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MODULE DESCRIPTOR

Module Title

Mental Wellbeing In The Workplace

Reference	NU3944	Version	1
Created	February 2017	SCQF Level	SCQF 9
Approved	June 2017	SCQF Points	15
Amended		ECTS Points	7.5

Aims of Module

To enable the student to promote the provision of informed and supportive strategies for mental wellbeing at work.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Appraise key concepts of mental wellbeing in the workplace.
- 2 Discuss the impact of legislation, policy and strategies relevant to mental wellbeing.
- 3 Evaluate the role of the Occupational Health practitioner in supporting mental wellbeing in the workplace.
- 4 Demonstrate knowledge and understanding of selected mental health conditions and their impact on work ability.
- 5 Examine interventions to maximise individual's contributions in the workplace.

Indicative Module Content

Mental health and wellbeing, Biopsychosocial models, Intervention, Resilience, Concepts of risk, Recovery and empowerment, Motivational interviewing, Solution focused therapy, Cognitive Behavioural therapy, Legislation, Policy, Selected mental health conditions e.g. stress, depression, substance misuse, Professional issues, Workplaces, Assessment, Employment and employability, Stigma, Equality, Diversity, Personal Development Plan.

Module Delivery

This module is delivered online via CampusMoodle.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	N/A	20
Non-Contact Hours	N/A	130
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	N/A	150
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

ASSESSMENT PLAN

If a major/minor model is used and box is ticked, % weightings below are indicative only.

Component 1

Type:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4, 5
Description:	Written assignment.				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Written assignment.

Module Grade	Minimum Requirements to achieve Module Grade:
A	A in the coursework.
B	B in the coursework.
C	C in the coursework.
D	D in the coursework.
E	E in the coursework.
F	F in the coursework.
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	None, in addition to course entry requirements or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 CVENKEL, N., 2020. Mental Health and Well-Being in the Workplace. In *Well-Being in the Workplace: Governance and Sustainability Insights to Promote Workplace Health*. (pp.159-189). Springer, Singapore.
- 2 DE JOHN, M., 2011. *From public health to wellbeing: the driver for policy and action*. Basingstoke: Palgrave Macmillan.
- 3 HASSON, G. and BUTLER, D., 2020. *Mental Health and Wellbeing in the workplace: A Practical Guide for Employers and Employees*. United Kingdom: John Wiley and Son.
- 4 NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE (NICE), 2009. *Mental wellbeing at work PH22*. [online]. London: NICE. Available from: www.nice.org.uk/guidance/ph22
- 5 RACE, M.C., 2014. *Mental illness at work: a manager's guide to identifying, managing and preventing psychological problems in the workplace*. Basingstoke: Palgrave.