

COURSE DETAIL

SPANISH CULTURE AND MENTAL HEALTH

Country

Spain

Host Institution

Accent, Madrid

Program(s)

Society and Culture in Madrid

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Sociology

UCEAP Course Number

107

UCEAP Course Suffix**UCEAP Official Title**

SPANISH CULTURE AND MENTAL HEALTH

UCEAP Transcript Title

SP CLTR&MENTAL HLTH

UCEAP Quarter Units

5.00

UCEAP Semester Units

3.30

Course Description

This course explores the psychological and mental health impacts of Spanish culture, focusing on traditional lifestyle behaviors, diet, work-life balance, and community. Students examine how recent shifts—such as changes in food habits, increased sedentarism, technological use, and growing cultural diversity—affect health, relationships, and society, while analyzing responses through collective and individual initiatives. This course discusses how different generations marked by distinct historical periods—postwar and Francoist dictatorship, transition to democracy until 1990s, and the 21st century global digital era—view and shape well-being and mental health models through the lens of cultural change, resilience, and identity.

Language(s) of Instruction

English

Host Institution Course Number

Host Institution Course Title

SPANISH CULTURE AND MENTAL HEALTH

Host Institution Course Details

Host Institution Campus

Accent, Madrid

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2026-2027

[Print](#)