

PS937-15 Core Foundations of Mental Health and Wellbeing

23/24

Department

Psychology

Level

Taught Postgraduate Level

Module leader

Kirsty Lee

Credit value

15

Module duration

10 weeks

Assessment

100% coursework

Study location

University of Warwick main campus, Coventry

Description

Introductory description

Mental health and wellbeing are important across all stages of the lifespan. Some life stages are particularly sensitive periods for the development of mental health problems. This first half of this module will introduce core terms and will outline the risk and protective factors for a variety of mental health problems that onset during infancy, childhood, adolescence, young adulthood, the transition to parenthood, and older adulthood. The second half of the module consider the biological, psychological and social factors that contribute to mental health and illness. Throughout the module, a variety of research methodologies will be considered. Sessions will be led by academics from psychology with expertise in each topic area.

Module aims

The aim of this module is to provide students with core knowledge in mental health and wellbeing, which will form the foundation for their learning in the remaining modules within the MSc.

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.

Although the content may vary, the module will cover subjects such as: Infancy and childhood; Adolescence and young adulthood; Parenthood; Older adults; Cross-cultural differences; Psychobiology; Personality; Stigma; Transforming research into policy.

Learning outcomes

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

- Outline key terms and definitions relevant to mental health and wellbeing across the lifespan.
- Identify and evaluate sensitive periods for the development of mental problems across the lifespan.
- Compare risk and protective factors for mental health and wellbeing in the biological, psychological and social domains.
- Explain the strengths and limitations of the research methodologies used to examine mental health at various stages of the lifespan.

Indicative reading list

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (DSM-5®). American Psychiatric Pub.

Cicchetti, D. & Cohen, D.J. (Eds.), Developmental Psychopathology. Volume 1: Theory and Method. Hoboken, J.J.: John Wiley & Sons

Rutter, M. (2006) Genes and behaviour: nature – nurture interplay explained. Oxford: Blackwell

Tsuang, M. T., Tohen, M. (Eds.) Textbook in Psychiatric Epidemiology, Second Edition. New York: John Wiley & Sons

Subject specific skills

Understanding of the development of mental health problems across the lifespan.

Critical evaluation of risk and protective factors for mental health and wellbeing.

Examination of practical, theoretical, and ethical issues associated with a range of research methodologies

Transferable skills

Critical evaluation of research

Knowledge of a range of research methodologies

Study

Study time

Type	Required
Lectures	10 sessions of 2 hours (13%)
Private study	130 hours (87%)
Total	150 hours

Private study description

Private study before and after lectures and preparation for the assessment.

Costs

No further costs have been identified for this module.

Assessment

You must pass all assessment components to pass the module.

Assessment group A

	Weighting	Study time	Eligible for self-certification
Multiple-choice test	100%		No

The format of the test will be multiple-choice, completed on-line.

Feedback on assessment

Students will be provided with online feedback.

Availability

Courses

This module is Core for:

- Year 1 of TPSS-C848 Postgraduate Taught Mental Health and Wellbeing