COURSE OUTLINE

(1) GENERAL

FACULTY	SOCIAL SCIENCES		
DEPARTMENT	PSYCHOLOGY		
LEVEL OF STUDY	UNDERGRADUATE		
COURSE CODE		**SEMESTER OF STUDY**	**E (5th) and above**
COURSE TITLE	DIGITAL MENTAL HEALTH		

INDEPENDENT TEACHING ACTIVITIES *in case the credits are awarded to distinct parts of the course e.g. lectures, laboratory exercises, etc. If the credits are awarded uniformly for the entire course, indicate the weekly teaching hours and the total credits*	**TEACHING WEEKS**	**CREDITS**
	3	6
Add rows if needed. The teaching organization and teaching methods used are described in detail in (d).		

COURSE TYPE *general background, specific background, specialization, general knowledge, skills development*	LABORATORY
PREREQUISITE COURSES:	Research Methodology in Social Sciences
LANGUAGE OF INSTRUCTION AND EXAMINATIONS:	GREEK
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO
COURSE WEBSITE (URL)	https://elearn.uoc.gr/course/view.php?id=4791

(2) LEARNING OUTCOMES

Learning Outcomes

The learning outcomes of the course are described, the specific knowledge, skills and competences of an appropriate level that students will acquire after the successful completion of the course.

Consult Appendix A

- *Description of the Level of Learning Outcomes for each cycle of study according to the Qualifications Framework of the European Higher Education Area*
- *Descriptors of Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Annex B*
- *Learning Outcomes Writing Summary Guide*

The laboratory aims to train students in using digital tools to create digital derivatives for knowledge dissemination and public engagement on issues of the interaction between digital technology and mental health. Students are trained in searching and critically evaluating the relevant literature and designing and implementing digital derivatives that combine scientifically valid information and creative digital multimedia.

At the end of the workshop, students are expected to:

- Be able to critically study original scientific articles
- Understand how digital technology may interact with mental health as well as the relevant concepts and terminologies.
- Know how to use Canva to create electronic infographics and multimedia abstracts.
- Understand the challenges for the modern-day mental health scientist in the online world.

General Competencies

Taking into account the general competencies that the graduate must have acquired (as listed in the Diploma Supplement and listed below), which of them does the course aim at?.

Search, analyze and synthesize data and information, using the necessary technologies	*Project planning and management*
Adapting to new situations	*Respect for diversity and multiculturalism*
Decision-making	*Respect for the natural environment*
Autonomous work	*Demonstrate social, professional and ethical responsibility and sensitivity to gender issues*
Teamwork	*Criticism and self-criticism*
Working in an international environment	*Promoting free, creative and inductive thinking*
Working in an interdisciplinary environment	*……*
Generation of new research ideas	*Other...*
	…….

Search, analysis and synthesis of data and information, using the necessary technologies.
Decision-making.
Autonomous work.
Teamwork.
Criticism and self-criticism.
Promotion of free, creative and inductive thinking.
Project planning and management.

(3) COURSE CONTENT

- Introduction to the laboratory
- Using Canva for digital derivatives and knowledge dissemination, such as e-posters and infographics.
- Using Canva to create multimedia abstracts

- Laboratory excercises involving finding and critically discussing scientific articles in relevant thematic areas such as:

- Social Media and Mental Health
- Internet addiction and digital technology.
- Abusive behaviors online (Cyber Crimes).
- Artificial Intelligence: Social and psychological issues
- Digital exclusion and inequalities
- Digital technology and psychological research
- Virtual reality and psychological intervention

- Laboratory excercises involving synthesis, creativity and original thinking to develop useful relevant skills.

(4) TEACHING AND LEARNING METHODS - ASSESSMENT

DELIVERY *METHOD Face to face, Distance learning, etc.*	Face to face
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES *Use of ICT in Teaching, Laboratory Training, Communication with students*	**Power Point Presentations** **Canva platform**
TEACHING ORGANIZATION *The method and methods of teaching are described in detail.* *Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliography Study & Analysis, Tutorial, Internship (Placement), Clinical Practicing, Art Workshop, Interactive Teaching, Educational visits, Project Writing, Writing a project / assignments, Artistic creation, etc.* *The student's study hours for each learning activity as well as the hours of unguided study according to ECTS principles are listed*	

Activity	***Semester Workload***
Laboratories	39 hours (1.6 ECTs)
Independent literature study	56 hours (2.2 ECTs)
Independent work to complete exercises and assessments	55 hours (2.2 ECTs)
Total Course	***150 (6 ECTs)***

STUDENT EVALUATION *Description of the evaluation process* *Assessment Language, Assessment Methods, Formative or Summative, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay/Report, Oral Examination, Public Presentation, Laboratory Work, Clinical Examination of a Patient, Artistic Interpretation, Other/Others* *Explicitly defined evaluation criteria and whether and where they are accessible to students are mentioned.*	The evaluation is conducted in Greek. - Participation in the workshop and completion of laboratory exercises (30%) - Create an infographic (35%) - Create a multi-media academic abstract (35%)

(5) RECOMMENDED-BIBLIOGRAPHY

- Suggested Bibliography:
Collection of relevant scientific articles of international bibliography

- Related scientific journals:
Journal of Medical Internet Research
JMIR Mental Health
The Lancet Digital Health