

MODULE SPECIFICATION PROFORMA

Module Title:	Introduction to Mental Wellbeing	Level:	4	Credit Value:	20
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Module code:	HLT414	Is this a new module?	yes	Code of module being replaced:	SOC431
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Cost Centre:	GANG	JACS3 code:	B900
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Trimester(s) in which to be offered:	1	With effect from:	September 17
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School:	Social & Life Sciences	Module Leader:	Justine Mason
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Scheduled learning and teaching hours	40 hrs
Guided independent study	160 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered	Core	Option
BSc (Hons) Health and Wellbeing	✓	<input type="checkbox"/>
BSc (Hons) Mental Health and Wellbeing	✓	<input type="checkbox"/>
Dip HE Contemporary Health Studies	✓	<input type="checkbox"/>

Pre-requisites
None

Office use only	
Initial approval December 16	
APSC approval of modification <i>Enter date of approval</i>	Version 1
Have any derogations received SQC approval?	Yes <input type="checkbox"/> No ✓

Module Aims

The module aims to:

1. Foster an appreciation of the contested concepts of mental health and mental illness and the range of means which may be considered for the achievement of mental wellbeing at individual, community and population level.
2. Allow the learner an opportunity to explore their own attitude in relation to persons experiencing mental health difficulties.

Intended Learning Outcomes

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

At the end of this module, students will be able to

Key Skills

At the end of this module, students will be able to		Key Skills	
1	Examine the concepts of mental health and mental illness	KS3	
		KS4	
		KS6	
2	Explore personal attitudes in relation to those experiencing mental ill health and identify areas for improvement	KS1	
		KS7	
		KS9	
3	Identify the range of strategies which may be used to improve mental wellbeing at individual, community and population level	KS3	
		KS5	
		KS6	
4	Explore the impact of stigma on the person experiencing mental ill health and the place of each individual in the reduction of this	KS1	
		KS2	
		KS6	

Transferable/key skills and other attributes

- Learn independently and utilise some problem-solving skills.
- Use information and communications technology competently and effectively in a range of applications to include information gathering and retrieval.
- Work with other team members to identify, distribute and undertake the tasks necessary to complete a project.

Derogations

N/A

Assessment:

The assessment for this module will be in two parts:

- Students will participate in a series of Moodle discussion forums during the course of the module relating to contested concepts of mental illness and mental health
- Students will submit a reflective assignment in which they consider their own attitude towards mental illness, the impact of stigma on the individual and society and ways of improving mental wellbeing in society in line with current evidence

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1	Coursework	30%		500
2	2,3,4	Reflective Practice	70%		2,500

Learning and Teaching Strategies:

Lectures, multimedia, online discussion forums, service user stories, group discussion

Syllabus outline:

Theoretical perspectives of mental illness
Mental wellbeing
Stigma
Diagnostic criteria
Mental health worldwide
Physical activity and mental health
The arts and mental health
Mental health and marginalised populations
Mental health law and policy
The Ten Essential Shared Capabilities

Bibliography:

Essential reading

Filer, N (2014) *The Shock of the Fall* London: Borough Press

Pilgrim, D (2014) *Key Concepts in Mental Health* 3rd ed. London: Sage

Other indicative reading

Mental Health Foundation: <https://www.mentalhealth.org.uk/>

Patel, V, Minas, H, Cohen, A & Prince, M (eds) (2014) *Global mental health: principles and practice*. Oxford: Oxford University Press

Waters, E (2011) *Crazy like us: the globalisation of the western mind*. London: Robinson