

MODULE SPECIFICATION PROFORMA

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|----------------------|-----------------------------------|---------------|---|----------------------|----|
| Module Title: | Mental Health Across the Lifespan | Level: | 5 | Credit Value: | 20 |
|----------------------|-----------------------------------|---------------|---|----------------------|----|

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|---------------------|--------|------------------------------|-----|---------------------------------------|--|
| Module code: | HLT512 | Is this a new module? | yes | Code of module being replaced: | |
|---------------------|--------|------------------------------|-----|---------------------------------------|--|

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| Cost Centre: | GANG | JACS3 code: | B900 |
|---------------------|------|--------------------|------|

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| Trimester(s) in which to be offered: | 2 | With effect from: | September 17 |
|---|---|--------------------------|--------------|

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|----------------|------------------------|-----------------------|---------------|
| School: | Social & Life Sciences | Module Leader: | Justine Mason |
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| Scheduled learning and teaching hours | 35 hrs |
| Guided independent study | 165 hrs |
| Placement | 0 hrs |
| Module duration (total hours) | 200 hrs |

| Programme(s) in which to be offered | Core | Option |
|--|------|--------------------------|
| BSc (Hons) Mental Health and Wellbeing | ✓ | <input type="checkbox"/> |
| Dip HE Contemporary Health Studies | ✓ | <input type="checkbox"/> |

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|-----------------------|
| Pre-requisites |
| None |

Office use only

Initial approval December 16

APSC approval of modification *Enter date of approval*

Have any derogations received SQC approval?

Version 1

Yes No ✓

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Module Aims

The module aims to develop an appreciation of a range of issues relating to mental health and illness which may influence wellbeing across the lifespan

Intended Learning Outcomes

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

At the end of this module, students will be able to

Key Skills

| | | | |
|---|--|-----|--|
| 1 | Examine and appraise factors across the lifespan within the human experience which may contribute to mental ill health | KS4 | |
| | | KS5 | |
| | | KS6 | |
| 2 | Identify national and local policy, legislation and strategies which support mental health promotion and illness prevention and assess their application to health and social arenas | KS3 | |
| | | KS4 | |
| | | KS6 | |
| 3 | Appraise theoretical perspectives which seek to account for suboptimal mental wellbeing in identified groups in society | KS1 | |
| | | KS4 | |
| | | KS5 | |
| 4 | Appraise the potential for comorbidity and exacerbation of vulnerability which may arise from the experience of mental ill health and protective factors which may reduce this risk | KS3 | |
| | | KS5 | |
| | | KS6 | |

Transferable/key skills and other attributes

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- Demonstrate self-reliance when working independently,
- Communicate succinctly and eloquently in written format

Derogations

N/A

Assessment:

The student will be required to develop a health promotion leaflet for a population group of their choice who are identified as being at risk of poor mental health. They will further be asked to submit a report which justifies the choice of population group and identifies relevant theory, research and legislation to support this.

| Assessment number | Learning Outcomes to be met | Type of assessment | Weighting (%) | Duration (if exam) | Word count (or equivalent if appropriate) |
|-------------------|-----------------------------|--------------------|---------------|--------------------|---|
| 1 | 1,4 | Coursework | 40 | | 1,000 |
| 2 | 2,3 | Report | 60 | | 2,500 |

Learning and Teaching Strategies:

The module will use a range of teaching and learning strategies to facilitate this module including practical workshops, lectures, online discussions and VLE

Syllabus outline:

Perinatal mental health
Mental wellbeing in childhood
Veteran mental health
Male mental health
Female mental health
The mental health of the transgender/ intersex community
Sexuality and mental health
Mental health and learning disability
The mental health of prison populations
Older persons mental health

Bibliography:

Essential reading

Faculty of Public Health (2016) *Better mental health for all* available from http://www.fph.org.uk/better_mental_health_for_all

Howe, D (2011) *Attachment across the life course: a brief introduction* New York: Palgrave Macmillan

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Steen, M & Thomas, M (eds.)(2016) *Mental health across the lifespan: a handbook* Oxford: Routledge

Other indicative reading

Centre for mental health: <https://www.centreformentalhealth.org.uk/>

LGBT Foundation: <http://lgbt.foundation/information-advice/mental-health/>