

## PSYC2500: Introduction to Mental Health and Mental Disorders

Callaghan, Ourimbah and Online  
Semester 1 - 2024



THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

### OVERVIEW

#### Course Description

Mental health is important to everyone. This course offers an introductory understanding of the nature of healthy mental functioning and well-being as well as mental ill-health to both psychology and other health professional students. The content in this course has a strong focus on biopsychosocial determinants of mental health, well-being, and mental ill-health. Students will be introduced to a variety of commonly encountered mental disorders by way of real-world cases to illustrate how these disorders may present. The course will focus on culturally appropriate strategies for maintaining and promoting mental health and well-being, and the aetiology, diagnosis, and typical types of interventions for mental illnesses. Students will examine several behavioural categorisations including health and stress, as well as mental health conditions such as anxiety disorders, depressive disorders, schizophrenia spectrum and other psychotic disorders, obsessive-compulsive and related disorders, and trauma- and stressor-related disorders.

Related subjects: PSYC1200, PSYC2400, PSYC2600, PSYC2200, PSYC3200

PSYC2500 forms part of an Australian Psychology Accreditation Council's accredited sequence.

#### Assumed Knowledge Contact Hours

PSYC1010 and PSYC1020

##### Callaghan Laboratory

Face to Face on Campus  
2 hour(s) per Week for 10 Weeks  
See schedule in Course Outline

##### Lecture

Face to Face on Campus  
2 hour(s) per Week for 12 Weeks

##### Online Activity

Online  
2 hour(s) per Week for 2 Weeks  
See schedule in Course Outline

##### Ourimbah Laboratory

Face to Face on Campus  
2 hour(s) per Week for 10 Weeks  
See schedule in Course Outline

##### Lecture

Face to Face on Campus  
2 hour(s) per Week for 12 Weeks

##### Online Activity

Online  
2 hour(s) per Week for 2 Weeks  
See schedule in Course Outline

##### Online

# COURSE OUTLINE

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**Laboratory**

Online  
2 hour(s) per Week for 12 Weeks  
See schedule in Course Outline

**Lecture**

Online  
2 hour(s) per Week for 12 Weeks

**Unit Weighting  
Workload**

10  
Students are required to spend on average 120-140 hours of effort (contact and non-contact) including assessments per 10-unit course.

## CONTACTS

**Course Coordinator** Callaghan, Ourimbah and Online  
Dr Tegan Bradley  
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**Teaching Staff** Other teaching staff will be advised on the course Canvas site.

**School Office** **School of Psychological Sciences**  
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## SYLLABUS

**Course Content**

- What is mental health and how do we recognise and promote mental health and well-being
- Culturally appropriate theoretical frameworks, including for Indigenous Australians, for understanding mental health and well-being as well as mental health disorders
- The nature of mental health disorders, including epidemiology, aetiology, and classifications
- Methods of mental health evaluations and therapeutic orientations and applications
- Legal and ethical issues related to mental health disorders

**Course Learning Outcomes** **On successful completion of this course, students will be able to:**

1. Summarise theories of mental health and well-being with a focus on determinants of mental health.
2. Discuss mental health disorders with a focus on prevention, evaluation, diagnosis, and treatment of mental health disorders.
3. Discuss the main psychological therapeutic orientations and applications.
4. Identify clinically relevant psychological information using case studies.
5. Apply values for ethical professional practice and public safety.

**Course Materials** **Required Reading:**

- Hungerford, C., Hodgson, D., Bostwick, R., Clancy, R., Murphy, G., de Jong, G., Ngune, I. (2018) *Mental Health Care: An Introduction for Health Professionals in Australia* (3rd edition), Milton (QLD), John Wiley & Sons, Australia.
- Kring, AM., Johnson, SL., Kyrios, M., Fassnacht, D., Lambros, A., Mihaljic, T., Teesson, M. (2018) *Abnormal Psychology*. Milton (QLD), John Wiley & Sons, Australia.

You will be set readings from the eBook each week to accompany your studies. You may also receive recommended readings from individual lecturers to supplement your learning

# SCHEDULE

Week	Week Begins	Lecture Topic	Learning Activity (Tutorials)	Assessment Due
1	26 Feb	Introduction to mental health and wellbeing with Tegan Bradley	Online for all	
2	4 Mar	Legal and ethics issues of mental health care: Assessment and diagnostic frameworks with Tegan Bradley	Face to Face + Online	
3	11 Mar	Culturally appropriate mental health care with Stacey McMullen	Face to Face + Online	Lab Portfolio Task I (10%) Due Sunday 17 <sup>th</sup> March 11:59pm
4	18 Mar	Trauma and Stressor-related disorders with Stacey McMullen	Face to Face + Online	Quiz 1 (10%) Due Sunday 24 <sup>th</sup> March, 11.59pm
5	25 Mar	Anxiety and Obsessive-compulsive disorders with Sonja Pohlman	Face to Face + Online	
6	1 Apr	Mood disorders with Oren Griffiths	Online for all	Lab Portfolio Task II (10%) Due Sunday 7 <sup>th</sup> April 11:59pm
7	8 Apr	Eating Disorders with Jayanthi Raman	Face to Face + Online	Quiz 2 (10%) Due Sunday 14 <sup>th</sup> April, 11.59pm
<b>Mid Term Break</b>				
<b>Mid Term Break</b>				
8	29 Apr	Substance-related and addictive disorders with Jenny Geddes	Face to Face + Online	Essay (30%) Due Sunday 5 <sup>th</sup> May, 11:59pm
9	6 May	Personality Disorders with Oren Griffiths	Face to Face + Online	
10	13 May	Schizophrenia spectrum and other psychotic disorders with Sean Halpin	Face to Face + Online	Lab Portfolio Task III (10%) Due Sunday 19 <sup>th</sup> May 11:59pm
11	20 May	Dementia with Sharon Savage	Face to Face + Online	
12	27 May	Ways to recovery and to build resilience with Myles Young	Face to Face + Online	
13	3 June			Quiz 3 (20%) Due Sunday 9 <sup>th</sup> June, 11.59pm
<b>Examination Period</b>				
<b>Examination Period</b>				

# ASSESSMENTS

This course has 3 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Essay	• Due Sunday 5/5	Individual	30%	2, 3
2	Lab Portfolio	• Task I, due Sunday 17/3 • Task II, due Sunday 7/4 • Task III, due Sunday 19/5	Individual	30%	1, 4, 5
3	Online Quiz	• Quiz 1 (10%) Opens Monday 18/3, due Sunday 24/3  • Quiz 2 (10%) Opens Monday 8/4, due Sunday 14/4  • Quiz 3 (20%) Opens Monday 3/6, due Sunday 9/6	Individual	40%	1, 2, 3

## Late Submissions

The mark for an assessment item submitted after the designated time on the due date, without an approved extension of time, will be reduced by 10% of the possible maximum mark for that assessment item for each day or part day that the assessment item is late. Note: this applies equally to week and weekend days.

## Assessment 1 - Essay

### Assessment Type Purpose

Essay  
The learning objective in this assignment is to train you to recognize the difference between cognitive and behavioural components of an illness, and how the theory about the aetiology influences the treatment strategies. In the lectures we emphasize that your explanation for why problems arise guides your intervention to treat it.

### Description Weighting

Essay - detailed description available on Canvas along with marking rubric.  
30%

### Length

1800 words  
Word limits include headings, sub-heading, in-text citations, quotes and referencing but does not include the list of references, appendices, and footnotes. The word limit will allow a tolerance of 10% and any work after the maximum word limit will not be included within the allocation of marks. In other words, the marker will STOP reading at 1980 words.

### Due Date Submission Method

Due Sunday 5<sup>th</sup> May  
Online  
Turnitin

### Assessment Criteria Return Method Feedback Provided

Marking rubric provided on Canvas.  
Online  
Online - 3 weeks post deadline or submission, whichever occurred later. Marks on key metrics as well as constructive comments will be available.

## Assessment 2 - Lab Portfolio

### Assessment Type Purpose

Portfolio  
The purpose of the lab portfolio is for you to demonstrate your understanding of the content in a reflective and experiential manner.

### Description

The lab portfolio consists of three short summative assessments relating to the lab content in a given week - detailed description available on Canvas along with marking rubric.

### Weighting Length

30%  
300 words each  
Word limits include headings, sub-heading, in-text citations, quotes and referencing but does not include the list of references, appendices, and footnotes. The word limit will allow a tolerance of 10% and any work after the maximum word limit will not be included within the

allocation of marks. In other words, the marker will STOP reading at 330 words.

<b>Due Date</b>	Task I, due Sunday 17/3 Task II, due Sunday 7/4 Task III, due Sunday 19/5
<b>Submission Method</b>	Online Turnitin
<b>Assessment Criteria</b>	Marking Rubric provided on Canvas
<b>Return Method</b>	Online
<b>Feedback Provided</b>	Online - 3 weeks post deadline or submission, whichever occurred later. Marks on key metrics as well as constructive comments will be available.

## Assessment 3 - Online Quiz

<b>Assessment Type</b>	Quiz
<b>Purpose</b>	The three quizzes are set to assess your understanding and learning of the content in the course. Quizzes will cover materials from lectures, labs and allocated readings.
<b>Description</b>	Quiz 1 will cover course content from weeks 1 to 3 (10%) Quiz 2 will cover course content from weeks 4 to 6 (10%) Quiz 3 will cover course content from weeks 7 to 12 (20%) All quiz will consist of multiple choice questions
<b>Weighting</b>	40%
<b>Due Date</b>	Quiz 1 opens Monday 18/3, due Sunday 24/3 Quiz 2 opens Monday 8/4, due Sunday 14/4 Quiz 3 opens Monday 3/6, due Sunday 9/6
<b>Submission Method</b>	Online
<b>Assessment Criteria</b>	Marks on key metrics
<b>Return Method</b>	Online
<b>Feedback Provided</b>	Online - Your score will be available on completion of the quiz.

## ADDITIONAL INFORMATION

### Grading Scheme

This course is graded as follows:

Range of Marks	Grade	Description
85-100	High Distinction (HD)	Outstanding standard indicating comprehensive knowledge and understanding of the relevant materials; demonstration of an outstanding level of academic achievement; mastery of skills*; and achievement of all assessment objectives.
75-84	Distinction (D)	Excellent standard indicating a very high level of knowledge and understanding of the relevant materials; demonstration of a very high level of academic ability; sound development of skills*; and achievement of all assessment objectives.
65-74	Credit (C)	Good standard indicating a high level of knowledge and understanding of the relevant materials; demonstration of a high level of academic achievement; reasonable development of skills*; and achievement of all learning outcomes.
50-64	Pass (P)	Satisfactory standard indicating an adequate knowledge and understanding of the relevant materials; demonstration of an adequate level of academic achievement; satisfactory development of skills*; and achievement of all learning outcomes.
0-49	Fail (FF)	Failure to satisfactorily achieve learning outcomes. If all compulsory course components are not completed the mark will be zero. A fail grade may also be awarded following disciplinary action.

\*Skills are those identified for the purposes of assessment task(s).

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<b>Communication Methods</b>	Communication methods used in this course include: Canvas Course Site: Students will receive communications via the posting of content or announcements on the Canvas course site.
<b>Course Evaluation</b>	Each year feedback is sought from students and other stakeholders about the courses offered in the University for the purposes of identifying areas of excellence and potential improvement. Based on feedback from students the marking rubrics have been clarified this year.
<b>Oral Interviews (Vivas)</b>	As part of the evaluation process of any assessment item in this course an oral examination (viva) may be conducted. The purpose of the oral examination is to verify the authorship of the material submitted in response to the assessment task. The oral examination will be conducted in accordance with the principles set out in the <a href="#">Oral Examination (viva) Procedure</a> . In cases where the oral examination reveals the assessment item may not be the student's own work the case will be dealt with under the <a href="#">Student Conduct Rule</a> .
<b>Academic Misconduct</b>	All students are required to meet the academic integrity standards of the University. These standards reinforce the importance of integrity and honesty in an academic environment. Academic Integrity policies apply to all students of the University in all modes of study and in all locations. For the Student Academic Integrity Policy, refer to <a href="https://policies.newcastle.edu.au/document/view-current.php?id=35">https://policies.newcastle.edu.au/document/view-current.php?id=35</a> .
<b>Adverse Circumstances</b>	The University acknowledges the right of students to seek consideration for the impact of allowable adverse circumstances that may affect their performance in assessment item(s). Applications for special consideration due to adverse circumstances will be made using the online Adverse Circumstances system where: <ol style="list-style-type: none"><li>1. the assessment item is a major assessment item; or</li><li>2. the assessment item is a minor assessment item, and the Course Co-ordinator has specified in the Course Outline that students may apply the online Adverse Circumstances system;</li><li>3. you are requesting a change of placement; or</li><li>4. the course has a compulsory attendance requirement.</li></ol> Before applying you must refer to the Adverse Circumstance Affecting Assessment Items Procedure available at: <a href="https://policies.newcastle.edu.au/document/view-current.php?id=236">https://policies.newcastle.edu.au/document/view-current.php?id=236</a>
<b>Reasonable Adjustment Plan (RAP)</b>	If you are registered with Accessibility and have been provided with a Reasonable Adjustment Plan (RAP), please ensure that you provide your Course Coordinator with a copy as soon you can or let your Course Coordinator know that you are still waiting for your RAP.
<b>Important Policy Information</b>	The Help button in the Canvas Navigation menu contains helpful information for using the Learning Management System. Students should familiarise themselves with the policies and procedures at <a href="https://www.newcastle.edu.au/current-students/no-room-for/policies-and-procedures">https://www.newcastle.edu.au/current-students/no-room-for/policies-and-procedures</a> that support a safe and respectful environment at the University.

*This course outline was approved by the Head of School. No alteration of this course outline is permitted without Head of School approval. If a change is approved, students will be notified, and an amended course outline will be provided in the same manner as the original.*

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