COURSE DETAIL

DIGITAL MENTAL HEALTH
Country Netherlands
Host Institution Maastricht University - Center for European Studies
Program(s) Maastricht Summer
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology Computer Science
UCEAP Course Number 111
UCEAP Course Suffix
UCEAP Official Title DIGITAL MENTAL HEALTH
UCEAP Transcript Title DIGITALMENTALHEALTH
UCEAP Quarter Units 5.00
UCEAP Semester Units 3.30

Course Description

This course explores the fascinating new field of digital mental health, which combines theories and methodologies from psychology and human-computer interaction science. The course starts with a general introduction to how technology has and can be used in the prevention, treatment, and support of common mental health problems (e.g., depression and anxiety). The comprehensive problem-based learning approach allows students to develop a basic understanding of the causes and symptoms of common mental health problems, and explore the active ingredients of traditional (e.g., cognitive behavior therapy) and digital interventions. Different methods used across the two disciplines to design, develop, and evaluate digital mental health interventions and programs are examined. There are many opportunities to practice and get hands-on experience in applying cross-disciplinary methods. Students take part in co-design workshops, introductory sessions on systematic literature reviews, and develop and pitch their own (non-digital) prototypes and intervention ideas. Towards the end of the course, students are encouraged to think critically about current challenges in the field, including the ethical and moral implications of digital applications, and the future of digital mental health.

Language(s) of Instruction
English

Host Institution Course Number
DMX2001

Host Institution Course Title
DIGITAL MENTAL HEALTH

Host Institution Course Details
https://curriculum.maastrichtuniversity.nl/education/contract/summer-programme-…

Host Institution Campus
Maastricht University

Host Institution Faculty

Host Institution Degree

Host Institution Department
Center for European Studies

Course Last Reviewed
2022-2023

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