

PSYC6825: Introduction to Mental Health

Callaghan, Ourimbah and Online
Semester 1 - 2024



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.

Requisites

This course is only available to students enrolled in the Graduate Diploma in Psychological Science program [40223]

Contact Hours

**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 starting Week 1

Online Activity

Online
2 hour(s) per Week for 2 Weeks

**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 starting Week 1

Online Activity

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

**Online
Laboratory**

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

Lecture

COURSE OUTLINE

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
Tegan.Bradley@newcastle.edu.au

Teaching Staff Other teaching staff will be advised on the course Canvas site.

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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. Evaluate and analyse theories of mental health and well-being with a focus on determinants of mental health.
2. Evaluate and analyse mental health disorders with a focus on prevention, evaluation, diagnosis, and treatment of mental health disorders.
3. Evaluate and analyse 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., Mihaljcic, 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 th March 11:59pm
4	18 Mar	Trauma and Stressor-related disorders with Stacey McMullen	Face to Face + Online	Quiz 1 (10%) Due Sunday 24 th 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 th April 11:59pm
7	8 Apr	Eating Disorders with Jayanthi Raman	Face to Face + Online	Quiz 2 (10%) Due Sunday 21 st April, 11.59pm
Mid Term Break				
Mid Term Break				
8	29 Apr	Substance-related and addictive disorders with Jenny Geddes	Face to Face + Online	Essay (30%) Due Sunday 5 th 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 th 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 th June, 11.59pm
Examination Period				
Examination Period				
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	Face to Face + Online	

		frameworks with Tegan Bradley		
3	11 Mar	Culturally appropriate mental health care with Stacey McMullen	Face to Face + Online	Lab Portfolio Task I (10%) Due Sunday 17 th March 11:59pm
4	18 Mar	Trauma and Stressor-related disorders with Stacey McMullen	Face to Face + Online	Quiz 1 (10%) Due Sunday 24 th 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 th April 11:59pm
7	8 Apr	Eating Disorders with Jayanthi Raman	Face to Face + Online	Quiz 2 (10%) Due Sunday 14 th April, 11.59pm
Mid Term Break				
Mid Term Break				
8	29 Apr	Substance-related and addictive disorders with Jenny Geddes	Face to Face + Online	Essay (30%) Due Sunday 5 th 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 th 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 th June, 11.59pm
Examination Period				
Examination Period				

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	Essay
Purpose	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	Detailed description available on CANVAS along with marking rubric.
Weighting	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	Due Sunday 5 th May
Submission Method	Online Turnitin
Assessment Criteria	Marking rubric provided on Canvas.
Return Method	Online
Feedback Provided	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	Portfolio
Purpose	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 tutorial content in a given week - detailed description available on Canvas along with marking rubric.
Weighting	30%
Length	600 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 660 words.
Due Date	Task I, due Sunday 17/3 Task II, due Sunday 7/4 Task III, due Sunday 19/5
Submission Method	Online Turnitin
Assessment Criteria	Marking Rubric provided on Canvas
Return Method	Online
Feedback Provided	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

Assessment Type	Quiz
Purpose	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.
Description	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 quizzes will include a combination of multiple choice and short-answer questions.
Weighting	40%
Due Date	Quiz 1 opens Monday 18/3, due Sunday 24/3

Submission Method
Return Method
Feedback Provided

Quiz 2 opens Monday 8/4, due Sunday 14/4
Quiz 3 opens Monday 3/6, due Sunday 9/6
Online
Online
Online - Your score for multiple choice questions will be available on completion of the quiz. Short answer questions will be marked within 3 weeks post deadline or submission, whichever occurred later.

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).

Communication Methods

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.

If you wish to email course staff, please use the course specific email as available on Canvas.

Course Evaluation

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.

Oral Interviews (Vivas)

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 [Oral Examination \(viva\) Procedure](#). 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 [Student Conduct Rule](#).

Academic Misconduct

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 <https://policies.newcastle.edu.au/document/view-current.php?id=35>.

Adverse Circumstances

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:

1. the assessment item is a major assessment item; or
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.
3. you are requesting a change of placement; or
4. the course has a compulsory attendance requirement.

Before applying you must refer to the Adverse Circumstance Affecting Assessment Items Procedure available at:

<https://policies.newcastle.edu.au/document/view-current.php?id=236>

**Reasonable
Adjustment Plan (RAP)**

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.

**Important Policy
Information**

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

<https://www.newcastle.edu.au/current-students/no-room-for/policies-and-procedures> 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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