

Module Code	ECAP5007
Title	Adolescent Mental Health and Development
Date	23/03/2021
Level	5
Credits	20
Pre-Requisites	

AIM(S)

- To examine individual and social challenges faced by adolescents in contemporary societies and explore the potential impact of a range of psychological disorders and adverse experiences in young people's lives.

LEARNING OUTCOMES

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

- explore the cultural context of adolescence and key aspects of their psychosocial, biological and cognitive development;
- demonstrate a critical understanding of the impact of mental health issues on young people, their families and the wider community;
- critically evaluate strategies for supporting and treating young people who encounter adverse experiences or mental health issues;
- take responsibility for their own learning and skill development; including effective personal planning, self-reflection and project management skills.

INDICATIVE CONTENT

- An examination of the major theories of adolescent psychosocial, biological and cognitive development will be examined, focusing mainly on puberty, family and peer relations, identity formation, autonomy and independence, and sexuality. This part of the course will also consider the ethical and methodological problems of research with young people.
- Critically consider the impact of adverse experiences in young people's lives including abuse and maltreatment, parental separation, bullying, substance abuse, issues of self-esteem and body image.
- Examination of the strategies for supporting and treating young people with such experiences are discussed in light of current resilience building and wellbeing-based interventions.
- To critically appraise key explanations for a range of psychological conditions associated with adolescence (such as conduct disorders, gender identity disorders, mood disorders, self-harm and eating disorders).
- Critical consideration of models underpinning treatment of mental health problems to develop educational initiatives focusing on wellbeing and recovery in young people.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%
Placement learning	0	0%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Written assignment	2500 words	60%

Assessment Component 2

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Individual Poster Presentation	10 minutes	40%

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	60%
Practical	40%
TOTAL	100%

This module is a core requirement for Graduate Basis for Chartership (GBC) accreditation with the British Psychological Society (BPS) as set out in documentation to the BPS February 2018.

INDICATIVE READING LIST

Please note that at Level Five students will be expected to engage with empirical journal articles in addition to the reading list below.

Module Code	ECAP5007	
Module Title	Adolescent Mental Health and Development	
Classification	Reading List entry	Electronic*
Essential	Santrock, J. (2019). <i>Adolescence</i> (17 th ed.) New York, NY: McGraw-Hill Education.	☒
Essential	Coleman, J.C. (2011). <i>The nature of adolescence</i> (4th ed). East Sussex: Routledge.	☐
Further	Adams, G., & Berzonsky, M. (2006). <i>Blackwell handbook of adolescence</i> . Oxford: Blackwell Publishing.	☒

Further	Boyd, D., & Bee, H. (2014). <i>Lifespan development</i> (International edition; Sixth ed.). Harlow, Essex: Pearson.	☒
Further	Hendry, L., & Kloep, M. (2012). <i>Adolescence and adulthood: Transitions and transformations</i> . London: Palgrave Macmillan.	☐
Further	Kerig, P.K., Schulz, M.S., & Hauser, S.T. (2012). <i>Adolescence and Beyond: Family Processes and Development</i> . Oxford University Press.	☒
Further	Kroger, J. (2007). <i>Identity development: Adolescence through adulthood</i> (2nd ed.). London: SAGE.	☐
Further	Steinberg, L. (2008). <i>Adolescence</i> (8th ed.). Maidenhead: McGraw-Hill Education.	☐
Journal	Child and Adolescent Mental Health	☒
Journal	Child Neuropsychology	☒
Journal	International Journal of Child and Adolescent Health	☒
Journal	Journal of Adolescence	☒
Journal	Journal of Adolescent Research	☒
Journal	Journal of Clinical Child and Adolescent Psychology	☒
Journal	Journal of Early Adolescence	☒
Journal	Journal of Research on Adolescence	☒
Journal	Journal of Youth and Adolescence	☒