

Mental Health Interventions

Code: 106129
ECTS Credits: 3

2025/2026

Degree	Type	Year
Nursing	OT	4

Contact

Name: David Giménez Díez

Email: david.gimenez@uab.cat

Teaching groups languages

You can view this information at the [end](#) of this document.

Prerequisites

There are no prerequisites, but it is recommended to have taken the subjects of Psychosocial Sciences

Therapeutic Communication

Methodological bases of nursing

Scientific Methodology and Biostatistics

Objectives and Contextualisation

General Objective

Develop nursing competencies to identify, plan, and implement mental health interventions aimed at individuals, families, groups, and communities, promoting mental health and psychosocial well-being across different levels of care and within the mental health care network.

Specific Objectives

1. Recognize and apply key theoretical and conceptual principles of mental health nursing in the care of individuals, families, groups, and communities, with an integral, person-centred approach.
2. Analyze psychosocial, cultural, ethical, legal, and geographic determinants that influence mental health and shape nursing care needs throughout the life span and across diverse social contexts.
3. Identify and assess mental health needs of individuals, groups, families, and communities using the nursing process as a decision-making tool to provide quality care.
4. Design and implement mental health nursing interventions aimed at promoting emotional well-being, preventing mental disorders, and intervening in crises.
5. Develop targeted interventions for vulnerable populations, with particular attention to psychosocial risk factors and the reduction of stigma and discrimination in mental health.

6. Understand and effectively utilize the mental health care network, identifying its resources, services, and devices, and coordinating nursing care across community, hospital, and social-healthcare settings.
7. Critically reflect on the ethical and legal implications of mental health nursing practice, promoting care that respects human rights and personal autonomy.

Competences

- Act with ethical responsibility and respect for fundamental rights and duties, diversity and democratic values.
- Apply the main foundations and theoretical and methodological principles of nursing.
- Base nursing interventions on scientific evidence and the available media.
- "Demonstrate an understanding of people without prejudice: consider physical, psychological and social aspects, as independent individuals; ensure that their opinions, values and beliefs are respected and guarantee their right to privacy, through trust and professional secrecy."
- Demonstrate that the interactive behaviour of the person is understood according to their gender, social group or community, within a social and multicultural context.
- Design systems for curing aimed at people, families or groups and evaluate their impact, making any necessary changes.
- Make changes to methods and processes in the area of knowledge in order to provide innovative responses to society's needs and demands.
- Offer technical and professional health care and that this adequate for the health needs of the person being attended, in accordance with the current state of scientific knowledge at any time and levels of quality and safety established under the applicable legal and deontological rules.
- Plan and carry out nursing care aimed at people, families and groups orientated to health results and evaluate the impact of them using clinical and care practice guides describing the processes for the diagnosis, treatment or cure of a health problem.

Learning Outcomes

1. Acquire and use the necessary instruments for developing a critical and reflective attitude.
2. Analyse nursing interventions justifying them with scientific evidence and/or expert opinions that support them.
3. Apply the nursing process to offer and guarantee the wellbeing, quality and safety of the people receiving the care.
4. Comprehensively assess health situations using tools such as physical examination, laboratory tests and nursing interview.
5. Describe the different theoretical models of nursing care.
6. Identify guides for clinical and care practice related to caring for the health demands of people during the whole life cycle and in changes which may occur.
7. Identify nursing care actions that respect the principles of ethical responsibility, fundamental rights and responsibilities, diversity and democratic values.
8. Identify the different stages of the nursing process and its specific application as a response to people with changing health.
9. Identify the factors that determine health and the problems related to surroundings to be able to offer care to people with different situations of health and illness as members of a community.
10. Identify the guides for clinical practice specific to each stage of the life cycle.
11. Identify the importance of cultural competence in nursing care.
12. Identify the most prevalent mental health problems, their clinical manifestations and influencing factors, as well as specific nursing care.
13. Indicate measures to ensure respect for opinions, beliefs and values without passing value judgements.
14. Propose measures to ensure respect for opinions, beliefs and values without passing value judgements.
15. Resolve nursing problems and collaboration problems using clinical histories, applying nursing methodology and current standardised languages.

Content

Topic 1. Individual psychotherapeutic nursing interventions: approach based on third-generation psychotherapies

Contents:

- Theoretical foundations of third-generation psychotherapies:
 - Acceptance and Commitment Therapy (ACT)
 - Dialectical Behavior Therapy (DBT)
 - Mindfulness and emotional regulation
 - Value-based psychotherapy
- Autonomous interventions in nursing practice:
 - Assessment of psychological distress (NIC 7380)
 - Coping enhancement (NIC 5230)
 - Mindfulness training (NIC 5820)
 - Emotional expression facilitation (NIC 5390)
- Tools and specific techniques:
 - Therapeutic metaphors, verbal de-escalation, value clarification exercises, ACT worksheets, guided mindfulness practices.

Topic 2. Psychotherapeutic nursing interventions with families in the mental health context

Contents:

- Systemic-relational theories and family communication in mental health.
- Family dynamics and the impact of mental disorders on coexistence, roles, and mutual support.
- Psychoeducation and family intervention based on ACT and mindfulness:
 - Role and habit restructuring within the family (NIC 7110)
 - Support for the primary caregiver (NIC 7040)
 - Brief systemic family therapy combined with acceptance-based techniques

Topic 3. Group-based nursing interventions in mental health: therapeutic groups based on acceptance and mindfulness

Contents:

- Principles of therapeutic group work: stages, roles, therapeutic climate, and nursing leadership.
- Design and facilitation of therapeutic nursing groups:
 - Acceptance groups for emotional distress (ACT)

- Mindfulness-Based Stress Reduction groups (MBSR)
- DBT skills groups: emotional regulation and distress tolerance
- Relevant NICs:
 - Group therapy (NIC 4340)
 - Assertiveness training (NIC 4480)
 - Group process evaluation (NIC 4360)

Topic 4. Community-based nursing interventions in mental health: promoting emotional well-being and reducing stigma

Contents:

- Community mental health intervention model: salutogenesis, empowerment, collective action.
- Psychoeducational and preventive interventions in the community:
 - Mental health education (NIC 5510)
 - Promotion of support and self-help groups (NIC 5440)
 - Promotion of collective self-esteem and stress management
- Interventions based on mindfulness, compassion, and values for specific populations (adolescents, caregivers, migrant populations, individuals with psychiatric diagnoses...)
- Participatory community projects:
 - Active participation techniques and resource mapping
 - Interdisciplinary interventions in educational, social, and work environments
 - Impact evaluation and project continuity

Topic 5. Deepening the organization of the mental health care network

- Care structure: community-based services (CSMA, CSMIJ, HD, HDA, EAP, USM, etc.), short-, medium-, and long-stay hospitalization units, residential facilities, day hospitals, home care, urgent care, etc.
- Community-based model and network work: principles, networking, interinstitutional coordination (social, educational, judicial).
- Continuity of care: referral pathways, follow-up plans, role of the liaison nurse or case manager.

Activities and Methodology

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Theoretical classes	24.75	0.99	1, 2, 3, 5, 9, 12, 7, 10, 11, 8, 6, 13, 14, 15, 4
Type: Autonomous			

Elaboration of works/Personal studies/Reading of articles and information of interest.	47.25	1.89	1, 2, 3, 5, 9, 12, 7, 10, 11, 8, 6, 13, 14, 15, 4
--	-------	------	---

Theoretical sessions with discussion of practical cases. They are carried out through face-to-face sessions in the Note: 15 minutes of a class will be reserved within the calendar establish

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

Assessment

Continous Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Knowledge test	50%	1	0.04	1, 2, 3, 5, 9, 12, 7, 10, 11, 8, 6, 13, 14, 4
Individual assignment on mental health nursing interventions	25%	1	0.04	2, 9, 8, 15
Team work	25%	1	0.04	1, 2, 3, 9, 11, 8, 13, 14, 15, 4

This course does not include the single devaluation system.

The assessment will consist of 3 assessment moments:

1. Knowledge test that will account for 50% of the subject grade

2. Group work, will consist of the analysis of a clinical case related to the topic that will be worked on that day in t

3.

Individual assignment on mental health nursing interventions. The weight will be 25% of the subject grade.

Attendance is mandatory, failing 2 of the activities will result in the subject being suspended. Those students who

Disrespect for classmates or teachers will not be tolerated. Nor will homophobic, sexist or racist attitudes be tolerated.

Any indication of plagiarism or dishonesty will result in the suspension of the course.

Recovery: students who have not passed the subject through continuous assessment and who:

- having attended at least 75% of the sessions

- That they have a positive assessment in group work and in the work of narrating the situation

-who have passed all the assessment tests

They can be submitted for a final make-up test.

Qualifications:

According to agreement 4.4 of the Government Council 17/1172010 of the evaluation regulations, the grades will

Suspended: 0 to 4.9

Approved: 5 to 6.9

Notable: 7 to 8.9

Excellent: 9 to 10

The subject will be considered Not Evaluable when the student has not presented sufficient evaluation evidence:

1-Not having attended at least 75% of the sessions

2-That they have a negative assessment in group work and in the work of narrating the situation

3-they have not passed all the evaluative tests

Honors will only be assigned to those students who, being among the best grades in the group and within the grade range between 9 and 10, accredit the exercise of other activities such as attendance at student congresses, congresses of nursing, congresses, where nursing students can attend.

The same "not assessable" criteria will be applied as for continuous assessment.

This course does not include a single evaluation system.

Use of AI

In this course, the use of Artificial Intelligence (AI) technologies is permitted as an integral part of the development of coursework, provided that the final result reflects a significant contribution from the student in terms of analysis and personal reflection. The student must clearly identify which parts were generated using such technology, specify the tools used, and include a critical reflection on how these tools influenced both the process and the final outcome of the activity. Lack of transparency regarding the use of AI will be considered a breach of academic integrity and may result in a penalty in the activity's grade or more serious

IMPORTANT

In accordance with Article 510 of the Spanish Criminal Code, which penalizes hate crimes, and consistent with the fundamental values enshrined in the Spanish Constitution (Articles 10 and 14) regarding human dignity and equality, no expressions, behaviors or discourses that are discriminatory towards individuals or groups based on race, gender, sexual orientation or identity, religion, nationality, disability, mental health status, or any other personal or social condition will be tolerated in this course.

In line with the provisions of Law 3/2007 on effective equality between women and men, Law 4/2023 on the real and effective equality of trans people and the guarantee of LGTBI rights, and the ethical codes of conduct of the university, any breach of these principles may result in a failing grade in the course and, if necessary, referral to the competent institutional authorities for disciplinary evaluation.

This framework is also grounded in the Charter of Fundamental Rights of the European Union, particularly Articles 1 (Human dignity), 20 (Equality before the law), and 21 (Non-discrimination).

Bibliography

Considering that one of the general skills that the student is expected to acquire is to develop strategies for indep

Software

It is not necessary to have any computer program for this subject.

Groups and Languages

Please note that this information is provisional until 30 November 2025. You can check it through this [link](#). To consult the language you will need to enter the CODE of the subject.

Name	Group	Language	Semester	Turn
(TE) Theory	301	Catalan	annual	morning-mixed
(TE) Theory	501	Catalan	annual	morning-mixed
(TE) Theory	601	Catalan/Spanish	annual	morning-mixed