

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 Campus

Host Institution Faculty

Social Sciences

Host Institution Degree

Bachelor

Host Institution Department

Psychology

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