MD941-20 Public Mental Health & Well-Being: Measurements, Determinants & Promotion

26/27

Department
Warwick Medical School
Level
Taught Postgraduate Level
Module leader
Helena Tuomainen
Credit value
20
Module duration
15 weeks
Assessment
100% coursework
Study location
University of Warwick main campus, Coventry

Description

Introductory description

There are no pre-requisite relationships. To our knowledge there are no other post-graduate courses in Public Mental Health in the UK.
This module complements the other optional modules in the Masters in Public Health by focusing on mental health specifically: an emerging area of public health. It addresses the epidemiology of mental health problems, risk and protective factors, the prevention of mental illness, the promotion of mental health and the definition and measurement of well-being.

Module aims

This course will provide a theoretical and practical grounding in current issues in public mental health. It will place public mental health issues within the context of public health in general. It will also present mental health within a context of well being as opposed to one of mental illness. The epidemiology of mental health across the lifespan will be addressed together with risk and protective factors at all stages of the life course.

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.

1. Measuring mental health
   Approaches and instruments
   Discourses and definitions
   Common disorders in different age groups: life course patterns

2. Determinants of mental health
   Environmental, physical, social, cultural
   Risk and protective factors
   Resilience
   Links between mental and physical health

3. The promotion of mental health and the prevention of mental illness
   Mental health in families
   Nutrition and mental health
   Physical activity and mental health
   Mental health in school
   Mental health in the workplace

4. Improving mental well-being in the mentally ill
   The economic burden attributable to mental illness
   Screening for mental health
   Problems and risk factors Well-being
   Mindfulness

Learning outcomes

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

- Have a systematic understanding of the epidemiology of mental health problems as they affect adults, adolescents and children
- Have a practical understanding of the determinants, risk and protective factors for mental health at different stages in the life course
- Critically evaluate different discourses on the nature of mental well-being and different approaches to measurement
- Have a practical understanding of a range of approaches to mental health promotion and mental illness prevention
- Understand and have a critical awareness of the concepts and evidence regarding interventions for public mental health
- Understand and critically evaluate concepts and practice of public mental health interventions

Indicative reading list

Reading lists can be found in Talis

Subject specific skills

Sound understanding of subject
Critically evaluate
Reflection

Transferable skills

Numeracy
Thinking and problem solving
written communication
oral communication
Teamwork
Organisation & time management
Use of tools and technology
Commercial awareness
Independence and initiative
Adaptability/Flexibility

Study

Study time

Type	Required
Lectures	15 sessions of 1 hour (8%)
Seminars	15 sessions of 1 hour (8%)
Private study	170 hours (85%)
Total	200 hours

Private study description

No private study requirements defined for this module.

Costs

No further costs have been identified for this module.

Assessment

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

Students can register for this module without taking any assessment.

Assessment group A2

	Weighting	Study time	Eligible for self-certification
Assessment component			
Essay 3000 to 4000-word essay	100%		Yes (extension)
Reassessment component is the same			

Feedback on assessment

Written feedback will be provided in line with standard WMS PGT assessment criteria

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Availability

Courses

This module is Optional for:

- Year 1 of TMDS-B9C2 Postgraduate Taught Health Research
- Year 1 of TMHS-B902 Public Health

This module is Option list A for:

- Year 1 of TMDS-B9C2 Postgraduate Taught Health Research
- Year 1 of TMHS-B902 Public Health