

<b>Category</b> (科目区分)	Cluster of Community Health Promotion System		
<b>Course Title</b> (授業科目名)	Mental health practice		
<b>Instructors</b> (担当者名)	Kyoko Nomura	<b>Academic Year</b> (配当年次)	1st
<b>Required course / Elective Course</b> (必修/選択)	Elective Course	<b>Credits</b> (単位数)	1
<b>Class Format</b> (授業形態)	Lecture		
<b>Schedule</b> (開講期間)	October 2025 – March 2026 (Details of schedule are negotiable)		
<b>Class Date/Period</b> (開講曜日・時間)	On demand		
<b>Course Outline/ Course Objectives</b> (授業の概要・到達目標)			
<p>Mental health improves an individual's sense of well-being and life fulfillment and has a healthy and sustainable impact on society as a whole.</p> <p>For example, mental health issues can impact work and academic performance. Workplaces and schools where mental health support is provided can help employees and students work in healthier and more productive conditions.</p> <p>Mental health issues in the community can also directly lead to social problems, such as the shut-in of the elderly and withdrawal of young people, for example. If left unchecked, mental health problems can lead to new serious problems such as depression and suicidal thoughts. Therefore, it is necessary to deal with problems appropriately. Stress management, proper rest, and a healthy lifestyle can help prevent future mental health problems. In addition, mental health issues are becoming increasingly important these days in all situations: individuals, workplaces, educational institutions, and society as a whole. In this course, students will learn specific examples in each situation.</p>			
<b>Course Planning</b> (授業計画)			
	<b>Course Outline/ Course Objectives</b> (授業の概要及び到達目標) (Contents of Class) ( (授業内容) )	<b>Instructor</b> (担当教員名)	<b>Department</b> (講座名) <b>Class Room</b> [実施場所]
1	Stress and Behavioral Science	Kyoko Nomura (Professor)	Department of Environmental Health Science and Public Health, Akita University Graduate School of Medicine [WebClass]
2	Mental Disorders of Importance in the Field of Public Health	Takeaki Takeuchi	
3	Mental Health Measures in Akita Universities:the Corona Disaster	Kyoko Nomura (Professor)	
4	Mental Health Measures in Akita Universities: Gatekeepers to Suicide Video		
5	Mental Health Measures in Akita Universities: Effectiveness Verification of Gatekeeper of Suicide		
6	Mental Health in the Workplace: Overwork and Depression		
7	Intermediate research presentations		
<b>Grading Criteria</b> (成績評価の基準と方法)			
One credit will be awarded for a total of 45 hours (WebClass + 15 hours of self-study), and evaluation will be based on the Webclass participation.			
<b>Contact Information</b> (問い合わせ先(氏名, メールアドレス等))			
Name: Kyoko Nomura / E-mail: knomura@gmail.com			

**Comment** (その他特記事項)

履修に関する情報: 下記、論文を読んで自習に役立ててください。

1. Longitudinal survey of depressive symptoms among university students during the COVID-19 pandemic in Japan. Nomura K, Yamazaki T, Maeda E, Hirayama J, Ono K, Fushimi M, Mishima K, Yamamoto F. *Front Psychol.* 2022 Aug 25;13:863300. doi: 10.3389/fpsyg.2022.863300. eCollection 2022.

2. [The impact of COVID-19 on mental health and its countermeasures].

Nomura K, Matsushima M, Sasaki N, Kawakami N, Maeda M, Ito H, Oohira T, Tsutsumi A. *Nihon Koshu Eisei Zasshi.* 2022 Sep 10;69(9):647-654. doi: 10.11236/jph.22-036. Epub 2022 Jul 29.

3. COVID-19 Vaccine Intention and Knowledge, Literacy, and Health Beliefs among Japanese University Students. Miyachi T, Sugano Y, Tanaka S, Hirayama J, Yamamoto F, Nomura K.

*Vaccines (Basel).* 2022 Jun 2;10(6):893. doi: 10.3390/vaccines10060893.

4. Cross-sectional survey of depressive symptoms and suicide-related ideation at a Japanese national university during the COVID-19 stay-home order.

Nomura K, Minamizono S, Maeda E, Kim R, Iwata T, Hirayama J, Ono K, Fushimi M, Goto T, Mishima K, Yamamoto F. *Environ Health Prev Med.* 2021 Mar 5;26(1):30. doi: 10.1186/s12199-021-00953-1.