

MODULE DESCRIPTOR

Module Title

Psychology Of Mental Wellbeing

Reference	SS1021	Version	1
Created	December 2021	SCQF Level	SCQF 7
Approved	February 2022	SCQF Points	15
Amended		ECTS Points	7.5

Aims of Module

This module aims to provide an overview of the study of the phenomena of positive mental well-being and explore common mental health conditions.

Learning Outcomes for Module

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

- 1 Describe the concepts of positive mental well-being and quality of life, their determinants, and how they can be improved.
- 2 Describe common mental health conditions and understand their causes and potential treatments.

Indicative Module Content

A comparison of the biomedical model and the biopsychosocial model. Mental wellbeing and quality of life and their determinants across the lifespan. An evaluation of the methods used to assess and define these concepts. Exploration of common mental health conditions such as depression, anxiety, and mood disorders. Description of endophenotypes with Bipolar Disorder and Schizophrenia as examples. Nature Vs Nurture Debate of the causes of mental health conditions. Socioeconomic and cultural determinants of health and wellbeing. The formation of adaptive and maladaptive coping styles and how to improve them. Self-management of own functioning and well-being and self-development.

Module Delivery

This is a mainly lecture based module with supporting seminars/workshops and student-centred learning. The on-campus activities will be supplemented and supported with online activities where appropriate.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	24	N/A
Non-Contact Hours	126	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<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
Description:	Written coursework				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Grade D or above must be achieved in all components to achieve a module pass.

Module Grade	Minimum Requirements to achieve Module Grade:
A	A average for Component 1
B	B average for Component 1
C	C average for Component 1
D	D average for Component 1
E	E average for Component 1
F	F average for Component 1
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	None, in addition to SCQF 7 entry requirements or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 Bennet, P. 2015. *Clinical Psychology: psychopathology through the lifespan*. Open University Press: Berkshire
- 2 Butler, G., Grey N., Hope RA. 2018. *Manage your mind: the mental fitness guide*.
- 3 Comer, R.J. 2018 *Abnormal psychology*. 10th ed. Work Publishers: New York
- 4 Lindsay, S. J. E. & Powell. G. E. 2007. *The handbook of clinical adult psychology*. Routledge: London.
- 5 Choo, C. C. & Roger, H. C. 2019 *Clinical psychology casebook across the lifespan*. Springer Nature: Singapore