COURSE OUTLINE

1. GENERAL

FACULTY	SOCIAL SCIENCES		
DEPARTMENT	PSYCHOLOGY		
LEVEL OF STUDY	UNDERGRADUATE		
COURSE CODE	**ΨΧ-3512**	**SEMESTER OF STUDY**	**5th and above**
COURSE TITLE	DIGITAL INTERVENTIONS IN 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**
Lectures, Lab exercises, Techniques training	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*	Skills Development (Workshop/Laboratory)
PREREQUISITE COURSES:	Research Methodology in Social Sciences I Statistics I (Prerequisites do not apply for Erasmus students)
LANGUAGE OF INSTRUCTION AND EXAMINATIONS:	ENGLISH
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES
COURSE WEBSITE (URL)	https://elearn.uoc.gr/course/view.php?id=4618

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*

Workshop Overview:

The purpose of this workshop is to familiarize students with digital tools used in psychological intervention and assessment.

Building on foundational theoretical approaches in Clinical Psychology and Research Methods—covered in core courses such as Mental Health and Psychopathology and Research Methods in Social Sciences I—this workshop provides hands-on training in the application of digital technologies in mental health contexts.

Learning Objectives and Activities:

Students will be trained to:

- Search for and critically evaluate relevant scientific literature from international sources.
- Develop a comprehensive scientific proposal for the creation of a mental health smartphone application, including a plan for evaluating its effectiveness.
- Design an electronic questionnaire to assess mental health parameters.

By the end of the workshop, students will be able to:

- Demonstrate familiarity with existing smartphone applications designed to manage psychological difficulties, including installing and test-using selected apps.

- Analyze the theoretical foundations and structural components of mental health smartphone applications.
- Understand the basic principles of research design used to evaluate the effectiveness of such applications.
- Use the LimeSurvey platform to construct electronic questionnaires for assessing mental health indicators.

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
Generation of new research ideas
Criticism and self-criticism
Promotion of free, creative and inductive thinking
Project planning and management

3. COURSE CONTENT

The content of the course is linked to the 5 main axes of the curriculum:
Scientific Foundations [1], Scientific Research and Critical Thinking [2], Ethical and Social Responsibility [3], Communication Skills [4], Basic Preparation for Career and Professional Rehabilitation Decisions [5]. Next to each week, the number(s) of the axis to which it is connected should be indicated.

Week 1: Course Introduction [1]

Week 2: Assessing the effectiveness of a mental health smartphone app: Writing up the research proposal [1, 2, 3, 4]

Week 3: Dissecting a mental health app: Understanding “modules” and “components” [1, 2]

Week 4: Determining the behavioural content of a mental health smartphone app: Writing up the app development proposal. [1, 2, 3, 5]

Week 5: Building an online survey for mental health parameters: LimeSurvey training – Part A [2, 5]

Week 6: Building an online survey for mental health parameters: Lime Survey training – Part B [2, 5]

Week 7: Assessing the user acceptability of a mental health smartphone app: The “Think Aloud” method. [2, 4, 5]

Week 8: Lab Exercise 1: Running a mock “Think Aloud” study. [2, 4]

Week 9: The digital divide: Inequalities in access to digital tools and interventions. [1, 3]

Week 10: Guest-lecture on a relevant topic. The exact topic is discussed with the guest lectures closer to the date.

Week 11: Training for Lab Exercise 2: Completing LimeSruvey tasks with assistance. [2, 5]

Week 12: Lab Exercise 2: Completing LimeSurvey tasks. [2, 5]

Week 13: Workshop closure: Reflections, Feedback and Q&A.

4. TEACHING AND LEARNING METHODS - ASSESSMENT

<table>
<tr><td>DELIVERY
METHOD Face to face, Distance learning, etc.</td><td>Face to face</td></tr>
<tr><td>USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES
Use of ICT in Teaching, Laboratory Training, Communication with students</td><td>• Power Point Presentations
• LimeSurvey Platform
• Use of Smart Phones (students are required to own and use their personal smart phones)
• Use the freely available MindShift commercial app an a learning example (the app may change if access issues or other technical difficulties arise).</td></tr>
<tr><td>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</td><td>
<table>
<tr><th>Activity</th><th>Semester Workload</th></tr>
<tr><td>Weekly meeting</td><td>39 hours (1.6 ECTs)</td></tr>
<tr><td>Independent study</td><td>56 hours (2.2 ECTs)</td></tr>
<tr><td>Independent work to complete exercises and assessments</td><td>55 hours (2.2 ECTS)</td></tr>
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<tr><td>Total Course</td><td>150 (6 ECTs)</td></tr>
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<tr><td>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.</td><td>The evaluation is conducted in English.

There are three evaluation components. All components are individual assignments.

- C1: Lab Exercise 2: Completing LimeSurvey tasks. (20%).
- C2: Writing a short scientific proposal for the development of a new mental health smartphone application (40%).
- C3: Writing a short research proposal evaluating the effectiveness of the aforementioned smartphone application (40%).

To pass the course, students must pass all three components.</td></tr>
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	Detailed rules and instructions for the assessment are provided in the “Assessment Brief” which is uploaded to the course’s e-learn platform.

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
SAGE: Digital Health