

Category (科目区分)	Cluster of Community Health Promotion System		
Course Title (授業科目名)	Mental health practice		
Instructors (担当者名)	Kyoko Nomura	Academic Year (配当年次)	1st
Required course / Elective Course (必修/選択)	Elective Course	Credits (単位数)	1
Class Format (授業形態)	Lecture / Experimental practice		
Schedule (開講期間)	October 2024–March 2025 (Details of schedule are negotiable)		
Class Date/Period (開講曜日・時間)	On demand		
Course Outline/ Course Objectives (授業の概要・到達目標)			
<p>Good mental health enables individuals to work, to learn, to engage with other people and to participate in society. In this module, we will cover the topic of hikikomori (a phenomena of social withdrawal and isolation) rehabilitation and suicide prevention in community. The class will be conducted in both Japanese and English, 30 minutes of lecture in the beginning, followed by 60 minutes discussions, 30 minutes presentations, and 30 minutes feedback. Students should prepare themselves in the basic of qualitative and quantitative research, social determinant of health, and health communications, prior coming to the class. Discussions wil follow 5W1H principles (What, Who, When, Where, Why, How)</p> <p>1,2. Orientation 3,4. Community care for hikikomori 5,6. Community suicide prevention 7,8. Fieldwork and research methods 9,10. Intermediate research presentations 11,12. Open forum</p>			
Course Planning (授業計画)			
	Course Outline/ Course Objectives (授業の概要及び到達目標) (Contents of Class) ((授業内容))	Instructor (担当教員名)	Department (講座名) Class Room [実施場所]
	Course Outline/ Course Objectives(授業の概要及び到達目標) (Contents of Class) ((授業内容))	Yong Kim Fong Roseline (Assistant Professor)	Department of Environmental Health Science and Public Health, Akita University Graduate School of Medicine [Seminar Room]
1	Stress and Behavioral Science		
2	Mental Disorders of Importance in the Field of Public Health		
3	Mental Health Measures in Akita Universities:the Corona Disaster		
4	Mental Health Measures in Akita Universities: Gatekeepers to Suicide Video		
5	Mental Health Measures in Akita Universities: Effectiveness Verification of Gatekeeper of Suicide		
6	Mental Health in the Workplace: Overwork and Depression		
7	Intermediate research presentations		
Grading Criteria (成績評価の基準と方法)			
One credit will be awarded for a total of 45 hours (WebClass + 15 hours of self-study), and evaluation will be based on the Webclass participation.			
Contact Information (問い合わせ先(氏名, メールアドレス等))			
Name : Kyoko Nomura / E-mail : knomura@gmail.com			
Coment (その他特記事項)			

	Course Outline/ Course Objectives (授業の概要及び到達目標) (Contents of Class) ((授業内容))	Instructor (担当教員名)	Department (講座名) Class Room [実施場所]
	<p>履修に関する情報: 下記、論文を読んで自習に役立ててください。</p> <p>1. Longitudinal survey of depressive symptoms among university students during the COVID-19 pandemic in Japan. Nomura K, Yamazaki T, Maeda E, Hirayama J, Ono K, Fushimi M, Mishima K, Yamamoto F. <i>Front Psychol.</i> 2022 Aug 25;13:863300. doi: 10.3389/fpsyg.2022.863300. eCollection 2022.</p> <p>2. [The impact of COVID-19 on mental health and its countermeasures]. Nomura K, Matsushima M, Sasaki N, Kawakami N, Maeda M, Ito H, Oohira T, Tsutsumi A. <i>Nihon Koshu Eisei Zasshi.</i> 2022 Sep 10;69(9):647-654. doi: 10.11236/jph.22-036. Epub 2022 Jul 29.</p> <p>3. COVID-19 Vaccine Intention and Knowledge, Literacy, and Health Beliefs among Japanese University Students. Miyachi T, Sugano Y, Tanaka S, Hirayama J, Yamamoto F, Nomura K. <i>Vaccines (Basel).</i> 2022 Jun 2;10(6):893. doi: 10.3390/vaccines10060893.</p> <p>4. Cross-sectional survey of depressive symptoms and suicide-related ideation at a Japanese national university during the COVID-19 stay-home order. Nomura K, Minamizono S, Maeda E, Kim R, Iwata T, Hirayama J, Ono K, Fushimi M, Goto T, Mishima K, Yamamoto F. <i>Environ Health Prev Med.</i> 2021 Mar 5;26(1):30. doi: 10.1186/s12199-021-00953-1.</p>		