

**ENLIGHT Call for Collaboration**

University

Uppsala University

Department/affiliation

Center for Women's Mental Health (WOMHER)

Name and title of contact person

Shima Momeni, Project  
coordinator

Contact e-mail

[shima.momeni@uu.se](mailto:shima.momeni@uu.se)

Subject area

Women's mental health

Type of collaboration (e.g. joint course, research project or online workshop)

Joint master and/or doctoral course

Invitation text / Details of collaboration:

**Call:** WOMHER hereby invites teachers across the ENLIGHT alliance, who wish to contribute to a joint course on graduate level within the subject area of women's mental health in an interdisciplinary perspective. WOMHER aims to continue working towards increasing knowledge within the subject from an interdisciplinary perspective. Therefore, we are interested in collaborations with a range of academic disciplines.

**Who we are:** Mental health is one of the most significant societal challenges at present. Women, especially during their reproductive years, are significantly overrepresented in terms of affective disorders. At the Uppsala University research center WOMHER, unique interdisciplinary research is conducted with the aim of developing evidence-based knowledge to guide future strategic discussions and decisions in healthcare, societal development, and the workplace. Across the breadth of the university, WOMHER brings together senior researchers from Humanities, Social Science, Medicine, Pharmacy and Science and Technology with the aim of asking innovative research questions. WOMHER also trains doctoral students and run an interdisciplinary research school for doctoral candidates, all within research projects focusing on women's mental health.

*Information:* <https://www3.uu.se/forskning/womher/?languageId=1>

**Related activity:** The interdisciplinary doctoral research school associated with WOMHER has developed a number of doctoral courses, validated and delivered via Uppsala University, suitable for post-graduates across different projects. These courses have potential as the basis for developing a teaching collaboration via ENLIGHT at Master's level, since they are in English and already validated and tested.

Brief descriptions of the courses we offer:

- Interdisciplinary research: an introduction to, and skills necessary for interdisciplinary research by studying examples of interdisciplinary research within the field of women's mental health and discussing the perils and pitfalls of interdisciplinary research.
- Mental Health: an introduction to emotions, cognitions and behaviours, mental ill-health and mental disorders, to account for the most common mental disorders, understand how to make a diagnosis and how to evaluate symptom severity.
- What is a woman? Society, biology and gender norms: an exploration of some of the diverse ways that 'woman' can work as an analytical category across different scientific disciplines represented among students' own research projects. The students will receive a basic overview of the terms sex and gender in the field of gender studies, in order to introduce how and why an understanding of sex and gender matters in research.
- Scientific research methods and Ethics: an introduction to qualitative, quantitative, and mixed research methods and a deep knowledge about and understanding of ethics in general and for interdisciplinary studies in particular.