

COURSE OUTLINE

1. GENERAL

FACULTY	SOCIAL SCIENCES		
DEPARTMENT	PSYCHOLOGY		
LEVEL OF STUDY	UNDERGRADUATE		
COURSE CODE	Ψ4617	SEMESTER OF STUDY	5th and above
COURSE TITLE	DIGITAL INTERVENTIONS IN MENTAL HEALTH		
INDEPENDENT TEACHING ACTIVITIES <i>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</i>		TEACHING WEEKS	CREDITS
		3	6
Add rows if needed. The teaching organization and teaching methods used are described in detail in (d).			
COURSE TYPE <i>general background, specific background, specialization, general knowledge, skills development</i>	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=4618		

2. LEARNING OUTCOMES

<p>Learning Outcomes</p> <p><i>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.</i></p> <p>Consult Appendix A</p> <ul style="list-style-type: none"> • 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
<p>The purpose of the workshop is to familiarize students with digital tools of psychological intervention and assessment.</p> <p>Students are trained a) in searching and critically evaluating relevant scientific articles from the international literature, b) in preparing a thorough scientific proposal for developing the content of a mental health smartphone application and evaluating its effectiveness and c) in designing an electronic questionnaire for mental health parameters evaluation.</p> <p>At the end of the workshop, students are expected to:</p> <ul style="list-style-type: none"> - Be familiar with existing smartphone applications to manage psychological difficulties, which students will install and test-use on their phones. - Be able to analyze the psychological theoretical background and structural features of a mental health smartphone application. - Understand the basic research design to evaluate the effectiveness of a mental

health smartphone application.

- Be able to use the LimeSurvey platform to build an electronic questionnaire measuring mental health parameters.

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

Adapting to new situations

Decision-making

Autonomous work

Teamwork

Working in an international environment

Working in an interdisciplinary environment

Generation of new research ideas

Project planning and management

Respect for diversity and multiculturalism

Respect for the natural environment

Demonstrate social, professional and ethical responsibility and sensitivity to gender issues

Criticism and self-criticism

Promoting free, creative and inductive thinking

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Other...

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Search, analysis and synthesis of data and information, using the necessary technologies.

Decision-making.

Autonomous work.

Generation of new research ideas

Criticism and self-criticism.

Promotion of free, creative and inductive thinking.

Project planning and management.

3. COURSE CONTENT

- Introduction to the laboratory
- Analyze and understand a smart phone application for stress and anxiety management
- Production of scientific proposals for the development of new mental health applications in smartphones.
- Production of research proposals to evaluate the effectiveness of new mental health applications in smart phones.
- Use of the LimeSurvey platform to create an online questionnaire measuring psychological parameters (e.g. Generalized Anxiety Disorder).
- Critical discussion and evaluation of scientific articles in related thematic areas, such as: a) Issues of effectiveness of digital intervention means for a variety of psychological diseases, b) Ethical and ethical issues in the use of digital tools in psychological intervention, c) Issues of equal access and digital exclusion, d) Issues of attitudes, perceptions and acceptance of digital intervention means by recipients of mental health services.

4. TEACHING AND LEARNING METHODS - ASSESSMENT

DELIVERY <i>METHOD Face to face, Distance learning, etc.</i>	Face to face
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES <i>Use of ICT in Teaching, Laboratory Training, Communication with students</i>	<ul style="list-style-type: none"> • Power Point Presentations • LimeSurvey Platform

	<ul style="list-style-type: none"> • Use of Smart Phones (students are required to own and use their personal smart phones) • Use the freely available MindShift commercial app to deal with stress (the app may change if access issues or other technical difficulties arise). 	
<p>TEACHING ORGANIZATION</p> <p><i>The method and methods of teaching are described in detail.</i></p> <p><i>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.</i></p> <p><i>The student's study hours for each learning activity as well as the hours of unguided study according to ECTS principles are listed</i></p>	Activity	Semester Workload
	Weekly meeting	39 hours (1.6 ECTs)
	Independent study	56 hours (2.2 ECTs)
	Independent work to complete exercises and assessments	55 hours (2.2 ECTs)
	Total Course	150 (6 ECTs)
<p>STUDENT EVALUATION</p> <p><i>Description of the evaluation process</i></p> <p><i>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</i></p> <p><i>Explicitly defined evaluation criteria and whether and where they are accessible to students are mentioned.</i></p>	<p>The evaluation is conducted in Greek.</p> <ul style="list-style-type: none"> - Participation in the workshop and completion of laboratory exercises (20%). - Writing a short scientific proposal for the development of a new mental health smartphone application (40%). - Writing of a short research proposal evaluating the effectiveness of the aforementioned smartphone application (40%). 	

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

