UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Anxiety and Mood Disorders: Assessment and Intervention Techniques

2425-1-F5108P004

Learning area

METHODS AND TECHNIQUES FOR TREATMENT AND REHABILITATION

Learning objectives

Knowledge and understanding

- Classification of anxiety and mood disorders.
- Second and third wave cognitive-behavioral models and methods for brief intervention.
- Theoretical basis, technical aspects, effectiveness and fields of application of different strategies of intervention.

Applying knowledge and understanding

- Promoting clinical competence.
- Correct use of the intervention techniques in the treatment of psychological distress in its different forms.

Contents

The course aims to explore the diagnosis classification of major anxiety and mood disorders, and to present a review of evidence-based intervention models developed in recent years in the cognitive-behavioral and integrated ("third wave") models. The course is aimed at promoting the student's clinical skills and providing him/her with a set

of intervention strategies to be flexibly applied to the treatment of psychological distress in its various expressions. A specific focus will be dedicated to the treatment of anxiety and depressive issues occurring in patients with neuropsychological problems and their relatives.

Detailed program

- Anxiety disorders and depression: classification.
- Rational emotional behavioral therapy - REBT (Ellis).
- Cognitive behavioral therapy - CBT (Beck).
- Metacognitive and mindfulness-based therapies.
- Anxiety and depression issues in patients with neuropsychological problems and their relatives.

Prerequisites

A good knowledge of the basis of Clinical Psychology and Psychopathology enables a more aware use of the course contents.

Teaching methods

Teaching (in Italian) will be predominantly lecturing in nature. In addition to classroom lectures, part of the teaching will take place through the discussion of scientific articles, case studies, and exercises and discussions on the course topics.
The material (slides and, when possible, scientific articles) is made available on the e-learning site of the course, so that it can also be used by non-attending students.

Assessment methods

The exam is written, and includes 25 multiple-choice questions (maximum score 25, no penalty) and one open-ended question (maximum score 5, no penalty). The final grade is the sum of the two tests.
There are no in-progress tests.
During the course, there are recommended attendance seminars that will entitle the student to a two-point bonus on the exam.
Erasmus students can contact the professor to agree on the possibility of studying on a bibliography in English and/or the possibility of performing the exam in English.

Textbooks and Reading Materials

The exam will focus, in addition to the slides and material presented in class and uploaded to the E-learning site, on the study of the following texts:
TEXTS TO BE STUDIED:

1. Sarracino, D., Ruggiero, G.M. (2025). Le basi della terapia cognitiva. 1. L’ABC e la terapia razionale emotiva comportamentale. Milano: Raffaello Cortina.
2. Beck, J. (2021). La terapia cognitivo-comportamentale (TERZA EDIZIONE, a cura di A. Montano). Roma: Astrolabio 2022. Capitoli 3, 6, 10, 12, 14, 15, 17, 18.
   FURTHER READING TEXTS:

- Clark., D.A., Beck., A.T. (2016). Il manuale dell'ansia e delle preoccupazioni. La soluzione cognitivo comportamentale. Verona: Positive Press 2011.
- Ellis, A. (1998b). Che ansia! Come controllarla prima che lei controlli te. Trento: Erickson 2013.
- Documento Finale della Consensus Conference sulle terapie psicologiche per ansia e depressione. Scaricabile da: https://www.iss.it/documents/20126/0/Consensus_1_2022_IT.pdf Allegato 4: pp. 52-64.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING