



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Mental Distress

2425-3-E3901N031

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#### Aims

Knowledge and understanding

Social reality is undergoing continuous changes, which have been particularly rapid in recent decades, and also evident in healthcare and, specifically, the psychopathology of mental health. The overall objective of the course is to provide the student(s) with a wealth of concepts and technical tools (knowledge) derived from an clinical-epidemiological approach applied to social reality and through which to analyze and interpret the main elements of psychopathological distress and the current diagnostic "reconstruction" of mental disorders according to the DSM 5 Manual. The methodological skills derived from the knowledge of the diagnostic criteria and the consequent categorization of mental disorders will also be implemented through some guided exercises. Such skills turn out to be indeed essential in the training of social work practitioners.

Ability to apply knowledge and understanding

The specific objective of the Course is to provide the student(s) with the skills to navigate the landscape of clinical diagnostics of empirical derivation (descriptive, atheoretical and operationalized) in order to critically and consciously identify psychopathological issues stemming from the concept of normality/disorder and intervention methodologies within the different clinical settings and facilities that constitute the system of mental health treatment in our region and in our country and its regulatory correlates.

A special attention will be paid to gender differences

#### Contents

The Course is organized around a few thematic cores developed in five modules:

1. introduction to mental health through the concepts of health/illness, mental distress and diagnostic

categorization;

2. mental disorders and their classification;
3. the mental health intervention system and the organization of Services;
4. elements of psychosocial impact in the management of mental disorders in different contexts (drug addiction, prison, migrants, etc.);
5. the role of family in mental health.

## **Detailed program**

PSYCHIATRY - Obtainment of general knowledge, basic specialized concepts and theoretical models of reference which qualify diagnostic orientation, clinical approach and therapeutic routine in psychiatry. Acquisition of fundamental elements of psychopathology and clinical psychiatry in its diagnostic, therapeutic, rehabilitative and preventive aspects regarding the most different mental disorders.

## **Prerequisites**

Be regular with the curricular exams.

## **Teaching form**

Frontal lessons and discussion of documentary material; divided in 80% Erogative and 20% Interactive. use of audiovisual instruments about experiences of disease and about treatment appointments and locations.

## **Textbook and teaching resource**

PSYCHIATRY: a) DSM 5. Raffaello Cortina, Milano, 2014; b) DSM-IV-TR MG. Manuale diagnostico e statistico dei disturbi mentali per la Medicina generale. Masson, Milano, 2002; c) American Psychiatric Association. Linee guida per il trattamento dei disturbi psichiatrici. Quick Reference. Raffaello Cortina, Milano, 2015; d) American Psychiatric Association. Casi Clinici. Masson, Milano, 2015.

## **Semester**

3 Year - 1 Semester

## **Assessment method**

Oral test: discussion of a clinical case and in-depth on psychopathology treated during frontal lessons

## **Office hours**

PROFESSOR OFFICE HOURS - Prof. M. Clerici, Villa Serena/U38 c/o SPDC - by appointment only: .

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY

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