

# 课程大纲

## COURSE SYLLABUS

1.	课程代码/名称 Course Code/Title	精神流行病学前沿与应用 Frontiers and Applications of Psychiatric Epidemiology
2.	课程性质 Compulsory/Elective	专业选修课 Elective
3.	开课单位 Offering Dept.	医学院 Medical School
4.	课程学分/学时 Course Credit/Hours	3 学分/48 学时 3 credits/48 hours
5.	授课语言 Teaching Language	中文/英文 Chinese/English
6.	授课教师 Instructor(s)	苏莹莹 Yingying Su
7.	开课学期 Semester	春季/秋季 Spring/Fall
8.	是否面向本科生开放 Open to undergraduates or not	否 No
9.	先修要求 Pre-requisites	(如面向本科生开放, 请注明区分内容。 If the course is open to undergraduates, please indicate the difference.) 否 No

10. 教学目标  
Course Objectives

(如面向本科生开放, 请注明区分内容。 If the course is open to undergraduates, please indicate the difference.)

本课程的目的是让学生:

1. 熟知精神流行病学的起源与发展史。
2. 掌握流行病学研究设计和实施中的方法与问题。
3. 熟知主要精神疾病的流行病学, 如抑郁症, 焦虑症, 双相情感障碍, 精神分裂症等。
4. 熟知酒精滥用和依赖的流行病学。
5. 熟知药物依赖的流行病学。
6. 熟知儿童精神疾病流行病学行为发展。
7. 熟知共发病: 既包括精神类疾病, 也包括精神疾病和躯体疾病的共病。
8. 掌握精神类疾病的治疗结果研究。
9. 掌握社会心理风险因素, 如极端事件、个人生活事件、慢性压力、与生命历程问题等。
10. 熟知未来研究的重点和方向, 以及新兴的趋势。

**This course aims to enable students to:**

1. Understand the origins and historical development of psychiatric epidemiology.
2. Master the methods and challenges involved in epidemiological research design and implementation.
3. Gain knowledge of the epidemiology of major psychiatric disorders such as depression, anxiety, bipolar disorder, schizophrenia, etc.

4. Understand the epidemiology of alcohol abuse and dependence.
5. Acquire knowledge of the epidemiology of drug dependence.
6. Comprehend the behavioral development in child psychiatric epidemiology.
7. Explore comorbidity, including both comorbidity between psychiatric disorders and comorbidity between psychiatric and physical illnesses.
8. Understand the outcomes of treatment research for psychiatric disorders.
9. Master social and psychological risk factors, including extreme events, personal life events, chronic stress, and lifespan issues.
10. Familiarize themselves with the focal points and directions of future research, as well as emerging trends.

## 11. 教学方法

### Teaching Methods

(如面向本科生开放, 请注明区分内容。 If the course is open to undergraduates, please indicate the difference.)

通过多样化的教学方法激发学生的兴趣, 鼓励学生积极参与并提出问题, 将课堂理论与实际应用相结合, 培养他们的批判性思维和问题解决能力, 以更好地理解 and 应对精神健康领域的挑战。

教学方法主要如下:

1. 授课式教学: 主要介绍精神流行病学的核心概念、理论以及其历史发展。通过讲座形式为学生提供坚实的理论基础, 帮助他们理解精神卫生领域的复杂性和重要性。
2. 小组讨论与案例分析: 以小组讨论的形式进行, 主要围绕讨论特定的案例研究、疾病概念和流行病学数据的获取与应用。通过深入分析真实世界中的精神健康问题案例, 将理论知识应用到实际情境中。
3. 文献阅读和课后作业: 阅读相关领域的书籍和文献, 并整合资源完成开放性的课后作业。

To inspire students' interest and encourage active participation, as well as to foster critical thinking and problem-solving skills, various teaching methods will be employed. These methods aim to connect classroom theory with practical applications, enabling students to better understand and address challenges in the field of mental health.

The primary teaching methods include the following:

1. **Lecture-based instruction:** This approach primarily introduces core concepts, theories, and the historical development of mental epidemiology. Through lectures, students receive a solid theoretical foundation that helps them comprehend the complexity and significance of the mental health field.
2. **Group discussions and case analysis:** Conducted in the form of group discussions, this approach revolves around specific case studies, disease concepts, and the acquisition and application of epidemiological data. By deeply analyzing real-world mental health issue cases, students apply theoretical knowledge to practical situations.
3. **Literature review and homework assignments:** Students will read relevant books and literature in the field and integrate resources to complete open-ended homework assignments.

These teaching methods aim to create an engaging and interactive learning environment that equips students with the skills and knowledge needed to address real-world challenges in the realm of mental health.

## 12. 教学内容

### Course Contents

(如面向本科生开放, 请注明区分内容。 If the course is open to undergraduates, please indicate the difference.)

<b>Section 1</b>	<p>1. 精神流行病学导论 1.1 精神流行病学的起源 1.2 精神流行病学的发展足迹 1.3 精神流行病学的研究领域与重要性</p> <p>1. Introduction to Psychiatric Epidemiology 1.1 The Origins of Psychiatric Epidemiology 1.2 The Developmental Journey of Psychiatric Epidemiology 1.3 Research Areas and Significance of Psychiatric Epidemiology</p>
<b>Section 2</b>	<p>2. 探寻精神类疾病的常见危险因素与其常见的检测方法 2.1 遗传和生物学因素 2.2 心理社会因素 2.3 环境因素 2.4 精神类疾病的临床评估方法 2.5 神经影像学与脑结构分析 2.6 心理测验和评估工具 2.7 生物标志物和检测方法</p> <p>2. Exploring Common Risk Factors for Mental Disorders and Their Common Detection Methods 2.1 Genetic and Biological Factors 2.2 Psychosocial Factors 2.3 Environmental Factors 2.4 Clinical Assessment Methods for Mental Disorders 2.5 Neuroimaging and Brain Structural Analysis 2.6 Psychological Tests and Assessment Tools 2.7 Biomarkers and Detection Methods</p>
<b>Section 3</b>	<p>3. 探寻精神类疾病的社会环境保护因素以及相关政策制定 3.1 社会支持与精神健康 3.2 社会环境因素对精神健康的影响 3.3 政策及其相关干预措施</p> <p>3. Exploring Social and Environmental Protective Factors for Mental Disorders and Related Policy Development 3.1 Social Support and Mental Health 3.2 The Impact of Social Environmental Factors on Mental Health 3.3 The Role of Policies and Intervention Measures</p>
<b>Section 4</b>	<p>4. 精神流行病学常见的研究设计及案例 4.1 横断面研究设计 4.2 纵向研究设计 4.3 病例对照研究设计 4.4 实验研究设计 4.5 质性研究方法 4.6 综合案例分析</p> <p>4. Common Research Designs and Cases in Psychiatric Epidemiology 4.1 Cross-Sectional Study Designs 4.2 Longitudinal Study Designs 4.3 Case-Control Study Designs 4.4 Experimental Study Designs 4.5 Qualitative Research Methods 4.6 Comprehensive Case Analyses</p>

<p><b>Section 5</b></p>	<p>5. 精神流行病学常见的分析方法及案例</p> <p>5.1 常见的统计分析方法</p> <p>5.2 因果推断和回归分析</p> <p>5.3 生存分析</p> <p>5.4 空间分析和 GIS 应用</p> <p>5.5 Meta 分析</p> <p>5.6 质性数据分析方法</p> <p>5. Common Analytical Methods and Cases in Psychiatric Epidemiology</p> <p>5.1 Common Statistical Analysis Methods</p> <p>5.2 Causal Inference and Regression Analysis</p> <p>5.3 Survival Analysis</p> <p>5.4 Spatial Analysis and GIS Applications</p> <p>5.5 Meta-Analysis</p> <p>5.6 Qualitative Data Analysis Methods</p>
<p><b>Section 6</b></p>	<p>6. 基于生命周期学说：儿童及青少年精神流行病学概述</p> <p>6.1 儿童及青少年精神健康的特殊性</p> <p>6.2 儿童及青少年精神疾病的分类</p> <p>6.3 儿童及青少年精神流行病学研究方法</p> <p>6.4 青少年精神卫生政策与干预措施</p> <p>6. Based on the Lifecycle Theory: Overview of Child and Adolescent Psychiatric Epidemiology</p> <p>6.1 Uniqueness of Child and Adolescent Mental Health</p> <p>6.2 Classification of Child and Adolescent Mental Disorders</p> <p>6.3 Research Methods in Child and Adolescent Psychiatric Epidemiology</p> <p>6.4 Adolescent Mental Health Policies and Intervention Measures</p>
<p><b>Section 7</b></p>	<p>7. 基于生命周期学说：老年精神流行病学概述</p> <p>7.1 老年精神健康的重要性</p> <p>7.2 老年精神疾病的特点与分类</p> <p>7.3 老年精神流行病学研究方法</p> <p>7.4 老年精神卫生政策和干预措施</p> <p>7. Based on the Lifecycle Theory: Overview of Geriatric Psychiatric Epidemiology</p> <p>7.1 The Importance of Geriatric Psychiatric Epidemiology</p> <p>7.2 Characteristics and Classification of Geriatric Mental Disorders</p> <p>7.3 Research Methods in Geriatric Psychiatric Epidemiology</p> <p>7.4 Geriatric Mental Health Policies and Intervention Measures</p>
<p><b>Section 8</b></p>	<p>8. 抑郁症的流行病学</p> <p>8.1 抑郁症的流行分布</p> <p>8.2 抑郁症的年龄与性别差异</p> <p>8.3 抑郁症的危险因素</p> <p>8.4 抑郁症的共病性</p> <p>8.5 抑郁症的诊断和治疗趋势</p> <p>8. Epidemiology of Depression</p> <p>8.1 The Epidemiological Distribution of Depression</p> <p>8.2 Age and Gender Differences in Depression</p> <p>8.3 Risk Factors for Depression</p> <p>8.4 Comorbidity of Depression</p> <p>8.5 Trends in the Diagnosis and Treatment of Depression</p>
<p><b>Section 9</b></p>	<p>9. 焦虑症的流行病学</p> <p>9.1 焦虑症的流行分布</p> <p>9.2 焦虑症的年龄与性别差异</p>

	<p>9.3 焦虑症的危险因素 9.4 焦虑症的共病性 9.5 焦虑症的诊断和治疗趋势</p> <p><b>9. Epidemiology of Anxiety Disorders</b> 9.1 The Epidemiological Distribution of Anxiety Disorders 9.2 Age and Gender Differences in Anxiety Disorders 9.3 Risk Factors for Anxiety Disorders 9.4 Comorbidity of Anxiety Disorders 9.5 Trends in the Diagnosis and Treatment of Anxiety Disorders</p>
Section 10	<p>10. 双相情感障碍的流行病学 10.1 双相情感障碍的流行分布 10.2 双相情感障碍的年龄与性别差异 10.3 双相情感障碍的危险因素 10.4 双相情感障碍的共病性 10.5 双相情感障碍的诊断和治疗趋势</p> <p><b>10. Epidemiology of Bipolar Disorder</b> 10.1 The Epidemiological Distribution of Bipolar Disorder 10.2 Age and Gender Differences in Bipolar Disorder 10.3 Risk Factors for Bipolar Disorder 10.4 Comorbidity of Bipolar Disorder 10.5 Trends in the Diagnosis and Treatment of Bipolar Disorder</p>
Section 11	<p>11. 自杀和自杀企图流行病学 11.1 自杀和自杀企图的流行分布 11.2 自杀和自杀企图的年龄与性别差异 11.3 自杀和自杀企图的危险因素 11.4 自杀和自杀企图的共病性 11.5 自杀和自杀企图的诊断和治疗趋势</p> <p><b>11. Epidemiology of Suicide and Suicide Attempts</b> 11.1 The Epidemiological Distribution of Suicide and Suicide Attempts 11.2 Age and Gender Differences in Suicide and Suicide Attempts 11.3 Risk Factors for Suicide and Suicide Attempts 11.4 Comorbidity of Suicide and Suicide Attempts 11.5 Trends in the Diagnosis and Treatment of Suicide and Suicide Attempts</p>
Section 12	<p>12. 其他常见精神类疾病的流行病学 12.1 其他常见精神类疾病的流行分布 12.2 其他常见精神类疾病的年龄与性别差异 12.3 其他常见精神类疾病的危险因素 12.4 其他常见精神类疾病的共病性 12.5 其他常见精神类疾病的诊断和治疗趋势</p> <p><b>12. Epidemiology of Other Common Mental Disorders</b> 12.1 The Epidemiological Distribution of Other Common Mental Disorders 12.2 Age and Gender Differences in Other Common Mental Disorders 12.3 Risk Factors for Other Common Mental Disorders 12.4 Comorbidity of Other Common Mental Disorders 12.5 Trends in the Diagnosis and Treatment of Other Common Mental Disorders</p>
Section 13	<p>13. 我们能做些什么？自我认知，身份认同，压力源和心理/精神健康 13.1 压力源与心理/精神健康 13.2 自我认知与心理/精神健康</p>

	<p>13.3 身份认同与心理/精神健康 13.4 建立心理弹性的关键 13.5 促进心理/精神健康的策略</p> <p><b>13. What Can We Do? Self-awareness, Identity, Stressors, and Psychological/Mental Health</b> 13.1 Stressors and Psychological/Mental Health 13.2 Self-awareness and Psychological/Mental Health 13.3 Identity and Psychological/Mental Health 13.4 Key Aspects of Building Psychological Resilience 13.5 Strategies for Promoting Psychological/Mental Health</p>
Section 14	<p>14. 我们能做些什么？从社会融合到生命健康 14.1 社交支持网络与心理/精神健康 14.2 社会孤立与心理/精神健康风险 14.3 社会融合角度的干预与策略 14.4 促进社会融合的措施</p> <p><b>14. What Can We Do? From Social Integration to Life Health</b> 14.1 Social Support Networks and Psychological/Mental Health 14.2 Social Isolation and Risks to Psychological/Mental Health 14.3 Interventions and Strategies for Social Integration 14.4 Measures to Promote Social Integration</p>
Section 15	<p>15. 当今热点：预防青少年的精神、情绪和行为障碍--进展及可能性 15.1 预防青少年精神障碍的重要性 15.2 预防干预措施与进展 15.3 心理健康教育的角色 15.4 青少年社会支持网络的促进 15.5 预防策略的效力和挑战 15.6 未来展望与可能性</p> <p><b>15. Current Hot Topics: Preventing Youth Mental, Emotional, and Behavioral Disorders - Progress and Possibilities</b> 15.1 The Significance of Preventing Youth Mental Disorders 15.2 Preventive Measures and Progress 15.3 The Role of Mental Health Education 15.4 Promoting Social Support Networks for Youth 15.5 The Efficacy and Challenges of Preventive Strategies 15.6 Future Prospects and Possibilities</p>
Section 16	<p>16. 总结：精神流行病学过程研究的现状与未来方向 16.1 精神流行病学研究方法的发展 16.2 当前研究趋势和热点 16.3 未来研究方向与研究挑战 16.4 精神流行病学过程研究的应用领域 16.5 推动精神流行病学研究的合作和资源</p> <p><b>16. Conclusion: Current Status and Future Directions in the Process Research of Psychiatric Epidemiology</b> 16.1 Development of Research Methods in Psychiatric Epidemiology 16.2 Current Research Trends and Hot Topics 16.3 Future Directions and Research Challenges 16.4 Application Areas of Process Research in Psychiatric Epidemiology 16.5 Promoting Collaboration and Resources in Psychiatric Epidemiology Research</p>

(○1 考核形式 Form of examination; ○2.分数构成 grading policy; ○3 如面向本科生开放, 请注明区分内容。 If the course is open to undergraduates, please indicate the difference.)

**课堂出勤 (10%) + 课堂表现 (20%) + 小组作业 (30%) + 期末汇报 (40%)**

**Class Attendance (10%) + Classroom Participation (20%) + Group Assignments (30%) + Final Presentation (40%)**

**14. 教材及其它参考资料**

**Textbook and Supplementary Readings**

1. CA Aneshensel, JC Phelan & A Bierman (eds.). **Handbook of the Sociology of Mental Health - 2<sup>nd</sup> edition. 2013. Springer.**
2. MT Tsuang, M Tohen, & PB Jones (eds.). **Textbook in Psychiatric Epidemiology. 3<sup>rd</sup> edition. Wiley-Blackwell.**
3. E Susser, S Schwartz, A Morabia, EJ Bromet. **Psychiatric Epidemiology: searching for the Causes of Mental Disorders, Oxford University Press, 2006.**
4. TL Schneid & ER Wright. **Handbook for the Study of Mental Health, 3<sup>rd</sup> ed., Cambridge University Press, 2017.**