

# PS937-15 Core Foundations of Mental Health and Wellbeing

**24/25**

**Department**

Psychology

**Level**

Taught Postgraduate Level

**Module leader**

Robin Goodwin

**Credit value**

15

**Module duration**

10 weeks

**Assessment**

100% coursework

**Study location**

University of Warwick main campus, Coventry

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## 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

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## **Study**

## **Study time**

<b>Type</b>	<b>Required</b>
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.

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### **Assessment**

You must pass all assessment components to pass the module.

#### **Assessment group A1**

	<b>Weighting</b>	<b>Study time</b>
Multiple-choice test	100%	
The format of the test will be multiple-choice, completed in person		

### **Feedback on assessment**

Students will be provided with online feedback.

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### **Availability**

#### **Courses**

This module is Core for:

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

This module is Optional for:

- Year 1 of TIMA-L981 Postgraduate Social Science Research
- Year 1 of TPSS-C8P9 Postgraduate Taught Psychological Research