Course Code	HP8003
Course Title	Are you Okay? Mental Health in Singapore
Pre-requisites	Nil
No of AUs	3

Course Aims

The main aims of the course are to increase your mental health literacy and to educate you about mental health-related resources in Singapore. All students are welcome to take the course, as the content will be relevant to everyone. However, due to the localized context of the course, the course may be relevant for those seeking to learn about mental health resources in Singapore. It is hoped that this course will help you improve the self-care of your own mental health as well as others around.

Intended Learning Outcomes (ILO)

By the end of this course, you should be able to:

1. Name common mental illnesses and be able to describe some of their clinical features
2. Identify and use mental health resources in Singapore
3. Describe relevant psychological concepts related to mental health, applying some of these concepts in selected clinical settings

Course Content

1. Introduction
   - This covers introduction to concepts of health, mental wellness and the continuum from wellness to illness, with a view to interventional approaches. Mental illness classification systems, epidemiological studies and the problem of stigma will also be discussed.
2. The family
   - The concept of family unit, family life cycle and tasks/issues at each stage of development will be discussed. Specific discussion of family-based problems of divorce and child abuse, and the impact on the family will be discussed.
3. Development
   - The concept and assessment of development will be introduced. Specific neurodevelopmental disorders including attention deficit hyperactivity disorder and autism spectrum disorder including their clinical features, assessment and management services will be discussed.
4. Learning
   - Discussion of learning theories and their application to understanding how mental illness may arise and how treatment is applied (e.g. behavioural therapy). Discussion of intellectual disability and learning disorders as well as the needs and available support for them.
5. Adolescence
   - Understanding development during adolescence, and some of the important tasks of this phase especially identity development. Understand some of the common problems during this phase and some of the community-based or professional resources including others ministries.
6. Personality

- Understanding some of the concepts on personality, its development and describe features of the different types of personality disorders. Describe some relationship between personality problems and health (mental/physical).

7. Human sexuality
   - Describe sexual development during the different phases from infancy to old age. Understand some of the sexual issues at each respective phase, and describe the features of the different types of paraphilic disorders. Understand and describe other sexuality related issues such as gender identity.

8. Stress and Anxiety Disorders
   - Describe stress and understand the bodily reactions to stress. Describe types of stresses, its effects and some stress management strategies. Describe the clinical features of some anxiety disorders and understand the principles of treatment.

9. Depression and Suicide
   - Describe depression and its clinical features. Understand the treatment approaches, and mental health resources. Describe suicide, understand the assessment of suicide risk, avenues for help and some principles of prevention strategies.

10. Addictive Disorders
    - Understand the concept of dependence, abuse etc. Describe effects of substances, understand the process of dependence development and clinical features of dependence. Describe some types of behavioural addiction. Understand treatment approaches, and resources for help.

11. Old age and mental health
    - Describe challenges in old age and ways to prepare for them. Understand common related mental health problems especially dementia and depression, and describe the clinical features. Describe some of clinical features, resources for help and support for caregivers.

12. Psychosis
    - Describe the different types of psychotic disorders and some of their clinical features. Understand the importance of treatment principles including rapport building and informed consent. Describe the various areas of treatment and appreciate the multi- and inter-disciplinary approach needed, as well as caregiver support

13. Healing of the mind
    - Discussion of treatment principles from initial assessment to treatment considerations. Describe various modalities of psychological treatment, be aware of psychiatric medications and social treatment. Appreciate the multi-disciplinary approach and community-based mental health resources.

Assessment (includes both continuous and summative assessment)

Component	ILO Tested	Related Programme LO or Graduate Attributes	Weighting	Team/Individual
1. Mid-term quiz	1, 2, 3	Competence	40%	Individual
2. Final examination	1,2,3	*Competence, creativity, civic-mindedness, communication	60%	Individual
Total			100%	

Formative feedback

The mid-term quiz is an assessment of your knowledge. Feedback will be done as a class to summarize the important learning points from the quiz, rather than to provide answers only.

The final examination feedback will be provided based on a written report. Through these case scenarios, it is hoped that you can have an appreciation of how the various resources can be utilized as well.

Learning and Teaching approach

Approach	How does this approach support you in achieving the learning outcomes?
Lectures	Most lectures will include all 3 learning outcomes as the breadth of mental illness will be covered during the series of lectures. During lectures, specific principles will be illustrated through case examples and videos where possible. Additional reading materials, and recent related media reports will be posted as home-based learning assignments, with questions for you to apply what has been taught during lectures. These home-based assignments are designed to trigger deeper thoughts into the topics and hopefully stimulate interest to read further. Resources for additional further readings will be provided at the end of each lecture.

Reading and References

1.   Kua EH, Mahendren R, Fung D (eds): Mind Matters 2002. Institute of Mental Health
An optional read for students who wish to have a structured guide. This book is quite simple to read and not overly loaded on information. The lecture notes and online materials provided are adequate for the purpose of the assessments.

2.   http://iacapap.org/iacapap-textbook-of-child-and-adolescent-mental-health
This is an online textbook which is available free of charge, and is published by the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP). Although focused on child and adolescent psychiatry, much of the information is relevant and interested students are advised to read further selectively on the topics of interest, as the amount of information may be too overwhelming. This textbook is periodically updated and is therefore fairly up-to-date in its information.

Course Policies and Student Responsibilities

(1) General

You are expected to arrive punctually for all lectures as lectures will commence on time. The lecturer will make a commitment to arrive on time and it is hoped that you will too. During lectures, you are free to raise any question at any point in time. You are also welcome to stay back after lectures to clarify any question you may have. It is preferred to clarify questions in person rather than email, which often can limit amount of explanation and opportunity for further clarification. It is also encouraged that clarifications be made earlier rather than much later on, to facilitate your learning.

(2) Absenteeism

You are encouraged to attend all lectures in person as there will be no video recording for this course. If you miss any lecture, please do read through the notes and clarify any question you may have with me at the end of the next lecture.

Academic Integrity

Good academic work depends on honesty and ethical behaviour. The quality of your work as a student relies on adhering to the principles of academic integrity and to the NTU Honour Code, a set of values shared by the whole university community. Truth, Trust and Justice are at the core of NTU's shared values.

As a student, it is important that you recognize your responsibilities in understanding and applying the principles of academic integrity in all the work you do at NTU. Not knowing what is involved in maintaining academic integrity does not excuse academic dishonesty. You need to actively equip yourself with strategies to avoid all forms of academic dishonesty, including plagiarism, academic fraud, collusion and cheating. If you are uncertain of the definitions of any of these terms, you should go to the academic integrity website for more information. Consult your instructor(s) if you need any clarification about the requirements of academic integrity in the course.

Planned Weekly Schedule

Week	Topic	Course LO	Readings/ Activities
1	Introduction	1,2,3	Online handout
2	Family	1,2,3	Online handout
3	Development	1,2,3	Online handout
4	Learning	1,2,3	Online handout, video
5	Adolescence	1,2,3	Online handout
6	Personality	1,2,3	Online handout
7	Sexuality	1,2,3	Online handout
8	Depression and suicide	1,2,3	Online handout
9	Stress and anxiety	1,2,3	Online handout
10	Addictive Disorders	1,2,3	Online handout
11	Old Age	1,2,3	Online handout
12	Psychosis	1,2,3	Online handout
13	Healing of the Mind	1,2,3	Online handout