



BMSC11009 *Mental Health Literacy for Health Professionals*

Term 2 - 2020

Profile information current as at 24/02/2026 07:55 am

All details in this unit profile for BMSC11009 have been officially approved by CQU University and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

As a health care professional, you may encounter clients whose mental health challenges impact upon their daily lives. In this unit you will develop knowledge that will assist in your recognition of mental health disorders as a health care professional, and learn about the appropriate referral networks and therapeutic options that are available to deal with these issues. Your ability to communicate effectively with clients, with consideration and awareness of their different cultural backgrounds and beliefs, will be developed as part of this unit.

Details

Career Level: *Undergraduate*

Unit Level: *Level 1*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

There are no requisites for this unit.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 2 - 2020

- Online

Attendance Requirements

All on-campus students are expected to attend scheduled classes - in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

[Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

[Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Essay**

Weighting: 50%

2. **Online Quiz(zes)**

Weighting: 25%

3. **Presentation**

Weighting: 25%

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Unit Learning Outcomes

On successful completion of this unit, you will be able to:

1. Explain the mental health landscape in Australia
2. Recognise indications that a person might be experiencing mental health challenges from an inclusive and cross cultural perspective
3. Describe the therapeutic options available for people who may be experiencing different types of mental health conditions and/or challenges
4. Communicate effectively and considerately with clients of different cultural backgrounds and beliefs.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Essay - 50%	•	•	•	•
2 - Online Quiz(zes) - 25%		•		
3 - Presentation - 25%	•		•	

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
1 - Communication	•		•	•
2 - Problem Solving		•		
3 - Critical Thinking				
4 - Information Literacy		•		•
5 - Team Work	•			
6 - Information Technology Competence		•		
7 - Cross Cultural Competence	•	•	•	•
8 - Ethical practice			•	
9 - Social Innovation			•	•
10 - First Nations Knowledges				
11 - Aboriginal and Torres Strait Islander Cultures				

Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes										
	1	2	3	4	5	6	7	8	9	10	11
1 - Essay - 50%	•			•			•	•	•		

Assessment Tasks	Graduate Attributes										
	1	2	3	4	5	6	7	8	9	10	11
2 - Online Quiz(zes) - 25%		•		•		•	•				
3 - Presentation - 25%	•			•	•		•			•	

Textbooks and Resources

Textbooks

BMSC11009

Prescribed

Mental Health Care

Edition: 3 rd (2018)

Authors: Catherine Hungerford, Donna Hodgson, Richard Bostwick, Richard Clancy, Gillian Murphy, Gideon De Jong, Irene Ngune

John Wiley & Sons Australia

Australia

ISBN: 9780730363293

Binding: Paperback

BMSC11009

Prescribed

Mosby's Pocketbook of Mental Health

Edition: 3 rd (2018)

Authors: Muir-Cochrane, E, Barkway, P & Nizette, D

Mosby Elsevier

United States

ISBN: 978-0-7295-4285-2

Binding: Paperback

Additional Textbook Information

If you prefer to study with a paper copy, they can be purchased at the CQUni Bookshop here: <http://bookshop.cqu.edu.au> (search on the Unit code). eBooks can be purchased at the publisher's website.

[View textbooks at the CQUniversity Bookshop](#)

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 7th Edition \(APA 7th edition\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Martin Harris Unit Coordinator

m.harris@cqu.edu.au

Schedule

Week 1 - 13 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
1.1 Introduction and Expectations for the unit 1.2 Introduction to Mental Health 1.3 Prevalence of Mental Health Illness in Australia	Resources and Readings will be given via Reading List • Read Mosby's Pocketbook of Mental Health 3rd edition: • Chapter 1 Mental health: every health professional's business pp. 1-7 • Chapter 2 Working in a recovery framework pp. 8-18 • Chapter 3 Essentials for Mental Health Practice pp. 19- 28 • Read National Survey of Mental Health and Wellbeing • Online readings located in Moodle site.	

Week 2 - 20 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
2.1 Classification of Mental Health Disorders 2.2 WHO 10 Facts about Mental Health	Resources and Readings will be given via Reading List • Read Mosby's Pocketbook of Mental Health 3rd edition: • Chapter 4 Overview of Mental Health Problems pp. 29-47 • Online readings located in Moodle site.	

Week 3 - 27 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
3.1 Recognising a Problem 3.2 Introduction to Mental State Examination	Resources and Readings will be given via Reading List • Read Mosby's Pocketbook of Mental Health 3rd edition: • Chapter 5 Mental Health Assessment pp. 47- 60 • Online readings located in Moodle site.	

Week 4 - 03 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
4.1 Depressive Disorders 4.2 Anxiety Disorders	Resources and Readings will be given via Reading List • Read Mosby's Pocketbook of Mental Health 3rd edition: • Chapter 10 Culture and Mental Health pp.103- 111 • Online readings located in Moodle site.	

Week 5 - 10 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
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5.1 The Importance of Understanding Mental Health	Resources and Readings will be given via Reading List
5.2 The relationship between Mental and Physical Health	<ul style="list-style-type: none"> • Read Mosby's Pocketbook of Mental Health 3rd edition: • Chapter 11: Co-occurring Mental Health Problems pp. 113- 119
5.3 Alcohol and Substance Use Disorders	<ul style="list-style-type: none"> • Read Hungerford et al Mental Health Care 3rd edition: • Chapter 10: Substance Use Disorders pp. 377- 425 • Online readings located in Moodle site.

Vacation Week - 17 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Vacation		

Week 6 - 24 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
6.1 Autistic Spectrum	Resources and Readings will be given via Reading List	
6.2 ADHD	<ul style="list-style-type: none"> • Read Mosby's Pocketbook of Mental Health 3rd edition: • Chapter 14 Settings for Mental Health Care pp. 138- 146 	
6.3 Young People and Mental Health Assessment	<ul style="list-style-type: none"> • appendix 2 Who Does What in Mental Health pp 149- 151 • Read Hungerford et al Mental Health Care 3rd edition: • Chapter 2: Assessment in a Mental Health Context pp. 73- 80 • Online readings located in Moodle site. 	

Week 7 - 31 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
7.1 Violence in Relationships	Resources and Readings will be given via Reading List	
7.2 Common Reactions to Stressful Situations	<ul style="list-style-type: none"> • Read Hungerford et al Mental Health Care 3rd edition: • Chapter 5 Common reactions to Stressful Situations pp 173- 206 • Online readings located in Moodle site. 	written assessment Due: Week 7 Friday (4 Sept 2020) 5:00 pm AEST

Week 8 - 07 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
8.1 Suicide and Intentional Self Harm Parasuicide	Resources and Readings will be given via Reading List	
8.2 Indigenous Lived Experience of Grief and Loss	<ul style="list-style-type: none"> • Read Mosby's Pocketbook of Mental Health 3rd edition: • Chapter 12: Loss and Grief pp. 120- 129 • Read Hungerford et al Mental Health Care 3rd edition: • Chapter 8 Caring for a person who has self-harmed pp. 295- 330 • Online readings located in Moodle site. 	

Week 9 - 14 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic

9.1 A Brief Overview of Other Disorders

Resources and Readings will be given via Reading List

- Read Mosby's Pocketbook of Mental Health 3rd edition:
- Chapter 4 An Overview of Mental Health Problems pp.29-46
- Online readings located in Moodle site.

Week 10 - 21 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
10.1 Dementia	Resources and Readings will be given via Reading List <ul style="list-style-type: none"> • Read Hungerford et al Mental Health Care 3rd edition: • Chapter 11 Caring for an older person with a mental illness pp. 442-446 • Online readings located in Moodle site. 	Group Poster and Video Presentation Due: Week 10 Wednesday (23 Sept 2020) 5:00 pm AEST

Week 11 - 28 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
11.1 Eating Disorders	Resources and Readings will be given via Reading List <ul style="list-style-type: none"> • Read Mosby's Pocketbook of Mental Health 3rd edition: • Chapter 4 An Overview of Mental Health Problems pp.37-38 • Read Hungerford et al Mental Health Care 3rd edition: • Chapter 8 Eating Disorders pp.303-308 • Online readings located in Moodle site. 	

Week 12 - 05 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
12.1 Caring for a person with Serious Mental Illness	<ul style="list-style-type: none"> • Online readings located in Moodle site. • Read Hungerford et al Mental Health Care 3rd edition: • Chapter 9: Caring for a person with Serious Mental Illness pp.339- 372 	Online Test Due: Week 12 Thursday (8 Oct 2020) 5:00 pm AEST

Review/Exam Week - 12 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
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Exam Week - 19 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
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Assessment Tasks

1 written assessment

Assessment Type

Essay

Task Description

Task Description

Write an essay of 1000+/-10% words using APA referencing style that addresses the following points:

- a) Discuss the effects due to Covid -19 on the mental health of Australians and focus on a demographic of your choosing.

- e.g primary school children, the elderly, indigenous community
b) Describe practical psychological skills to help cope with anxiety and worry about infectious diseases.
c) Include no less than (6) six reference sources in your discussion.

Assessment Due Date

Week 7 Friday (4 Sept 2020) 5:00 pm AEST

Return Date to Students

Week 9 Friday (18 Sept 2020)

All efforts will be made to return these assessments within 10 days of their due date.

Weighting

50%

Minimum mark or grade

50%

Assessment Criteria

You will be assessed on your essay writing skills to logically organise and present ideas and arguments with clarity of expression, correct grammar and spelling. You will demonstrate an understanding of topics and unit material relevant to the assessment task. You will use the APA style of referencing for in-text as well as your scholarly list that is correctly formatted. A detailed rubric and guidance information will be available on Moodle.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

upload via Turnitin in Moodle

Learning Outcomes Assessed

- Explain the mental health landscape in Australia
- Recognise indications that a person might be experiencing mental health challenges from an inclusive and cross cultural perspective
- Describe the therapeutic options available for people who may be experiencing different types of mental health conditions and/or challenges
- Communicate effectively and considerately with clients of different cultural backgrounds and beliefs.

Graduate Attributes

- Communication
- Information Literacy
- Cross Cultural Competence
- Ethical practice
- Social Innovation

2 Online Test

Assessment Type

Online Quiz(zes)

Task Description

The task associated with this assessment item is to complete the online quizzes during the term on the unit's Moodle website. These quizzes will be available in Weeks 6 and 12 and each quiz will test the student's knowledge of unit material for the previous six weeks.

Each quiz will consist of twenty (20) questions that are randomly selected from a question bank. Each quiz will be worth 12.5% of the total grade for the unit and the complete assessment of two quizzes will be worth 25% of the total grade. Formative feedback will be given to students after each quiz to enhance their mental health literacy.

Points to note:

- Students will be allowed two attempts at each quiz.
- There will be a time limit on quizzes.
- The attempt with the highest grade will be accepted for assessment.
- Students are encouraged to refer to the unit materials in order to obtain as many correct answers as possible.

- If students have technical problems with the quiz, they should contact the unit coordinator or TASAC as soon as possible.
- Refer to your Moodle site for further details.

Number of Quizzes

2

Frequency of Quizzes

Other

Assessment Due Date

Week 12 Thursday (8 Oct 2020) 5:00 pm AEST

Return Date to Students

Exam Week Thursday (22 Oct 2020)

All efforts will be made to return these assessments within 10 days of their due date.

Weighting

25%

Minimum mark or grade

50%

Assessment Criteria

You will be required to complete a series of online quizzes across the term, that will assist you with improving your mental health literacy. You will demonstrate through answering the online quiz questions an ability to recognise indications, that a person might be experiencing mental health challenges from an inclusive and cross cultural perspective.

You are marked according to the number of correct responses for each quiz.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

Online

Learning Outcomes Assessed

- Recognise indications that a person might be experiencing mental health challenges from an inclusive and cross cultural perspective

Graduate Attributes

- Problem Solving
- Information Literacy
- Information Technology Competence
- Cross Cultural Competence

3 Group Poster and Video Presentation

Assessment Type

Presentation

Task Description

Students are required to work in small team environments to develop a group poster presentation at the end of the term on a mental health condition of their choosing. The groups will be of no more than four (4) students per group and created in the spirit of learning to work together and manage technology.

The poster will be ISO A1 size (84.1 cm height x 59.4 cm width) and will be created using Microsoft Powerpoint 2010 and referenced using APA referencing format.

The poster will include the aetiology, epidemiology and the diagnostic criteria for classification for the condition according to DSM-V. This should include supporting research on the chosen condition including diagnosis, clinical presentation and how the condition is treated (e.g. medication). The poster will also include a prognosis and recovery for someone with the condition. The poster will also help develop a better understanding of ways in which health care professionals are best able to serve the community. The final product will be explained in a short video of 6-10 minutes in duration which will be uploaded to Moodle.

The final product will be in the form of a YouTube video lasting 6-10 minutes which will be uploaded to Moodle via

Turnitin through a URL link, The video will showcase the group poster presentation and may be broadcast to the cohort via video conferencing at the end of the term. A detailed rubric and guidance information is available in Moodle. The presentation will include a summary of findings that represents the students research, poster content that is well presented, logical and visually appealing to the audience. The poster will include 10 scholarly sources that adhere to the APA referencing format. Finally the poster will demonstrate a solid knowledge of the chosen mental health condition and ways in which health care professionals are best able to serve the community from this knowledge.

Assessment Due Date

Week 10 Wednesday (23 Sept 2020) 5:00 pm AEST

Return Date to Students

Week 12 Friday (9 Oct 2020)

All efforts will be made to return these assessments within 10 days of their due date.

Weighting

25%

Minimum mark or grade

50%

Assessment Criteria

You will require good communication skills in producing group presentations as communication skills are vital for precise transmission of accurate knowledge and information, both for students and practitioners.

You will be required to search for relevant online literature to both determine your topic and establish your findings.

You are required to work in small team environments to develop a group presentation at the end of the term on a mental health condition of your choosing.

The group presentation requires you to demonstrate ways in which health care professionals are best able to serve the community through a better understanding of the groups chosen conditions.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

upload via Turnitin in Moodle

Learning Outcomes Assessed

- Explain the mental health landscape in Australia
- Describe the therapeutic options available for people who may be experiencing different types of mental health conditions and/or challenges

Graduate Attributes

- Communication
- Information Literacy
- Team Work
- Cross Cultural Competence
- Social Innovation

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?



Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem