

COURSE OUTLINE

1. GENERAL

FACULTY	SOCIAL SCIENCES		
DEPARTMENT	PSYCHOLOGY		
LEVEL OF STUDY	UNDERGRADUATE		
COURSE CODE	PSY-3512	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
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 <i>general background, specific background, specialization, general knowledge, skills development</i>	Skills Development (Workshop/Laboratory)		
PREREQUISITE COURSES:	Research Methodology in Social Sciences I (Not applicable for Erasmus Students)		
LANGUAGE OF INSTRUCTION AND EXAMINATIONS:	ENGLISH		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
COURSE WEBSITE (URL)	Visit the e-learn website (elearn.uoc.gr) and search for the course title.		

2. LEARNING OUTCOMES

<p>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.</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>Workshop Overview:</p> <p>The purpose of this workshop is to familiarize students with digital tools used in psychological intervention and assessment.</p> <p>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.</p> <p>Learning Objectives and Activities:</p> <p>Students will be trained to:</p> <ul style="list-style-type: none"> • 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

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

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 LimeSurvey 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

<p style="text-align: center;">DELIVERY</p> <p><i>METHOD Face to face, Distance learning, etc.</i></p>	Face to face											
<p style="text-align: center;">USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES</p> <p><i>Use of ICT in Teaching, Laboratory Training, Communication with students</i></p>	<ul style="list-style-type: none"> • Power Point Presentations • LimeSurvey Platform • Use of Smart Phones (students are required to own and use their personal smart phones) • 											
<p style="text-align: center;">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>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;"><i>Activity</i></th> <th style="text-align: center;"><i>Semester Workload</i></th> </tr> </thead> <tbody> <tr> <td>Weekly meeting</td> <td style="text-align: center;">39 hours (1.6 ECTs)</td> </tr> <tr> <td>Independent study</td> <td style="text-align: center;">56 hours (2.2 ECTs)</td> </tr> <tr> <td>Independent work to complete exercises and assessments</td> <td style="text-align: center;">55 hours (2.2 ECTs)</td> </tr> <tr> <td style="text-align: center;">Total Course</td> <td style="text-align: center;">150 (6 ECTs)</td> </tr> </tbody> </table>		<i>Activity</i>	<i>Semester Workload</i>	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)
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<p style="text-align: center;">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 English.</p> <p>There are three evaluation components. All components are individual assignments.</p> <ul style="list-style-type: none"> - 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%). <p>To pass the course, students must pass all three components.</p> <p>Details for the assessment are provided in the "Assessment Brief" which is uploaded to the course's e-learn platform.</p>												

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5. RECOMMENDED-LITERATURE

- *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