

# 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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