SES's L.S. RAHEJA COLLEGE OF ARTS and COMMERCE (AUTONOMOUS)

BOARD OF STUDIES: Psychology
PROGRAMME: MA Psychology (with Counselling Specialization)
SEMESTER: II
NOMENCLATURE OF THE COURSE: TECHNOLOGY AND MENTAL HEALTH
NEP Vertical: MAJOR
Credit: 2

(As Per Choice Based Credit System (under NEP 2020) with effect from the academic year 2025-26)

Programme:	**MA Psychology (with Counselling Specialization)**
Nomenclature of the Course	**Technology and Mental Health**
Course Code	**PGMACOIIMJ426**
Total Marks	**50**
Semester:	**II**
Academic year	**2026-27**

LEARNING OBJECTIVES: This paper aims to develop a comprehensive understanding of the role of technology in mental health care, including digital interventions, tele-mental health, and emerging innovations. It also aims to enhance students' ability to critically evaluate and apply technology-based approaches within ethical and professional frameworks.

COURSE OUTCOMES:

1. Analyse the evolution, scope, and applications of technology in mental health, including tele-mental health and digital interventions. Critically evaluate the effectiveness, advantages, and limitations of technology-assisted mental health practices.
2. Analyse and evaluate the application of advanced technologies, including artificial intelligence and online therapeutic models, in mental health care. Formulate informed perspectives on ethical, legal, and future implications of technology-enabled mental health services.

Unit	Course Content	Andragogy	No of Lectures
Module I	**1. Introduction to Technology and Mental Health** 1.1 Introduction to digital mental health and e-mental health 1.2 Historical evolution of technology in mental health care 1.3 Tele-mental health: models, scope, and service delivery 1.4 Mobile health (mHealth) apps and digital therapeutics 1.5 Evidence base for technology-assisted interventions 1.6 Advantages and limitations of technology in mental health practice	Interactive lectures, PowerPoint presentations, Case studies, Demonstrations of digital tools Application-based learning activities	**15**
Module II	**2. Applications of Technology and Mental Health** 2.1 Online psychotherapy and blended care models 2.2 Artificial intelligence and machine learning in mental health 2.3 Social media, internet use, and mental health outcomes 2.4 Ethical issues: confidentiality, data privacy, informed consent	Interactive lectures, PowerPoint presentations, Case studies, Demonstrations of digital tools Application-based learning activities	**15**

	2.5 Legal and regulatory frameworks in digital mental health 2.6 Future trends in technology-enabled mental health care		

SUGGESTED READINGS

1. American Psychological Association. (2013). Guidelines for the practice of telepsychology.
2. Bauman, S., & Rivers, I. (2015). Mental Health in the Digital Age. Springer.
3. Belhekar, Vivek. (2019). Machine Learning applications to Psychology and Behavioral Science: A case of Personality Psychology. 32. 63-72.
4. Malhotra, S., Chakrabarti, S., & Shah, R. (2013). Telepsychiatry: Promise, potential, and challenges. Indian Journal of Psychiatry, 55(1), 3–11.
5. Mental Health In A Digital World. (2021). Elsevier Academic Press.
6. Ministry of Electronics and Information Technology. (2021). Digital Personal Data Protection framework (India). Government of India.
7. Ministry of Health and Family Welfare. (2020). Telemedicine practice guidelines. Government of India.
8. Naslund, J. A., Aschbrenner, K. A., Marsch, L. A., & Bartels, S. J. (2016). The future of mental health care: Peer-to-peer support and social media. Epidemiology and Psychiatric Sciences, 25(2), 113–122.
9. National Institute of Mental Health and Neurosciences (NIMHANS). (2020). Guidelines for tele-psychotherapy services. NIMHANS, Bengaluru.
10. Reger, G. M. (2020). Technology and Mental Health. Routledge.
11. Torous, J., Bucci, S., Bell, I. H., Kessing, L. V., Faurholt-Jepsen, M., Whelan, P., Carvalho, A. F., Keshavan, M., Linardon, J., & Firth, J. (2021). The growing field of digital psychiatry: Current evidence and the future of apps, social media, chatbots, and virtual reality. World Psychiatry, 20(3), 318–335.
12. Waller, R., Moghraby, O. S., & Lovell, M. (2023). Digital Mental Health. Cambridge University Press.
13. World Health Organization. (2019). WHO guideline: Recommendations on digital interventions for health system strengthening.

QUESTION PAPER PATTERN

(A) FOR CONTINUOUS EVALUATION

10 Marks Class Test	(MCQ/QUIZ) ---------- 10 MARKS

(A-1)

(A-1) RUBRICS FOR CONTINUOUS EVALUATION

10 Marks	ASSIGNMENT ---------- 5 MARKS
	VIVA-VOCE ---------- 5 MARKS

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(B) QUESTION PAPER PATTERN FOR SEMESTER END EXAMINATION

30 Marks	Q1. Answer in brief (1/2)-------- 15 marks
	Q2. Answer in brief (1/2)-------- 15 marks