

Finnish Doctoral Education Network in Nursing Science  
University of Turku, Finland

### Course program

**Nursing science: Global perspectives of mental health and well-being in nursing research, 4 op**

**Time:** Spring 2024 (17-19.4.2024)

**Place:** University of Turku, Department of Nursing Science, Medisiina, Kiinamylynkatu 10

17.4 9:00-16:00 Ryhmätyöhuone MED B127

18.4 9:00-16:00 Kallo MED D2083

19.4 8:30-15:30 Kallo MED D2083

**Zoom-link:** <https://utu.zoom.us/j/61052528902> Passcode: 2024

**Course leaders:** Mari Lahti, Post-doctoral Researcher, University of Turku  
Evanthia Sakellari, Researcher, University of Turku

**Course responsible person:** Anna Axelin, Associate Professor and Head of the Department of Nursing Science, University of Turku

### Lecturers:

Post-Doc. researcher, Mari Lahti (UTU/TuAMK)

PhD, researcher, Evanthia Sakellari (UTU/University of West Attica)

PhD, Christina Athanasopoulou (University of West Attica)

Docent, Tella Latta (UTU)

PhD, Kaisa Mishina (UTU)

PhD, Tiina Murto (TuAMK)

PhD, Anna-Mari Rosenlöf (TuAMK)

PhD, Minna Sorsa (Tuni)

**Learning objectives:** Gain knowledge and broaden their understanding about the different aspects in the field of mental health, mental health promotion and well-being in nursing research. In addition, the students will get familiar with different approaches in mental health nursing research in a global perspective.

**Learning methods:** Independent study and written paper (141 hours), specialist lectures and workshops (14 hours) and seminar (7 hours).

**Literature:** A list will be uploaded in Moodle for students and also main references are listed below.

**Evaluation:** After the course, students evaluate the course according to the evaluation form of the Finnish Doctoral Education Network in Nursing Science.

**Contact person:** Coordinator Mari Lahti

**Registration:** By 10<sup>th</sup> of April via email to DPNurs coordinator Verna Louhivuori [vtlouh@utu.fi](mailto:vtlouh@utu.fi)

## **PROGRAMME** (*preliminary*)

### 1st Day – 17.04.24

09.30 - 10.30 Opening of the course and introduction – Getting to know each other, Dr. Mari Lahti and Dr. Evanthia Sakellari  
 10.30 – 10.45 Coffee break  
 10.45 – 11.45 Mental health promotion in global perspective, Dr. Mari Lahti  
 11.45 - 12.30 Lunch  
 12.30 – 13.30 Domestic Violence, Dr. Tiina Murto  
 13.30 – 13.45 Coffee break  
 13.45 – 15.15 Creative wellbeing workshop, Dr. Anna-Mari Rosenlöf  
 15.15 – 16:00 Mental health interventions – development and assessment, Dr. Kaisa Mishina  
 16:00 – 16.10 Summary of the day

*Dinner (own cost) 18:00-20:00*

### 2nd Day – 18.04.24

09.15 - 9.30 Opening of the day  
 09.30 - 10.30 School mental health promotion, Dr. Evanthia Sakellari  
 10.30 – 10.45 Coffee  
 10.45 – 11.45 Maternal mental health during peripartum period, Associate Professor Anna Axelin  
 11.45 - 12.30 Lunch  
 12.30 – 13.30 What to take into account when testing previously developed mental health intervention in a new setting: case example of a cultural adaption of the eDASA+APP method, Docent Tella Lantta  
 13.30 – 13.45 Coffee  
 13.45 – 14.45 e-Mental health, online misinformation and stigma, Dr. Christina Athanasopoulou  
 14.45 - 15.45 Perinatal mental ill health and substance use, Dr. Minna Sorsa  
 15.45 – 16.00 Summary of the day

### 3rd Day – 19.04.24

09.00 – 15.00 Seminar, Dr. Mari Lahti and Dr. Evanthia Sakellari  
 Students present their papers and the papers are discussed in detail.

**Evaluation:** Pass/fail.

**Requirements:** To pass the course, the student has to attend the lectures and workshops, write an assignment and submit it by 10.04.24, present their paper during seminar day and actively participate in the seminar.

### **Instructions for the students' seminar paper:**

- PhD students should write a paper of about 5-10 pages on their PhD research (related to mental health and well-being nursing research)
- Papers should be written and presented in English (prepare also to discuss other presenters' papers)
- The paper should include the theoretical, methodological context of the PhD study. In the paper, the strengths and weaknesses of the study should be discussed. The PhD student may choose to focus on one issue which is significant for her/his own process.
- Scientific literature should be used and cited properly. The reference style should be based on any nursing scientific journal.
- The paper should be submitted to Moodle platform no later than 10.04.24, in case of questions please contact Mari Lahti (melaht@utu.fi) and Evanthia Sakellari (evasak@utu.fi).
- All papers will be discussed during the seminar day and PhD students should have read all their peers' papers.

**More information:** Contact Mari Lahti ([melaht@utu.fi](mailto:melaht@utu.fi)) and Evanthia Sakellari ([evasak@utu.fi](mailto:evasak@utu.fi))

### **Suggested literature list:**

Axelin A., Feeley N., Campbell-Yeo M., Silnes Tandberg B., Szczapa T., Wielenga J., Weis J., Pavicic Bosnjak A., Jonsdottir R.B., George K., Blomqvist Y.T., Bohlin K., Lehtonen L. 2022. Separation, Closeness Experiences in Neonatal Environment (SCENE) research group. Symptoms of depression in parents after discharge from NICU associated with family-centred care. *Journal of Advanced Nursing*, 78(6):1676-1687. doi: 10.1111/jan.15128.

Directorate-General for Health and Food Safety. 2023. A comprehensive approach to mental health. Available at:  
[https://health.ec.europa.eu/publications/comprehensive-approach-mental-health\\_en](https://health.ec.europa.eu/publications/comprehensive-approach-mental-health_en)

Fancourt D., Finn S. 2019. What is the evidence on the role of the arts in improving health and well-being? A scoping review. Copenhagen: WHO Regional Office for Europe. Available at:  
<https://www.who.int/publications/i/item/what-is-the-evidence-on-the-role-of-the-arts-in-improving-health-and-well-being-a-scoping-review>

Kokkonen P., Athanasopoulou C., Leino-Kilpi H., Puukka P., Sakellari E. 2023. Adolescents' difficulties, strengths and feelings of insecurity: a cross-sectional descriptive survey in Finland. *Discover Mental Health*, 3: 17. <https://doi.org/10.1007/s44192-023-00043-4>

Kokkonen P., Athanasopoulou C., Leino-Kilpi H., Sakellari E. 2021. Secondary School Pupils' Mental Wellbeing Is Associated with Belonging to a Perceived Minority and Experiencing Discrimination. *Children*, 8(2):71.

Korhonen J., Axelin A., Stein D.J., Seedat S., Mwape L., Jansen R., Groen G., Grobler G., Jörens- Presentati A., Katajisto J., Lahti M.; MEGA Consortium/Research Team. 2022. Mental health literacy among primary healthcare workers in South Africa and Zambia. *Brain and Behavior*, 12(12):e2807. doi: 10.1002/brb3.2807.

Lahti M., Korhonen J., Sakellari E., Notara V., Lagiou A., Istomina N., Grubliauskienė J., Makutienė M., Šukytė D., Erjavec K., Petrova G., Laloja V., Ivanova S., Laaksonen C. 2023. Competences for promoting mental health in primary school. *Health Education Journal*, <https://doi.org/10.1177/00178969231173270>

Lebel V., Feeley N., Gosselin É., Axelin A. 2022. Emotional Closeness Among NICU Fathers: A Qualitative Descriptive Study. *Advances in Neonatal Care*, 22(1): E13-E21. doi: 10.1097/ANC.0000000000000889.

Putkuri T., Lahti M., Laaksonen C., Sarvasmaa A.S., Huttunen R., Axelin A. 2023. Mental health services in the school environment - Future visions using a phenomenographic approach. *Journal of Clinical Nursing*, 32(11-12):2742-2756. doi: 10.1111/jocn.16376.

Riseup-PPD. Research Network in Peripartum Depression Disorder. Evidence-based Clinical Practice Guidelines for Prevention, Screening and Treatment of Peripartum Depression. Available at: [https://www.riseupppd18138.com/uploads/2/6/9/7/26978228/riseup\\_doc\\_net\\_english\\_v05a.pdf](https://www.riseupppd18138.com/uploads/2/6/9/7/26978228/riseup_doc_net_english_v05a.pdf)

Roth M., Lahti M., Gustafsson N., Berg J., Kaitala E., Kuosmanen L. 2022. Non-European immigrants' self-described strategies for mental health promotion and perceptions of Finnish mental health services: A qualitative descriptive analysis. *Perspectives in Psychiatric Care*, 58(4):3016-3023. doi: 10.1111/ppc.13096.

Sakellari E., Notara V., Lagiou A., Fatkulina, N., Ivanova S., Korhonen J., Kregar Velikonja N., Lalova V., Laaksonen C., Petrova G., Lahti M. 2021. Mental Health and Wellbeing at Schools: Health Promotion in Primary Schools with the Use of Digital Methods. *Children*, 8 (5), 345.

Sakellari E., Athanasopoulou C., Kokkonen P., Sourander A., Leino-Kilpi H. 2019. Validation of the Youth Efficacy/Empowerment Scale – Mental Health Finnish version. *Psychiatriki*, 30(3): 235-244.

Varpula J., Välimäki M., Lantta T., Berg J., Soininen P., Lahti M. 2022. Safety hazards in patient seclusion events in psychiatric care: A video observation study. *Journal of Psychiatric and Mental Health Nursing*, 29(2): 359-373. doi: 10.1111/jpm.12799.

W.H.O. 2021. Mental Health Atlas 2020. Available at: <https://iris.who.int/bitstream/handle/10665/345946/9789240036703-eng.pdf?sequence=1>