students will learn how social structures contribute to the onset of mental health disease in women and how developmental disorders in children are understood and responded to in some low-income settings. The week will end with a discussion on mental health disease in conflict settings. PTSD, sexual violence, and torture will be discussed.

## **Week 3 - Treating and Preventing Mental Health in LMIC**

In the final week, students will learn about the barriers to scaling up services to treat mental health disease in low-income countries. Topics include stigma, lack of political will, and human resource shortages. An exploration of task shifting innovations for preventing and treating mental health disease will follow and the course will end with a visit to the World Health Organization Regional Office for a discussion on the Mental Health Gap Action plan.

## **Target Audience**

The course is open to all students in their last year of undergraduate studies or first year master level studies who have a relevant educational background in public health, anthropology, psychology, or sociology. Additionally, the course will accept a limited number of students from the medical sciences with an interest in international health. Students should have a history of solid academic performance and previous health related course work. A background in mental health is not required

## **Delivery Method**

**Monday and Tuesday** (9:30 am to 3:30 pm; evening individual studies): 4 hour lectures, 1 hour discussion per day

**Wednesday** (9:30 am to 2:30 pm; evening individual studies): 3 hour lectures, 1 hour discussion

**Thursday** (9:30 am to 2:30 pm; evening individual studies): 3 hour lectures, 1 hour discussion

**Friday** (9:30 am to 12:30 pm): Visits to relevant field sites, including the Centre for Victims of Torture and the WHO Regional Office for Europe

## **Assessment**

Participation in class discussions ? 10%

Essays ? 90%

At the beginning of the course, students will be provided four questions with relevance to the discussed themes. Each student must choose two questions and write a 2500 word essay about each. Research papers should be solidly founded in relevant literature.

The course gives 5 ECTS. 1/6 of a semester's load (30 ECTS).

## **Accommodation**

Students will be directed to apply for accommodation in Copenhagen once they have been accepted onto the course. The room will either be in a hall of residence or with a private landlord/lady in Copenhagen depending on availability. The room will be furnished and with access to bathroom and kitchen facilities. Please note that the University of Copenhagen does not offer traditional on-campus accommodation.

## Costs (Danish Kroner)

**Tuition fee:** TBA

**Accommodation:** DKK 2,500-3,000

**Field-trip costs:** DKK 200

**Estimated visa cost:** DKK 450, if applicable

**Estimated text book costs:** DKK 250

**Estimated living expenses:** DKK 2,000

*More information about life in Copenhagen is available from: [globalhealth.ku.dk/student\\_handbook](http://globalhealth.ku.dk/student_handbook).*

## Further Information

For further information about this course, visit [globalhealth.ku.dk](http://globalhealth.ku.dk)

---

## THE BASICS:

**Tuition:** No tuition fee for students from IARU universities

**Accommodation costs:** DKK 2,500 - 3,000

**Field-trip costs:** DKK 200

### Target audience:

- All students in their last year of undergraduate studies or first year master level studies who have a relevant educational background in public health, anthropology, psychology, or sociology.
- Additionally, the course will accept a limited number of students from the medical sciences with an interest in international health.
- Students should have a history of solid academic performance and previous health related course work.
- A background in mental health is not required

---

© 2010 Welcome | Amelia Whitelaw | Last update: 15 January 2010  
<http://www.iaruni.org/gsp/courses/ku/02/profile>