
HP8003 “Are You OK: Mental Health in Singapore”

Course Description and Scope

This course aims to teach students the concept of mental health and will cover aspects of feeling good, emotional wellness, relationships as well as mental illness. At the end of the course, students will have a better understanding of themselves, their personality and emotional strengths and risks as well as symptoms of common mental illnesses. Hopefully this will help them lead better lives as well as increase their awareness of the people in their lives.

Lecture Schedule

Week No.	Topics	Readings
1	Lecture 1: Introduction 1.1 Why is mental health important? 1.2 Mental health not illness: Definitions 1.3 Mental health across the ages	Mind Matters: Chapter 1
2	Lecture 2: The Family 2.1 Family Function 2.2 Family life cycle 2.3 Dysfunctional Family 2.4 Healthy Families	Mind Matters: Chapter 2
3	Lecture 3: Development 3.1 Developmental principles 3.2 Developmental delay 3.3 Developmental disorders 3.4 Sleep and its problems	Mind Matters: Chapter 3 and 4, 15 A Primer of Child and Adolescent Psychiatry: Chapter 12
4	Lecture 4 Learning and Mental Health 4.1 What is Learning 4.2. Foundations of learning 4.3. IQ and learning 4.4 Learning disorders	Mind Matters: Chapters 5 and 6 A Primer of Child and Adolescent Psychiatry: Chapter 10
5	Lecture 5: Adolescence 5.1 Physical changes 5.2 Emotional issues 5.3 Sexuality 5.4 Disorders common in adolescence 5.5 Juvenile delinquency	Mind Matters: Chapters 8 and 9
6	Lecture 6: Personality and Problems 6.1 Personality Theories 6.2 Attachment 6.3 Personality Disorders	Mind Matters: Chapters 10 and 11

Week No.	Topics	Readings
	6.4 Self image and Anorexia	
7	MCQ Quiz There will be 10 questions with four parts each requiring a true/false answer, covering materials from Lectures 1-6. This constitutes 40% of the total course marks. No deduction for incorrect answers.	
8	Lecture 7: Human Sexuality 7.1 Sexuality definitions 7.2 Marriage and divorce 7.3 Periods of pregnancy 7.4 Postpartum risks	Mind Matters: Chapters 12 to 14
9	Lecture 8: Stress, Emotions and disorders 8.1 Definitions of stress 8.2 Signs and Sources of stress 8.3 Management of stress 8.4 Anxiety 8.5 Depression 8.6 Suicide	Mind Matters: Chapter 16 to 18 A Primer of Child and Adolescent Psychiatry: Chapter 6 Mind Matters: Chapters 19 to 21
10	Lecture 9: Alcohol and Substance use 9.1 Alcoholism 9.2 Substance addictions 9.3 Behavioural addictions	Mind Matters: Chapters 22 and 23
11	Lecture 10: Old Age and Mental Health 10.1 Retirement 10.2 Dementia 10.3 Problems of the Elderly	Mind Matters: Chapter 25
12	Lecture 11: Psychosis 11.1 Schizophrenia 11.2 Bipolar Disorders 11.3 Other psychotic illnesses	Mind Matters: Chapter 24
13	Lecture 12: Healing of the Mind 12.1 Psychotropic medications 12.2 Psychotherapy 12.3 Traditional therapies 12.4 Mental Health Services	Mind Matters: Chapters 28 to 33

NOTE: Final Examinations will cover materials from lectures 1-13. There will be 5 questions in which you choose 4. This is an open book examination. The total marks from the exams will cover 60% of the course marks.

Basic Reading

Kua EH, Mahendren R, Fung D (eds): Mind Matters 2002 Institute of Mental Health

Method of Instruction

Lectures : 3 hours per week

Lectures commence in Week 1 and end in Week 13

Course Assessment

Continuous Assessment (Mid-term Quiz)	:	40 %
Final Examination	:	60 %

Total	:	100%

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