UCL SUMMER SCHOOL

MENTAL HEALTH AND THE MIND

Key Information

Module code: ISSU0046
Taught during: Session Two: Monday 22 July - Friday 9 August 2019
Module workload: 45 teaching hours plus approximately 100 study hours
Module leader: Professor Angela Hassiotis
Department: Division of Psychiatry
Credit: 15 UCL credits, 7.5 ECTS, 4 US
Level: Level 1, first year Undergraduate
Pre-requisites: Standard entry requirements
Assessment: Presentation (50%) and Multiple Choice Exam (50%)

Module Overview
Mental disorders, e.g. schizophrenia, dementia, depression, are common across all countries and constitute about 14% of the global burden of disease. Many people with a mental disorder - and the majority of those living in low income countries - still have no access to the treatments they need. This module will offer students from a range of backgrounds such as social sciences, medicine, psychology, an understanding of basic principles of how mental disorders present themselves, the impact on individuals and the possibilities for recovery and treatment advances. It will address general aspects of the aetiology and treatment of mental disorders, the setting within which such disorders are managed in the UK and globally and finally bring the students in touch with people with lived experience of a mental disorder in order to elucidate aspects of stigma and health and social inequalities. Most importantly, we hope that students will be inspired to further their interest in this field and go on to develop a career in mental health.

Week One:
- Introduction to mental health
- Concepts of mental illness and care settings
- Service user contact/other visits
- Assessment preparation

Week Two:
- Discussion of main categories of mental disorders (e.g. schizophrenia, depression, dementia)
- Treatment options
- Current research
- Workshop and service user contact

Please note that this module description is indicative and may be subject to change.
Week Three:
- Stigma and inequalities
- Mental health and the law
- Workshop
- Assessment

Module Aims
The aim of the module is to help students appreciate the connections between mental health and wellbeing and become more aware of the impact of mental disorders on the individual, his/her network and society. Contact with people with mental disorders throughout the three weeks is essential in creating a context for the issues facing the sufferers and of their hopes and aspirations. Discussions about treatments will ensure that students attain a current view of the varieties of ways in which sufferers can be helped to maintain independence and quality of life. Further, students may use this as a taster as to whether further career, either clinical or research, would be appealing.

Teaching Methods
The teaching will be a combination of lectures, workshops and interactive seminars in order to consolidate learning on the various topics to be addressed during the module. Students will also have access to online materials, face to face contact with people with experience of a mental disorder (e.g. schizophrenia), and where possible, visits that enhance their understanding of mental health care.

Learning Outcomes
Upon successful completion of this module, students will:
- Have gained an understanding of basic concepts about mental health
- Be able to list the main symptoms of several mental disorders
- Be aware of the treatment options available and of the philosophies of care
- Have learned how to communicate with a person with lived experience of mental illness
- Have gained skills in critical reflection as a way of improving service delivery and patient satisfaction

Assessment Methods
- 15 minute presentation (50%)
- 1 hour Multiple Choice Questions (50%)

Key Texts
Neurodevelopmental Psychiatry: an introduction for medical students

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