

Module Code	ECMH4002
Title	Introduction to Mental Health
Date	09/12/2020
Level	4
Credits	20
Pre-Requisites	None

AIM(S)

- To provide students with an understanding of the issues and challenges associated with defining mental health, and to recognise the social, psychological and biological factors which may contribute to mental health conditions.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- Explain the key concepts, definitions and models of mental health and recognise the problems surrounding these definitions.
- Define the current UK system for the classification of psychological disorders and mental ill-health.
- Describe the biological, psychological and social factors that can contribute to mental ill-health and how these inform different treatment approaches.
- Organise their learning effectively and reflect upon their own progress and future development.

INDICATIVE CONTENT

- Discussion about the ways in which mental health has been defined and described through history to the present day.
- Students will learn about the wide variety of terms and concepts used to define mental health (such as mental illness, psychopathology, abnormality, madness, distress) and the implications of such terminology.
- Students will consider the range of biological, psychological and social factors associated with mental health, and the complex interaction between these factors.
- Key models and theories of mental health will be introduced and students will be encouraged to consider how these models underpin the treatment of mental health problems and our understanding of how to engage in public education initiatives about mental health.
- Content will explore the current DSM and ICD systems for classifying mental health problems in the UK, with students introduced to the range of disorders captured within this system and the way in which these classifications are identified and treatment plans formulated.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning 12 hours – Lectures 18 hours – Online	30	15%
Independent learning	170	85%
Placement learning		
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Essay	2,000 words	50%

Assessment Component 2

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Group Presentation	Individually assessed (5 mins)	50%

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	50%
Practical	50%
TOTAL	100%

INDICATIVE READING LIST

Module Code	ECMH4002	
Module Title	Introduction to Mental Health	
Classification	Reading List entry	Electronic*
Essential	Cromby, J., Harper, D., & Reavey, P. (Eds.). (2013). Psychology, Mental Health and Distress. Basingstoke: Palgrave Macmillan.	☐
Essential	Bennett, P. (2011). Abnormal and clinical psychology: An introductory textbook (3rd ed.) Maidenhead: McGraw-Hill/ Oxford University Press	☒
Essential	Nolen-Hoeksema, S. (2014). Abnormal Psychology (6th ed.) New York: McGraw-Hill.	☐
Further	Paris, J. (2013). The Intelligent Clinician's Guide to the DSM-5. Oxford: Oxford University Press.	☐
Journal	American Journal of Psychiatry	☒
Journal	British Journal of Psychiatry	☒
Journal	Journal of Abnormal Psychology	☒
Journal	Journal of Consulting and Clinical Psychology	☒
Websites	Mind	☒

	http://www.mind.org.uk/ Mental Health Foundation http://www.mentalhealth.org.uk/ Mental Health Wales http://www.mentalhealthwales.net/mhw/framework_wales.php	
--	--	--