



Detailed Course Syllabus

Academic Year	2023. / 2024.	Semester	Winter
Study Program	Graduate university study	Specialization/ Major in	For Student Incoming Mobility
		Year of Study	1-2

I. BASIC COURSE INFORMATION

Name	REPRODUCTIVE MENTAL HEALTH		
Abbreviation	IZBEPSIH11	Code	251859
Status	Elective	ECTS	4
Prerequisites	None		
Total Course Workload			
Teaching Mode	Total Hours	Teaching Mode	Total Hours
Lectures	15		
Seminars	15		
Practice	15		
Class Time and Place	Catholic University of Croatia - according to the published schedule		

II. TEACHING STAFF

Course Holder

Name and Surname	Sandra Nakić Radoš		
Academic Degree	PhD	Professional Title	Associate Professor
Contact E-mail	snrados@unicath.hr	Telephone	+385 (1) 3706 635
Office Hours	According to the published schedule		

Associates in the course

Name and Surname	Maja Žutić		
Academic Degree	Master in Psychology	Professional Title	Assistant
Contact E-mail	maja.zutic@unicath.hr	Telephone	+385 (1) 3706 635
Office Hours	According to the published schedule		

Textbooks and Materials

Required	Barnes, D. L. (2014). Women's Reproductive Mental Health Across the Lifespan. Springer. Quatraro, R. M. i Grussu, P. (2020). Handbook of Perinatal Clinical Psychology - From Theory to Practice. Routledge. Van den Akker, O.B.A. (2012). Reproductive Health Psychology. Wiley-Blackwell. World Health Organization. (2009). Mental health aspects of women's reproductive health: A global review of the literature. WHO Press
-----------------	---

Supplementary

Brockington, I. (1999). *Motherhood and Mental Health*. Oxford University Press.

Kalilić, J. (2004). *Woman and menopause*. Split: Institute for Public Health of Split-Dalmatia County.

Peitl, V., & Gall, V. (2022). *Psychosomatic medicine in gynaecology and obstetrics*. Naklada Slap.

During classes, students will be referred to other supplementary literature if needed.

Examination and Grading					
To Be Passed	Yes	Exclusively Continuous Assessment	No	Included in Average Grade	Yes
Prerequisites to Obtain Signature and Take Final Exam		Regular class attendance (attendance at least 70% of classes) Obtaining a minimum of 35% of points during classes			
Examination Manner		Continuous evaluation of student work through teaching activities Final written exam (minimum for passing the written exam is 50% of correct answers)			

Grading Manner

Way to earning points:

1. Teaching activities - 70%:

- Seminar - 40%
- Seminar presentation - 10%
- Homework - 20%

2. Final written exam - 30%

Numerical grading scale for student work:

excellent (5) - 90 to 100% points
 very good (4) - 80 to 89.9% points
 good (3) - 65 to 79.9% points
 sufficient (2) - 50 to 64.9% points
 insufficient (1) - 0 to 49.9 % points

Detailed Overview of Grading within ECTS

TYPE OF ACTIVITY	ECTS points - coefficient of the student workload	GRADE PERCENT (%)
Attending classes	1.1	0
Seminar presentation	0.3	10
Seminar paper	0.9	30
Practical work	0.6	20
Exercises	0.3	10
Total during class	3.2	70
Final exam	0.8	30
TOTAL POINTS (classes + final exam)	4	100

Midterm Exam**Dates****Final Exam****Dates**

According to the published schedule

IV. WEEKLY CLASS SCHEDULE*Lectures*

Week	Topic
1.	Introductory lecture.
2.	Reproductive mental health.
3.	Adaptation to menstruation. Mental difficulties related to the menstrual cycle.
4.	Adaptation to pregnancy.
5.	Psychological preparation for childbirth. Postpartum period and breastfeeding.
6.	Psychological aspects of climaterium.
7.	Psychological aspects of infertility.
8.	Perinatal loss and post-traumatic growth
9.	Severe mental disorders during pregnancy and after childbirth.
10.	Peripartum depression.
11.	Psychological aspects of traumatic childbirth.
12.	Anxiety disorders during pregnancy and after childbirth.
13.	Body image and eating disorders during pregnancy and after childbirth.
14.	Bonding with the infant in the peripartum period.
15.	Final lecture.

Seminars

Week	Topic
1.	Introductory lecture.
2.	Seminar within the topic of the lecture.
3.	Seminar within the topic of the lecture.
4.	Seminar within the topic of the lecture.
5.	Seminar within the topic of the lecture.
6.	Seminar within the topic of the lecture.
7.	Seminar within the topic of the lecture.
8.	Seminar within the topic of the lecture.
9.	Seminar within the topic of the lecture.
10.	Seminar within the topic of the lecture.
11.	Seminar within the topic of the lecture.
12.	Seminar within the topic of the lecture.
13.	Seminar within the topic of the lecture.
14.	Seminar within the topic of the lecture.
15.	Seminar within the topic of the lecture.

Exercises

Week	Topic
-------------	--------------

1.	Introductory lecture.
2.	Exercises within the topic of the lecture.
3.	Exercises within the topic of the lecture.
4.	Exercises within the topic of the lecture.
5.	Exercises within the topic of the lecture.
6.	Exercises within the topic of the lecture.
7.	Exercises within the topic of the lecture.
8.	Exercises within the topic of the lecture.
9.	Exercises within the topic of the lecture.
10.	Exercises within the topic of the lecture.
11.	Exercises within the topic of the lecture.
12.	Exercises within the topic of the lecture.
13.	Exercises within the topic of the lecture.
14.	Exercises within the topic of the lecture.
15.	Exercises within the topic of the lecture.