COURSE DETAIL

MENTAL HEALTH AND WELLBEING
Country Norway
Host Institution University of Oslo
Program(s) University of Oslo
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology Health Sciences
UCEAP Course Number 106
UCEAP Course Suffix
UCEAP Official Title MENTAL HEALTH AND WELLBEING
UCEAP Transcript Title MENTAL HLTH&WELLBNG
UCEAP Quarter Units 8.00
UCEAP Semester Units 5.30

Course Description

This course provides an introduction into epidemiological and public health perspectives on mental health and wellbeing. The course focuses on theoretical and empirical accounts of how wellbeing and common mental health problems (including symptoms of anxiety and depression, weight/eating problems, conduct problems, alcohol and other drug use) are understood in an epidemiological and public health perspective. Cultural, individual differences, and lifespan approaches to mental health and wellbeing are an integrated part of the course.

Language(s) of Instruction
English

Host Institution Course Number
PSY2208

Host Institution Course Title
MENTAL HEALTH AND WELLBEING

Host Institution Course Details
https://www.uio.no/studier/emner/sv/psykologi/PSY2208/

Host Institution Campus

Host Institution Faculty
Social Sciences

Host Institution Degree
Bachelor

Host Institution Department
Psychology

Course Last Reviewed
2023-2024

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