

Study program: Special Education and Rehabilitation, module Sensorimotor Disability			
Type and level of studies: Basic Academic			
Title of the subject: Mental Hygiene			
Lecturer: Luka R. Mijatović			
Course status: Elective			
ECTS: 4			
Prerequisites: Basic knowledge in Psychiatry and Mental Health			
Aim: Adoption of the basic principles of mental hygiene, theory and practice, the application of procedures and techniques in the prevention and maintenance of mental health. Examining multidisciplinary mental hygiene and teamwork. Implementation of the principle of mental hygiene in practice.			
Outcomes: The ability of students to recognize the risk of mental health disorders, knowledge of the application of basic mental and hygienic measures in the preservation and improvement of mental health, and the ability to participate in teams / programs for their prevention and treatment.			
Content <i>Lectures:</i> Definition, history, theory and practice of mental hygiene. Biological, psychological and social causes of mental disorders. The brain is the basis of behavior, feelings and cognition Mental hygiene problems of children, adolescents, adults and the elderly; maladaptive behavior. Psychiatric disorders: anxiety disorders, psychosis, addiction diseases, developmental disorders, and others. Mental disorders in children and adolescents, role of school, family and social environment. Stress and antistress and other methods of prevention of mental health disorders and improvement. Skills in solving problems, time economies and dealing with problems. Multidisciplinary mental hygiene - Social and legal / forensic aspects. Non-pharmacological and pharmacological			
Literature <u>Pavlović DM</u> . Mental health of school children. Belgrade: Orion Art, 2014. <u>Pavlović DM</u> , Pavlović AM. Higher cortical functions. Basics of behavior neurology and neuropsychology. Belgrade, Serbia. Orion Art, 2016.			
Number of active classes per week:	Lecture: 2	Practical work: 1	
Teaching methods: Classical educational method using video presentations and active involvement of students in work, seminar work			
Evaluation of knowledge (maximum score 100)			
Pre obligations	Score	Final exam	Score
activities during the lectures	10	written exam	40
practical teaching		oral exam	20
midterm(s)	30	
seminars			