

Name of university, Name of faculty: Trnava University
Faculty of Health Care and Social Work

INFORMATION SHEET OF THE SUBJECT

Code: VZB42	Name: Mental health protection		
Cover: Department of Public Health			
Type of educational activity: Seminar Scope of educational activity (in hours): Weekly: 1 For term of study: LS 30 Method of educational activity:		Number of credits: 2	Recommended semester: ST
			Study grade: Bachelor
Recommended semester	Study programme		
2.year ST	Public Health (D1-VZ-22) Public Health (D1-VZ-22-K)		
Underlie subjects:			
Conditions for passing the course: Method of evaluation: Completion by taking an examination Continuous evaluation: Final evaluation: Final evaluation: Presentation on the chosen topic Method of completion: presentation At least 95% must be obtained to obtain an A rating, at least 89% to obtain a B rating, at least 83% to obtain a C rating, and at least 77% to obtain a D rating, and at least 71% to obtain an E rating. Finished: exam in the case of online teaching, an online exam			
Learning outcomes: After completing the course the student will know: - describe basic concepts in the field of mental health and historical development - describe the current view on mental health and mental disorders - describe methods of mental health promotion, prevention, treatment and rehabilitation of mental disorders - identify a network of health and social care for people with mental disorders - understand the principles of social inclusion of people with mental disorders			
Schedule of subject: 1. Introduction to mental health - terminology 2. Personality development and mental health 3. The influence of social, economic and other factors on mental health 4. Historical development and current view on mental health and mental disorders 5. Mental health promotion 6. Mental disorders - clinical picture, differential diagnosis 7. Health and social care for mental disorders 8. Epidemiology of mental disorders 9. Psychotherapy 10. Social inclusion of people with mental disorders 11. Burnout syndrome 12. Stress			
Recommended reading: 1. Medzinárodná klasifikácia chorôb, 11.revízia 2. Bleuler M.: Učebnica psychiatrie. 2015. 15. vydanie. ISBN 80-967277-6-1. 365 s. 3. Národný program duševného zdravia: www.uvzsr.sk/docs/info/podpora/NPDZ.pdf 4. https://dusevnezdravie.sk 5. http://moodle.truni.sk/course/			
Language requirements: Slovak			
Notes: Daily form, attendance method of education Daily form, combined method of education: through assignments in Moodle/online, distance learning, self-study, exercises /in-person/ Self-study is supported by e-learning online via MOODLE Attendance at lectures is determined by the instructor, while attendance at seminars and practical classes is mandatory. Each student is entitled to one absence during the semester without providing a reason. In the event of an additional absence, the student will be assigned a make-up task. If a student misses more than two class sessions during the semester, regardless of the reason for the absence, they are required to submit a written			

request (not by email) to the Dean of the Faculty asking for their absence to be excused. The request must be accompanied by relevant documentation supporting the third and any subsequent absences.

Course evaluation:

Assessed students in total: 313

A	B	C	D	E	FX
94%	5%	0%	0%	0%	1%

Lecturers:

PhDr. Kristína Grendová, PhD., MPH, lecturer, examiner, instructor

Date of last change: 01.09.2026

Approved by: doc. PhDr. Róbert Ochaba, PhD., MPH, univ.prof.