



Faculty of Health, Science and Technology  
Nursing Science

# Syllabus

## Mental health and mental illness

<b>Course Code:</b>	OMA126
<b>Course Title:</b>	Mental health and mental illness <i>Psykisk hälsa och ohälsa</i>
<b>Credits:</b>	7.5
<b>Degree Level:</b>	Master's level
<b>Progressive Specialisation:</b>	Second cycle, has only first-cycle course/s as entry requirements (A1N)

**Major Field of Study:**  
OMA (Nursing Science)

### Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2017-09-04, and is valid from the Spring semester 2018 at Karlstad University.

### Prerequisites

At least 60 ECTS credits for undergraduate courses in health care or equivalent. Upper secondary level Swedish B or 6, and English B or 6 or equivalent

### Learning Outcomes

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

- explain and reflect on how mental health can be promoted from the individual and society perspective,
- explain and reflect on the importance of a person's individual and social resources in relation to health care and the treatment of mental illness,
- describe how views of health and illness perspectives can affect the effectiveness of care and communication with people in need of care for mental illness,
- describe different forms of mental illness and explain and reflect on care components from a patient and next-of-kin perspective,
- explain and reflect on the content in psychiatric care in relation to legislation, regulations, guidelines and care organisation,
- identify and analyse possible care related value conflicts in light of ethical principles.

### Content

The course focuses on mental illness from the perspectives of the individual and society, and how mental health can be promoted for the individual with a recovery and holistic perspective which emphasise the specific needs and resources of the individual. This includes reflecting on how care measures, provider behavior and communication can contribute to mental health and a meaningful life with mental illness. The importance of specific legislation, regulations, care organisation and ethical

guidelines are discussed.

Instruction is in the form of lectures, seminars, literature study and assignments to be completed individually or in groups.

**Reading List**

See separate document.

**Examination**

Assessment is based on an individual take-home exam which is discussed in seminar.

**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**

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

OMA126 is an elective course for the Nursing programme.