



Faculty of Health, Science and Technology
Public Health Science

Syllabus

Child mental health

Course Code:	FHABP1
Course Title:	Child mental health <i>Barns psykiska hälsa</i>
Credits:	7.5
Degree Level:	Master's level
Progressive Specialisation:	Second cycle, has only first-cycle course/s as entry requirements (A1N)

Major Field of Study:

FHA (Public Health Sciences)
HFR (Health Promotion)

Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2017-02-16, and is valid from the Autumn semester 2017 at Karlstad University.

Prerequisites

Undergraduate studies of at least 60 ECTS cr and upper secondary school level Swedish 3 or B/Swedish as a second language 3 or B, or equivalent plus English 6 or A, or equivalent.

Learning Outcomes

Upon completion of the course, students should be able to:

Knowledge and understanding

- give an account of the assessment factors of mental health from an individual and population perspective,
- give an account of efforts to promote health and prevent ill health in relation to children and young adult's mental health,
- describe methods used to measure mental health among children and young adults,
- identify and evaluate approaches to health promotion and preventive measures linked to children and young people's mental health,
- evaluate and reflect on the uneven social distribution of mental health among children and young adults at individual group and societal levels from a health promotion and salutogenic perspective.

Content

Instruction is in the form of lectures and seminars at campus meetings.

The course deals with assessment factors of mental health among children and young adults, methods for measuring mental health among children and young adults and theories and methods to promote health and prevent health problems in this field. Special attention is paid to uneven distribution of health, including the gender perspective, lifestyle, chronic illness and WHO's key principles for health

promotion. Research articles and students' written works are reviewed.

Reading List

See separate document.

Examination

Assessment is based on mandatory group seminars and individual written assignments.

Grades

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

Master level course for the VAMAS programme with a Major in Public Health Science. The programme is open to non-programme students.

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.

Students are required to have access to a computer with internet connection.