

# MD1B5-30 Wellbeing: Mental Health and Neurobiology

**25/26**

**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

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## Description

### Introductory description

This module aims to facilitate a broad base understanding of mental health and neurobiology by integrating knowledge and approaches from psychology, neuroscience, diagnosis and management of stress and anxiety, rehabilitation, addiction and the ageing brain. These integrated perspectives of health and medical conditions will be 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. Integrated perspectives of wellbeing from the course themes of Medical Sciences and Health Sciences 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:

- 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 demonstrate a basic understanding of neurobiology and psychology, and to explore the relationships between physical and mental health.
- To interrelate factors, signs and symptoms that prompt investigations in mental health and the neurosciences, how these are managed and by what services
- To describe how ethnicity, gender and socioeconomic factors are related to mental health
- To identify principles of rehabilitation and recovery from mental ill health, how these are applied and by what services.
- To explore the link between wellbeing & environmental factors, including circadian rhythm.
- 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

## **Interdisciplinary**

Students will cover the neuroscience and psychology of mental health and wellbeing, alongside sessions investigating aspects pertaining to local to global social and environmental sciences, and the economic and philosophical/ethical burden of mental ill-health.

## International

Students are encouraged to consider the perception of mental health and wellbeing, mental ill health and neurological disorders from local to global perspectives as part of teaching and small group work; with topics including: the impact of social media, slum health and the global impact of drug misuse and its management.

## 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

Critical thinking, Self-directed learning, evidence-based approach to problem solving, time management, group learning, integration of information.

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## Study

### Study time

Type	Required
Lectures	39 sessions of 1 hour (13%)
Seminars	27 sessions of 1 hour (9%)
Online learning (independent)	22 sessions of 1 hour (7%)
Private study	82 hours (27%)
Assessment	130 hours (43%)
Total	300 hours

### Private study description

Students would be expected to engage in 82 hours of self-directed learning outside other learning and teaching activities outlined above.

## Costs

No further costs have been identified for this module.

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## Assessment

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

### Assessment group D2

	Weighting	Study time	Eligible for self-certification
<b>Assessment component</b>			
Synoptic coursework: exploration of a cross-module case study with accompanying concept map	40%	60 hours	No
Students will explore a patient or population case that brings in elements from all of the shared-assessment modules in this year, this will be accompanied by a concept map and narrative that will be used to explain the relationship between factors and topics covered in the case exploration.			
<b>Reassessment component</b>			
Synoptic coursework: exploration of a cross-module case study with accompanying concept map			No
Students will explore a patient or population case that brings in elements from shared-assessment modules in this year that have not already been passed at the first attempt or otherwise require resubmission. All resubmissions will be accompanied by a concept map and narrative that will be used to explain the relationship between factors and topics covered in the case exploration. Word count will be (1) 3500, (2) 2500 or (3) 2000 depending on which shared-assessment module/s this reassessment aligns to.			
<b>Assessment component</b>			
Wellbeing Multiple Choice Question/Short Answer Question examination	60%	70 hours	No
Total of 100 marks, 40 MCQ single best answer questions at 1 mark each, 60 marks from SAQs.			
<b>Reassessment component is the same</b>			

## Feedback on assessment

The coursework 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 will be offered an appointment for face to face feedback.

[Past exam papers for MD1B5](#)

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## 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
  - Year 1 of B990 Health and Medical Sciences