

**Name of the academic discipline:**  
**«Mental hygiene»**

<b>Code and name of the specialty</b>	1-23 01 04 Psychology
<b>Course of Study</b>	3
<b>Semester of study</b>	6
<b>Number of classroom hours:</b>	54
<b>Lectures</b>	28
<b>Seminar classes</b>	8
<b>Practical classes Laboratory classes</b>	18
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<b>Form of midterm assessment (credit/ differentiated credit/ exam)</b>	Exam
<b>Number of credits</b>	3
<b>Formed competencies</b>	<p>Know:</p> <ul style="list-style-type: none"> <li>- the basic concepts of mental hygiene and psychoprophylaxis, indicators and criteria of mental health used to determine human health;</li> <li>- types and forms of psychological assistance and psychological and pedagogical support.</li> </ul> <p>Be able to:</p> <ul style="list-style-type: none"> <li>- diagnose mental health disorders, deforming factors of professional activity, signs of professional "burnout";</li> <li>- select adequate methods of psychological assistance for personality deformations;</li> </ul> <p>Be proficient in:</p> <ul style="list-style-type: none"> <li>- psychocorrectional methods for mental health disorders;</li> <li>- determine criteria for the effectiveness of correctional work, develop psychocorrectional and developmental programs.</li> </ul>
<p style="text-align: center;"><b>Brief summary of the academic discipline:</b></p> <p>Almost all manifestations of life depend on the state of the psyche and nervous system of a person. Most people make their own existence unbearable, poisoning their lives with fears, anxieties, anger, envy, malice. Mental hygiene deals with identifying the most favorable conditions for the functioning of the nervous system, issues of its nutrition, work and rest, fatigue, and the characteristics of reactions to changes in external conditions. Mental hygiene can be generally defined as an area of hygiene that develops and implements measures aimed at maintaining and strengthening human mental health. This branch of knowledge is largely applied in nature. It uses the material of such sciences as psychology (age, general, medical, engineering, social psychology), psychotherapy and psychiatry, medicine, pedagogy, history, etc.</p> <p>When studying the course, along with obtaining theoretical knowledge, special attention is paid to the applied aspects of this discipline. Students are expected to develop practical skills: auto-training, visualization, psychohygienic relaxations and methods aimed at diagnosing and helping themselves.</p>	