

Module specification

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Module code	HLT526
Module title	Mental Health and the Body
Level	5
Credit value	20
Faculty	SLS
Module Leader	Nina Patterson
HECoS Code	100473
Cost Code	GAHW

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc(Hons) Mental Health and Wellbeing	Core
Dip HE Health and Social Wellbeing	Core

Pre-requisites

None.

Breakdown of module hours

Learning and teaching hours	30 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	30 hrs
Placement / work based learning	0 hrs
Guided independent study	170 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	6 th December 2021

For office use only	
With effect from date	September 2022
Date and details of revision	
Version number	1

Module aims

This module will explore the relationships between physiology, physical health, lifestyle factors and mental health and wellbeing. Consideration will be given to the inter-dependence of many physical and mental health problems and the role of the medical model in the treatment of mental illness.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Identify the ways in which physiology, physical health and lifestyle behaviours affect mental health and wellbeing.
2	Describe the anatomical brain changes and biochemistry associated with mental illness, with particular focus on the body's stress response.
3	Describe how lifestyle factors, such as physical activity, nutrition, substance use, and sleep, can help trigger, perpetuate or alleviate the symptoms of mental ill-health.
4	Assess the reasons for co-morbidity of chronic health conditions and mental ill-health.
5	Evidence their ability to work in a pair to produce a shared outcome.

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Assessment 1

In a pair, students will be required to produce and deliver a 15-minute presentation illustrating how physiology, physical health and lifestyle factors influence an individual's mental health

and wellbeing. Students should select ONE mental health problem (e.g. depression, anxiety, schizophrenia, bipolar disorder) and explore how physiology, physical health and lifestyle factors can affect the etiology of the condition and how changes in these factors can be used in the alleviation and treatment of symptoms. The same mark will be awarded to both students.

Assessment 2

Students will be required to submit an appendices document that evidences their individual contribution to the presentation and how they attempted to work effectively with their partner. The appendices document may include a 'work contract' agreed at the start of the process, the agendas and minutes from meetings, and a 500-word reflection. A different mark may be awarded for each student depending upon the evidence submitted in this document.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3, 4	Presentation	80%
2	5	Coursework	20%

Derogations

None.

Learning and Teaching Strategies

The learning and teaching strategy for this module follows WGU's Active Learning Framework. Students are required to attend 'synchronous' workshops that will include the delivery of module content alongside individual and group discussions and tasks. They are also required to complete 'asynchronous' directed study tasks provided on the Virtual Learning Environment (VLE), such as watching recorded lectures, engaging with discussion forums, and undertaking quizzes, individual and group tasks, key readings and reflective activities.

Indicative Syllabus Outline

- Co-morbidity of physical and mental health problems
- The role of genetics, brain anatomy and biochemistry in mental illness
- The medical model and use of medication such as SRRIs in the treatment of mental illness
- The impact of maternal stress and exposure to ACES on brain development
- Biological changes associated with Dementia, Parkinsons, Autism, Learning Disabilities and impact on mental health and wellbeing
- Psychological factors in recovery from physical illness
- Physiological changes occurring with the stress response and relaxation
- Using physical activity to reduce symptoms of mental ill-health and improve wellbeing
- Links between nutrition and mental health: brain-gut link, psychological aspects of food and weight.
- Substance use – affect on etiology of mental health problems and self-medicating

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Littrell, J. (2015), *Neuroscience for Psychologists and Other Mental Health Professionals*. New York: Springer Publishing Company.

Other indicative reading

Mwebe, H. (2021), *Psychopharmacology: A Mental Health Professional's Guide to Commonly Used Medications*, 2nd Ed., Critical Publishing.

Schuh et al. (2021), 'Cross-sectional associations of leisure and transport related physical activity with depression and anxiety', *Journal of Psychiatric Research*, 140, p. 228-234.

Tong et al. (2021), 'Multimorbidity Study with Different Levels of Depression Status', *Journal of Affective Disorders*, 292, p. 30-35.

Waugh, A. and Grant, A. (2018), *Ross and Wilson Anatomy and Physiology in Health and Illness*, 13th ed. London: Elsevier.

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Confidence
Adaptability

Practical Skillsets

Organisation
Critical Thinking
Emotional Intelligence
Communication