Faculty of Medicine in Rijeka

Curriculum
2025/2026

For course

Stigma in Psychiatry

Study program:	**Medical Studies in English (R)** (elective) University integrated undergraduate and graduate study
Department:	**Department of Psychiatry and Psychological Medicine**
Course coordinator:	**izv.prof.dr. sc. Kaštelan Ana, dr. med.**
Year of study:	**4**
ECTS:	**1.5**
Incentive ECTS:	**0 (0.00%)**
Foreign language:	**Possibility of teaching in a foreign language**

Course information:

The goal of this course is to explain the significance of destigmatization of psychiatric patients in the 21st century, which is considered the century of reintegration and improvement of social functioning for this population.

During the course, students will identify the social problems that sufferers of psychiatric diseases face today and how to sensitize themselves first, and then their environment in relation to the said population.

Students will get to know modern ways of caring for psychiatric patients, which are not based on hospitals, but also on life in the community. Furthermore, through direct conversation and work with reintegrated psychiatric patients, students will see and learn a new dimension of psychiatry. As a preparation for this work, students will discover new facts related to communication, that is, communication and approach to the patient, which they will need in their entire further work, not only in the relationship with psychiatric patients.

- **Developing general competencies (knowledge and skills):**
    - Research approach to course content
    - Team work
    - Use of available literature on the Internet and databases
    - Creating a quality presentation
    - Presenting the content of a thematic unit to other students and the teacher

- **Developing specific competencies (knowledge and skills).**
- Explain community psychiatry and the goals of 21st century psychiatry
- Adequate communication and access to psychiatric patients
- Understand the specifics and needs of the psychiatric population
- Understand the importance and impact of mental health on overall health

List of assigned reading:

- **Developing specific competencies (knowledge and skills).**
- Explain community psychiatry and the goals of 21st century psychiatry
- Adequate communication and access to psychiatric patients
- Understand the specifics and needs of the psychiatric population
- Understand the importance and impact of mental health on overall health

List of optional reading:

Internet and various databases (PubMed, Ovid...) for searching the latest published articles in the field of stigma and mental disorders

Curriculum:

Lectures list (with titles and explanation):

L 1. Introductory lecture - psychiatry of the 21st century

Presentation of ways of treating psychiatric patients throughout history and the present. Explain the key differences in therapy between the past and the present and what this enables us to do. Presentation of the Act on the Protection of Persons with Mental Disabilities

L 2. Access to the psychiatric patient

Theoretical presentation of adequate communication with the patient. Definition of empathy and emotions. Definition of transference and countertransference of emotions

L 3. Community psychiatry

Presentation of local capacities for psychiatry in the community. Comparison of our conditions with those abroad. Explanation of advantages and disadvantages and how it helps patients

L 4. Stigma

Definition of stigmatization. To define the extent of stigmatization of psychiatric patients. Explain the harmfulness of such a society's attitude towards patients. Understand the mistakes of healthcare workers in their relationship with these patients

L 5. Destigmatization

Definition of destigmatization. Understand the importance of destigmatizing psychiatric patients, as well as patients in general. Explain how health professionals have a role in active destigmatization. Show local examples of destigmatization programs, as well as a comparison with foreign ones and what was their resonance and usefulness

Seminars list (with titles and explanation):

S1 – Psychiatry of the 21st century

Presentation of ways of treating psychiatric patients throughout history and the present. Explain the key differences in therapy between the past and the present and what this enables us to do. Presentation of the Act on the Protection of Persons with Mental Disabilities

S2 - Access to psychiatric patients

Theoretical presentation of adequate communication with the patient. Definition of empathy and emotions. Definition of transference and countertransference of emotions

S3 –Community psychiatry

Presentation of local capacities for psychiatry in the community. Comparison of our conditions with those abroad. Explanation of advantages and disadvantages and how it helps patients

S4 Stigma .

Definition of stigmatization. To define the extent of stigmatization of psychiatric patients. Explain the harmfulness of such a society's attitude towards patients. Understand the mistakes of healthcare workers in their relationship with these patients

S5 – Destigmatization

Definition of stigmatization. To define the extent of stigmatization of psychiatric patients. Explain the harmfulness of such a society's attitude towards patients. Understand the mistakes of healthcare workers in their relationship with these patients

Practicals list (with titles and explanation):

P1-P4 field work

Deinstitutionalization and organized housing: examples of good practice" - visit by arrangement with the director of the Turnić Home for Adults

Visit to Psychiatric Hospital Lopača and/or Rab

P5-P7 field work

Deinstitutionalization and organized housing: examples of good practice" - visit by arrangement with the director of the Turnić Home for Adults

Visit to Psychiatric Hospital Lopača and/or Rab

P8-P10 field work

Deinstitutionalization and organized housing: examples of good practice" - visit by arrangement with the director of the Turnić Home for Adults

Visit to Psychiatric Hospital Lopača and/or Rab

P11-P12 field work

Deinstitutionalization and organized housing: examples of good practice" - visit by arrangement with the director of the Turnić Home for Adults

P13-P15 field work

Deinstitutionalization and organized housing: examples of good practice" - visit by arrangement with the director of the Turnić Home for Adults

Student obligations:

Regular attendance of classes. Creating a seminar paper. Essay making

Exam (exam taking, description of the written/oral/practical part of the exam, point distribution, grading criteria):

Evaluation of students is carried out according to the valid Rulebook on studies of the University of Rijeka, and according to the Rulebook on student evaluation at the Faculty of Medicine in Rijeka (adopted by the Faculty Council).

The student's work on the course is evaluated and graded during classes and on the final exam.

The total percentage of success of the student during the class makes up to 70% of the grade, and 30% of the grade on the final exam

Other notes (related to the course) important for students:

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COURSE HOURS 2025/2026

Stigma in Psychiatry

Lectures (Place and time or group)	**Practicals** (Place and time or group)	**Seminars** (Place and time or group)
15.04.2026		
L 1. Introductory lecture - psychiatry of the 21st century: • Clinic for psychiatry (16:30 - 17:15) [224] ○ SIP L 2. Access to the psychiatric patient: • Clinic for psychiatry (17:15 - 18:00) [224] ○ SIP L 3. Community psychiatry: • Clinic for psychiatry (18:00 - 18:45) [224] ○ SIP		
izv.prof.dr. sc. Kaštelan Ana, dr. med. [224]		
18.04.2026		
	P1-P4 field work: • Clinic for psychiatry (09:00 - 12:00) [356] ○ SIP	
naslovna asistentica Brozan Sanja, dr. med. [356]		
22.04.2026		
L 4. Stigma: • Clinic for psychiatry (16:30 - 17:15) [224] ○ SIP L 5. Destigmatization: • Clinic for psychiatry (17:15 - 18:00) [224] ○ SIP		S1 – Psychiatry of the 21st century: • Clinic for psychiatry (18:00 - 18:45) [224] ○ SIP
izv.prof.dr. sc. Kaštelan Ana, dr. med. [224]		
29.04.2026		
		S2 - Access to psychiatric patients: • Clinic for psychiatry (16:30 - 17:15) [356] ○ SIP S3 –Community psychiatry: • Clinic for psychiatry (17:15 - 18:00) [356] ○ SIP S4 Stigma .: • Clinic for psychiatry (18:00 - 18:45) [224] ○ SIP S5 – Destigmatization: • Clinic for psychiatry (18:45 - 19:30) [224] ○ SIP
naslovna asistentica Brozan Sanja, dr. med. [356] · izv.prof.dr. sc. Kaštelan Ana, dr. med. [224]		

11.06.2026		
	P8-P10 field work: • Clinic for psychiatry (08:00 - 10:15) [224] ○ SIP	
izv.prof.dr. sc. Kaštelan Ana, dr. med. [224]		
16.06.2026		

		S1 – Psychiatry of the 21st century:
		• Clinic for psychiatry (16:00 - 16:45) [224]
		  ○ SIP
		S2 - Access to psychiatric patients:
		• Clinic for psychiatry (16:45 - 17:30) [224]
		  ○ SIP
		S3 –Community psychiatry:
		• Clinic for psychiatry (17:30 - 18:15) [224]
		  ○ SIP

izv.prof.dr. sc. Kaštelan Ana, dr. med. [224]		
17.06.2026		

		S4 Stigma .:
		• Clinic for psychiatry (16:00 - 16:45) [356]
		  ○ SIP
		S5 – Destigmatization:
		• Clinic for psychiatry (16:45 - 17:15) [356]
		  ○ SIP

naslovna asistentica Brozan Sanja, dr. med. [356]		

List of lectures, seminars and practicals:

LECTURES (TOPIC)	Number of hours	Location
L 1. Introductory lecture - psychiatry of the 21st century	1	Clinic for psychiatry
L 2. Access to the psychiatric patient	1	Clinic for psychiatry
L 3. Community psychiatry	1	Clinic for psychiatry
L 4. Stigma	1	Clinic for psychiatry
L 5. Destigmatization	1	Clinic for psychiatry

PRACTICALS (TOPIC)	Number of hours	Location
P1-P4 field work	4	Clinic for psychiatry
P5-P7 field work	3	
P8-P10 field work	3	Clinic for psychiatry
P11-P12 field work	2	
P13-P15 field work	3	

SEMINARS (TOPIC)	Number of hours	Location
S1 – Psychiatry of the 21st century	2	Clinic for psychiatry
S2 - Access to psychiatric patients	2	Clinic for psychiatry
S3 –Community psychiatry	2	Clinic for psychiatry
S4 Stigma .	2	Clinic for psychiatry
S5 – Destigmatization	2	Clinic for psychiatry

EXAM DATES (final exam):