UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Disagio Psichico

2526-3-E3901N031

Learning objectives

Concerning the 5 Dublino's descriptors (knowledge and understanding skills, knowledge and applied understanding skills, freedom of judgement, communication skills and ability to learn), the Course aims to reach the following goals:
a) the understanding, the identification and the diagnosis of specific mental disorders starting from the biopsychosocial etiopathogenetic models
b) understanding and adopt the meaning and the relevance of the most useful therapies to the care and cure the patient suffering from mental disorder, starting from the knowledge deriving from the EBM approach
c) characterize the complexity of the relationship with the patient suffering from mental disorder learning the essential communication skills
d) the understanding of the importance of the freedom of judgement for the application of the informations deriving from the psychosocial context in the caring, cure and rehab of a patient suffering from mental disorder

Contents

The Course provides the student with the essential theoretical knowledge related to Behavioural Sciences.
The Course allows the student to learn about, and further develop, the interrelationships between a few contents of psychopathology and clinical psychiatry in the dimension of the complexity and the integration between CNS functions and the social framework. This cognitive route is aimed at understanding of the most important and various psychopathological and clinical conditions about both health and real illness, with particular attention to inter-disciplinary approach between Medical, Behavioural and Sociological Sciences always deriving from EBM and gender-related medicine.

Detailed program

PSYCHIATRY:

1. Introduction to the concepts of mental health, psychopathology and social control of mental disorders in the contemporary society
2. Historic development of the concepts of normality and illness in the field of mental health
3. Historic development of the therapeutic models in psychiatry and of the organization and structure of the psychiatric care
4. Relevant psychiatric and drug addiction legislation
5. General and specific epidemiology in psychiatry
6. Diagnostic psychiatry: the coding classification of mental disorders and the role of DSM-5 and ICD-10 classification system
7. The specific mental disorders: diagnosis, clinical conditions and treatment of:
   7.1 Substance-related and Addictive Disorders
   7.2 Anxiety Disorders
   7.3 Depressive Disorders
   7.4 Bipolar and Related Disorders
   7.5 Obsessive-Compulsive Disordres and Trauma- and Stressor-Related Disorders
   7.6 Schizophrenia Spectrum and Other Psychotic Disorders
   7.7 Feeding and Eating Disorders
   7.8 Personality Disorders
   7.9 Somatic Symptom and Related Disorders
   7.10 Neurodevelopmental and Neurocognitive Disorders
   7.11 Notes about the concepts of impulsivity and aggression in psychiatry (suicide, attempted suicide, violence against others)
   7.12 Jail's and prison's psychiatry)
   7.13 Ethnopsychiatry
   7.14 Basics of treatments in psychiatry: psychopharmacological therapies, general rudiments of psychotherapy (individual and group) and psychosocial rehabilitation
   7.15 The role of the family in mental health: family psychoeducation

Prerequisites

Knowlegde about others preparatory Courses of the main Degree Course

Teaching methods

In person teaching with classroom-taught lessons (70%) and clinical case examples (30%)
The Course is supplied in Italian language

Optional possibility, for students, to be familiar with professionals and take part - onsite - to the clinical work of different Services of the Department of Mental Health and Addiction during and after the Course

Assessment methods

Oral exam with assessment of expertise about learning and understanding of topics of the Course by clinical case examples and questions of in-depth analysis of different clinical matters.

Assessment marking from rejected to 30 cum laude
The congruence between study aims and overall assessment derives from the balance within clinical case and theoretical section
No in itinere exam

Textbooks and Reading Materials

- American Psychiatric Association, DSM-5, Manuale Diagnostico e Statistico dei Disturbi Mentali, Raffaello Cortina Editore, Milano 2014
- Roberts L.W., Louie A.K. (eds), DSM-5. Istruzioni per l'uso, Raffaello Cortina Editore, Milano 2017
- Barnhill J.W. (ed), DSM-5. Casi Clinici, Raffaello Cortina Editore, Milano 2014
- Frances A, La diagnosi in psichiatria. Ripensare il DSM-5, Raffaello Cortina Editore, Milano, 2013
- Nussbaum A.M., L'esame diagnostico con il DSM-5, Raffaello Cortina Editore, Milano 2014
- Hilt R.J., Nussbaum A.M., L'esame diagnostico con il DSM-5 per bambini e adolescenti, Raffaello Cortina Editore, Milano 2017
- Wang S, Nussbaum A.M., L'esame diagnostico con il DSM-5 per la persona anziana, Raffaello Cortina Editore, Milano 2018
- Muskin P.R. (ed), Domande e Risposte sui criteri diagnostici. DSM-5. Un Manuale utile per facilitare l'apprendimento dei criteri diagnostici del DSM-5, Raffaello Cortina Editore, Milano 2016
- Gabbard G.O. (ed.) Trattamento dei Disturbi Psichiatrici. Edizione basata sul DSM-5, Raffaello Cortina Editore, Milano 2016
- American Psychiatric Association, Comprendere i Disturbi Mentali. Una guida per la famiglia con l'aiuto del DSM-5. Raffaello Cortina Editore, Milano 2018

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING