

Module code	PSY422	Level	4
Module title	Psychology and Mental Health	Credit value	20
Common/Core/Elective	Core	ECTS Credits	10
		Notional learning hours	200
Courses on which the module is taught	BA (Hons) Psychology	Teaching Period	Spring

1. Module description

What is mental health? How do we determine the boundaries between health and illness? Can mental health be measured? What makes us vulnerable or resilient? This module brings a reflective and contemporary lens to the fields of psychiatric disorder and diagnosis, exploring debates about classification and measurement in mental health, and introducing biopsychosocial understandings of how problems arise and are maintained. You will discover frameworks for understanding mental health - from ancient philosophy, psychoanalysis, and existentialism, through to the classification systems professionals use today to inform treatment, and contemporary topics and contexts such as positive psychology and the wellness industry. Through the framework of your own personal and professional development, you will learn about the importance of listening to experts-by-experience, and explore issues of language, power, and discrimination in mental health (for example, mad, bad or sad?), considering individual and collective explanations for wellness/illness.

2. Learning outcomes

Upon successful completion of this module you will be able to:

Collaboration (MLO 01)

Explore collaborative and networking opportunities with peers and others to generate ideas about mental health.

Innovation (MLO 02)

Define and compare different understandings of mental health with curiosity and creativity.

Professional Development (MLO 03)

Identify opportunities for your reflective learning and your personal professional development.

3. Learning and teaching methods

This module will deploy historical artefacts, sample diagnoses and measurements, popular culture, art and literature, contemporary journalism, case studies, and psychological formulation exercises to introduce the diversity of classical and contemporary approaches to understanding mental health. Classes will involve a range of interactive methods and practical activities to engage with the material, including individual and group work, class discussions, and role play. There will be contracting in class around keeping safe and confidential when talking about personal experience in class. Collaboration and networking will take place with peers in class and through accessing wider mental health platforms and experts-by-experience forums.

Learning hours	
Directed learning	48 hours
Workshops/classes	48
Guided/Self-guided learning	152 hours
Total	200 hours

4. Assessment, formative feedback and relative weightings

Assessment: Case study

Weight (%): 100%

Word Count or Equivalent: 2500 words

You will write a case study report that contains a biopsychosocial case formulation, incorporating different perspectives on an individual case and a reflective learning summary based on your learning from your peers and wider forums during the module.

This summative assessment will be preceded by an opportunity for formative assessment accompanied by formative feedback.

Mapping of assessment tasks for the module

Assessment tasks	MLO1	MLO2	MLO3
Case study report	X	X	X

5. Indicative resources

- Bentall, R. P. (2003). *Madness explained: Psychosis and human nature*. Penguin UK.
- Campbell, W. H., and Rohrbaugh, R. M. (2013). *The biopsychosocial formulation manual: A guide for mental health professionals*. Routledge.
- Cromby, J., Harper, D., and Reavey, P. (2017). *Psychology, mental health and distress*. Bloomsbury Publishing.
- Diagnostic and Statistical Manual of Mental Disorders: www.DSM5.org
- Mental Health Research: https://mentalhealthresearch.org.uk/campaign_themes/centering-lived-experience/
- Millon, T. (2004). *Masters of the mind: Exploring the story of mental illness from ancient times to the new millennium*. John Wiley and Sons.
- NHS Commissioning: Health and Justice: <https://www.england.nhs.uk/commissioning/health-just/>
- Clinical formulation: <https://www.bps.org.uk/member-networks/division-clinical-psychology/power-threat-meaning-framework>