

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 2022–March 2023 (Details of schedule are negotiable)		
Class Date/Period (開講曜日・時間)	Every Tuesday from 18:00 to 21:00 (Details of the schedule are negotiable)		
Course Outline/ Course Objectives (授業の概要・到達目標)			
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)			
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			
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]
1	Orientation	Yong Kim Fong Roseline (Assistant Professor)	Department of Environmental Health Science and Public Health, Akita University Graduate School of Medicine 〔Seminar Room〕
2			
3	Community care for hikikomori		
4			
5	Community suicide prevention		
6			
7	Fieldwork and research methods		
8			
9	Intermediate research presentations		
10			
11	Research presentation (Open forum)		
12			
Grading Criteria (成績評価の基準と方法)			
15hours of class and 15 horus of fieldwork/research. Evaluation is based on attendance and reports.			
Contact Information (問い合わせ先(氏名, メールアドレス等))			
Name: Yong Kim Fong Roseline / E-mail: roselineyong@med.akita-u.ac.jp			
Coment (その他特記事項)			
Information on course: If you are unable to attend the practical training due to work, such as a working graduate student, we will respond to the schedule adjustment.			
Textbooks and References: Distribute materials as necessary.			
Contents of study in self-study time:			
* Read domestic and foreign newspapers, select two articles that may affect health, and report on the 5W1H standard. What's going on,Who is affected(Who),"When does the impact begin(When),"Where,"What's going on), how are they developed? Pre-study on qualitative and quantitative studies, social determinants of health, and the basics of health communication.			