

## Liverpool John Moores University

Title: Mental Health & Illness  
Status: Definitive  
Code: **4513ARCMH** (124464)  
Version Start Date: 01-08-2021

Owning School/Faculty: Nursing and Allied Health  
Teaching School/Faculty: Accrington & Rossendale College

Team	Leader
Philomene Uwamaliya	Y

**Academic Level:** FHEQ4      **Credit Value:** 20      **Total Delivered Hours:** 48  
**Total Learning Hours:** 200      **Private Study:** 152

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	45
Tutorial	3

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Presentation 10 minutes	25	
Essay	AS2	Essay 2500 words	75	

### Aims

*To explore the links between the various theoretical perspectives which underpin practice.*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Examine the development of the understanding of mental health and illness.
- 2 Evaluate the interventions and treatments which attempt to address mental ill health.
- 3 Explore the contributions to understanding from theoretical perspectives such as the biological, psychosocial and social models and the Recovery Model.

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Presentation 10mins	1	3
Essay 2500 words	2	

## Outline Syllabus

*Historical overview of mental illness*  
*Definitions of health, and mental health and illness*  
*DSM and ICD classifications*  
*Differing perspectives on mental illness*  
*Biological, psychological and social theories of mental illness*  
*Concepts of mental health and illness*  
*The 'Anti-Psychiatry' movement, as an alternative theoretical construct*  
*Understanding anxiety and depression*  
*Panic attacks, Obsessive Compulsive Disorder (OCD); phobias; anxiety/depression; unipolar depression and Post Traumatic Stress Disorder (PTSD)*  
*The role of anxiety and depression in eating disorders*  
*Understanding psychosis - Schizophrenia and Bipolar Disorder*  
*Personality disorders*  
*Approaches to treatment and management of serious mental illness*  
*Cultural aspects of mental health care*  
*The impact of serious mental illness on the individual and their family*  
*Social inclusion*  
*Evaluation of theoretical perspectives and treatments*

## Learning Activities

Lectures, group and class discussions, video, independent study.

Supporting materials, tutorials and group discussions will be available electronically via the college VLE.

## Notes

This module begins by raising the question whether it is possible to define abnormal and normal behaviour? Thus, it examines the various models and methods, which are applied in this controversial area. In addition, it aims to raise a critical awareness

of the various explanations for why people suffer mental ill health and how society and the treatment system respond to this particular group. Regular tutorials will provide opportunities for informal formative assessment to support student learning and discuss their overall progress.