School: Baruch Ivcher School of Psychology

Empirical research of technology for mental health

Lecturer:
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Teaching Assistant:
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Course No.: 3794  Course Type : Seminar  Weekly Hours : 4  Credit: 4

Course Requirements : Final Paper
Group Code : 230379400  Language: Hebrew

Prerequisites

Prerequisite:
8000 - Introduction To Psychology
8014 - Research and Measurement Methods
8910 - Introduction To Statistics A
8911 - Introduction To Statistics B
8924 - Multivariate Statistics A
8925 - Multivariate Statistics B

Course Description
Empirical research of technology for mental health this year is focused on suicide prevention among different populations and in different settings. The course will cover theory, research, and clinical aspects in the field of suicide prevention. The course will focus on the prevention of suicide, suicide attempts and non-suicidal self-injurious behaviors as well as the risk and protective factors.

Suicide is a major public health issue internationally and is the second leading cause of death among adolescents. Risk factors for suicide have recently increased due to COVID-19. These include depression, trauma, hopelessness, loneliness, impulsivity etc. It is also important to acknowledge the significance of protective factors including social support, self-disclosure, emotion regulation, problem solving skills, cognitive flexibility etc.

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## Course Goals

- The course aims to teach students the psychological research process of suicide prevention. Students will conduct a study in a systematic manner from reading the relevant theories and studies, defining the gaps in the literature, conceptualizing the specific research questions, designing the study, running a pilot and writing a short research report.
- Students will be exposed to a few current challenges in the suicide prevention field including primary prevention (e.g., how to talk to adolescents about suicide), secondary (treating those who have risk factors such as depression) and tertiary (intervening with individuals after a suicide attempt) prevention efforts.
- Each group of students will decide on a specific theoretical and clinical gap in the literature they will target.
- Each class will start with a short presentation of group progress. Classes will include group discussions and personal meetings.

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## Grading

1. Active participation during class and preparation before every class is mandatory for all students
2. Submission of papers and presentations

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### Grading

#### Semester A:

1. Individual: Literature review (15%)
2. Group: 2 Presentations in class: lessons 4 and 12 (15%)
3. Group: Design research using mixed methods (20%)

**Semester B:**

4. Group: Pilot - 2 sessions (20%)
5. Group: Method & procedure section (10%)
6. Group: Final paper including method, results, discussion (limitations, future research, and clinical implications) (20%)

- For the personal score, a bonus will be awarded for commitment to the process, compliance with the course schedule, and active participation in course discussions, transportation, and initiative.

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**Lecturer Office Hours**

By appointment

Anat Brunstein Klomek

bkanat@runi.ac.il

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**Teaching Assistant**

By appointment

Tal Nakash

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**Reading List**

Each group will also receive a reading list specific for their topic


Larsen ME, Nicholas J, Christensen H. A Systematic Assessment of Smartphone Tools for


