

MD1B5-30 Wellbeing: Mental Health and Neurobiology

20/21

Department

Warwick Medical School

Level

Undergraduate Level 1

Module leader

Leda Mirbahai

Credit value

30

Module duration

6 weeks

Assessment

70% coursework, 30% exam

Study location

University of Warwick main campus, Coventry

Description

Introductory description

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[Module web page](#)

Module aims

To facilitate a broad base of understanding of wellbeing as it pertains to mental health and neurobiology. Students will experience integrated perspectives of wellbeing from the course themes which are consolidated and advanced through case based learning.

Outline syllabus

This is an indicative module outline only to give an indication of the sort of topics that may be covered. Actual sessions held may differ.

This module follows the integrated illness module and will follow the assessments for that earlier block. Again, the module will include taught content with lecture theatre-based presentations and

interactive presentations as well as case-based learning sessions, all supported by TEL online content. Students will be expected to now be very familiar with the demands of CBL and becoming confident with their developing skills in enquiry based learning and discussion of their own views in communication with their peers.

In the medical sciences, students will be introduced to the anatomy and physiology of the central nervous system in health and disease, and circadian rhythm as these relate to wellbeing and mental health. Earlier study in genetics and epigenetics will be re-visited to consider relationships between environment, genome and epigenome.

In the health sciences, the states of stress, anxiety and depression will be investigated at a societal level with a focus on systems of care, the law and the balance between autonomy and best interest. The concepts of deviation and bias will be explored as they are considered both positively and negatively by society.

The cases in this module will explore contemporary examples of rehabilitation, recovery and continuing care, contrasting physical trauma with different states of mental health. Students will consider their own bias and perspectives and explore the underpinning values and ethical principles which interact in this area.

Learning outcomes

By the end of the module, students should be able to:

- 1. To illustrate familiarity with the key concepts, principles and theories, which will support a multidisciplinary approach to the understanding of wellbeing and mental health
- 2. To identify the principles of rehabilitation, how these are applied and by what services
- 3. To interrelate the factors, signs and symptoms that prompt investigations in mental health, how these are managed and by what services
- 4. To describe how ethnicity, gender and socioeconomic factors are related to mental health
- 5. To explore the link between wellbeing & environmental factors
- 6. To demonstrate a basic understanding of circadian rhythm, central nervous system and to explore the relationships between physical and mental health
- 7. To develop and use reasoning skills to engage with others to individually or collectively put forward ideas that can have a positive influence on local and global challenges in health

Indicative reading list

1. Bear et al. (2006) Neuroscience: exploring the brain. 3rd edition. Lippincott, Williams & Wilkins.
2. Goldberg S. (2010) Clinical neuroanatomy made ridiculously simple. 4th edition. MedMaster Inc.
3. Cromby et al. (2013) Psychology, mental health and distress. Palgrave Macmillan.
4. Carlson and Birkett. (2016) Physiology of behaviour. 12th edition. Pearson Education
5. Pozgar G.D. (2014) Legal and ethical issues for health professionals. 4th edition. Jones & Bartlett Learning

Subject specific skills

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Transferable skills

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Study

Study time

Type	Required
Lectures	39 sessions of 1 hour (13%)
Seminars	27 sessions of 1 hour (9%)
Other activity	22 hours (7%)
Private study	212 hours (71%)
Total	300 hours

Private study description

Students would be expected to engage in 212 hours of self-directed learning outside other learning and teaching activities outlined above.

Other activity description

Technology enhanced learning, including the use of online interactive presentations and videos, quizzes

Costs

No further costs have been identified for this module.

Assessment

You do not need to pass all assessment components to pass the module.

Assessment group D

	Weighting	Study time	Eligible for self-certification
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Assessment component			
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Multiple Choice Question Test	30%		No
Calculator allowed			

Reassessment component is the same			
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Assessment component			
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Group Presentation	40%		Yes (extension)
Duration- 40 minutes			

Reassessment component is the same			
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Assessment component			
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Online Examination	30%		No
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Reassessment component is the same			
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Feedback on assessment

Feedback will be provided to students from their multiple choice question examinations by highlighting the topic areas the student answered incorrectly. The group presentation and synoptic exam will be marked using standardised rubrics, which will provide feedback to the students (including individualised feedback) in line with WMS assessment criteria (including submission to Plagiarism software). Further verbal feedback will be available to students on request. Every student who fails an element of assessment will be offered an appointment for face to face feedback.

[Past exam papers for MD1B5](#)

Availability

Courses

This module is Core for:

- Year 1 of UMDA-B990 Undergraduate Health and Medical Sciences