

MD1B5-30 Wellbeing: Mental Health and Neurobiology

24/25

Department

Warwick Medical School

Level

Undergraduate Level 1

Module leader

Dawn Collins

Credit value

30

Module duration

6 weeks

Assessment

40% coursework, 60% exam

Study location

University of Warwick main campus, Coventry

Description

Introductory description

To facilitate a broad base 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.

[Module web page](#)

Module aims

This module aims to facilitate a broad base of understanding of wellbeing as it pertains to mental health and neurobiology.

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:

- To illustrate familiarity with the key concepts, principles and theories, which will support a multidisciplinary approach to the understanding of wellbeing and mental health
- To identify the principles of rehabilitation, how these are applied and by what services
- To interrelate the factors, signs and symptoms that prompt investigations in mental health, how these are managed and by what services
- To describe how ethnicity, gender and socioeconomic factors are related to mental health
- To explore the link between wellbeing & environmental factors
- To demonstrate a basic understanding of circadian rhythm, central nervous system and to explore the relationships between physical and mental health
- 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

[View reading list on Talis Aspire](#)

Subject specific skills

Knowledge and understanding of health problems surrounding mental health and ability to investigate such health problems from the integrated perspectives of Health Sciences and Medical Science

Ability to recognise signs and symptoms that prompts investigation into mental health as well as knowledge of the factors that can impact mental health and wellbeing

Ability to investigate the interactions between environmental factors and nervous system and how the interactions can shape and influence mental health and wellbeing

Transferable skills

Presentation skills, critical thinking, Self-directed learning, evidence-based approach to problem solving, time management, group learning, integration of information

Study

Study time

Type	Required
Lectures	39 sessions of 1 hour (23%)
Seminars	27 sessions of 1 hour (16%)
Online learning (independent)	22 sessions of 1 hour (13%)
Private study	84 hours (49%)
Total	172 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. 60% (128h) of this time is allocated to assessment planning and preparation.

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 D1

	Weighting	Study time
Group Presentation	40%	52 hours
Prepare a 40-minute group presentation on your assigned topic. Present the depth of your knowledge and understanding on the topic of your choice (from the available options). Each person is expected to present for at least 5 minutes.		
Locally Timetabled Examination - Multiple Choice	30%	

	Weighting	Study time
Multiple choice exam paper to be completed in 90 minutes.		
Locally Timetabled Examination - Synoptic Paper	30%	38 hours
The exam assesses the ability of the students to integrate topics across modules and course themes. Integrates information across four modules (Concepts, systems, illness, wellbeing modules).		

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:

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