



# BMSC11009 *Mental Health Literacy for Health Professionals*

## Term 2 - 2021

Profile information current as at 20/04/2024 11:49 am

All details in this unit profile for BMSC11009 have been officially approved by CQUUniversity 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 - 2021

- 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: 40%

2. **Online Quiz(zes)**

Weighting: 30%

3. **Presentation**

Weighting: 30%

### 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](#).

## Previous Student Feedback

### Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

#### Feedback from Have your Say and verbal feedback

##### **Feedback**

Students requested that the Unit Coordinator use the News forum for announcements rather than Q and A forum posts where it was difficult to stay up to date with unit requirements.

##### **Recommendation**

It is recommended that the Unit Coordinator will ensure all announcements are made through the News forum in Moodle

#### Feedback from Have your Say and verbal feedback

##### **Feedback**

The students appreciated the weekly study guide questions and tasks to assist them with keeping on track.

##### **Recommendation**

It is recommended that the unit coordinator continues to offer weekly self-paced practice material for students to assist them with comprehension of content and assessment preparation.

#### Feedback from Have your Say and verbal feedback

##### **Feedback**

Students appreciated the content topics that were relevant and important for future professional practice

##### **Recommendation**

It is recommended that the unit coordinator continue to provide content and topics that are relevant and important for future professional practice.

#### Feedback from Have your Say and verbal feedback

##### **Feedback**

Students provided mixed opinions on the volume of content in this unit. Most were happy with the volume and some felt the volume was onerous.

##### **Recommendation**

It is recommended that a internal and external audit of the volume and topics should be considered.

## 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

■ N/A Level   ■ Introductory Level   ■ Intermediate Level   ■ Graduate Level   ■ Professional Level   ■ Advanced Level

### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Essay - 40%	•	•	•	
2 - Online Quiz(zes) - 30%		•		
3 - Presentation - 30%	•		•	•

### 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 - 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
1 - Essay - 40%	•			•			•	•	•	
2 - Online Quiz(zes) - 30%		•		•		•	•			
3 - Presentation - 30%	•			•	•		•		•	

## Textbooks and Resources

### Textbooks

BMSC11009

#### Prescribed

##### **Mental Health Care**

Edition: 4th (2020)

Authors: Catherine Hungerford, Donna Hodgson, Richard Clancy, Gillian Murphy, Auntie Kerrie Doyle

John Wiley & Sons Australia

Australia

ISBN: 9780730382928

Binding: Paperback

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#### 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

The prescribed texts will be made available through BMSC11009 Reading List. Paper and eBook copies can be purchased at the CQUni Bookshop here: <http://bookshop.cqu.edu.au> (search on the Unit code)

[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](mailto:m.harris@cqu.edu.au)

## Schedule

### Week 1 - 12 Jul 2021

Module/Topic	Chapter	Events and Submissions/Topic
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- 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
  - Online readings located in Moodle site in Reading List

### Week 2 - 19 Jul 2021

Module/Topic	Chapter	Events and Submissions/Topic
2.1 Classification of Mental Health Disorders 2.2 WHO 10 Facts about Mental Health 2.3 Professional Communication	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 in Reading List	

### Week 3 - 26 Jul 2021

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 in Reading List	

### Week 4 - 02 Aug 2021

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 in Reading List	Online Quiz 1: Opens 9:00am Monday 2nd August and Closes 5:00 pm Sunday 8th August 2021

### Week 5 - 09 Aug 2021

Module/Topic	Chapter	Events and Submissions/Topic
5.1 The Importance of Understanding Mental Health 5.2 The relationship between Mental and Physical Health 5.3 Alcohol and Substance Use Disorders 5.4 Mental Health Nurse Practitioner Interview	Resources and Readings will be given via Reading List • Read Mosby's Pocketbook of Mental Health 3rd edition: • Chapter 11: Co-occurring Mental Health Problems pp. 113- 119 • Read Hungerford et al Mental Health Care 4th edition: • Chapter 10: Substance Use Disorders pp. 362- 410 • Online readings located in Moodle site in Reading List	

### Vacation Week - 16 Aug 2021

Module/Topic	Chapter	Events and Submissions/Topic
Vacation		

**Week 6 - 23 Aug 2021**

Module/Topic	Chapter	Events and Submissions/Topic
6.1 Autistic Spectrum 6.2 ADHD 6.3 Mental Health Practitioner Interviews	Resources and Readings will be given via Reading List <ul style="list-style-type: none"> <li>• Read Mosby's Pocketbook of Mental Health 3rd edition: <ul style="list-style-type: none"> <li>• Chapter 14 Settings for Mental Health Care pp. 138- 146</li> <li>• appendix 2 Who Does What in Mental Health pp 149- 151</li> </ul> </li> <li>• Read Hungerford et al Mental Health Care 4th edition: <ul style="list-style-type: none"> <li>• Chapter 2: Assessment in a Mental Health Context pp. 44- 77</li> </ul> </li> <li>• Online readings located in Moodle site in Reading List</li> </ul>	

**Week 7 - 30 Aug 2021**

Module/Topic	Chapter	Events and Submissions/Topic
7.1 Violence in Relationships 7.2 Common Reactions to Stressful Situations 7.3 Case Studies	Resources and Readings will be given via Reading List <ul style="list-style-type: none"> <li>• Read Hungerford et al Mental Health Care 4th edition: <ul style="list-style-type: none"> <li>• Chapter 5 Common reactions to Stressful Situations pp 167- 201</li> </ul> </li> <li>• Online readings located in Moodle site in Reading List</li> </ul>	<b>Essay</b> Due: Week 7 Friday (3 Sept 2021) 11:00 pm AEST

**Week 8 - 06 Sep 2021**

Module/Topic	Chapter	Events and Submissions/Topic
8.1 Suicide and Intentional Self Harm Parasuicide 8.2 Caring for a Person who has Self Harmed	Resources and Readings will be given via Reading List <ul style="list-style-type: none"> <li>• Read Mosby's Pocketbook of Mental Health 3rd edition: <ul style="list-style-type: none"> <li>• Chapter 12: Loss and Grief pp. 120- 129</li> </ul> </li> <li>• Read Hungerford et al Mental Health Care 4th edition: <ul style="list-style-type: none"> <li>• Chapter 8 Caring for a person who has self-harmed pp. 285- 323</li> </ul> </li> <li>• Online readings located in Moodle site in Reading List</li> </ul>	Online Quiz 2: Opens 9:00 am Monday 6th September and Closes 5:00 pm Sunday 12th September 2021

**Week 9 - 13 Sep 2021**

Module/Topic	Chapter	Events and Submissions/Topic
9.1 A Brief Snapshot of Other Important Disorders 9.2 Indigenous Lived Experience of Grief and Loss	Resources and Readings will be given via Reading List <ul style="list-style-type: none"> <li>• Read Mosby's Pocketbook of Mental Health 3rd edition: <ul style="list-style-type: none"> <li>• Chapter 4 An Overview of Mental Health Problems pp.29-46</li> </ul> </li> <li>• Online readings located in Moodle site in Reading List</li> </ul>	

**Week 10 - 20 Sep 2021**

Module/Topic	Chapter	Events and Submissions/Topic
10.1 Dementia 10.2 Caring for an Older Person with a Mental Illness	Resources and Readings will be given via Reading List <ul style="list-style-type: none"> <li>• Read Hungerford et al Mental Health Care 4th edition: <ul style="list-style-type: none"> <li>• Chapter 11 Caring for an older person with a mental illness pp. 413- 439</li> </ul> </li> <li>• Online readings located in Moodle site in Reading List</li> </ul>	<b>Presentation</b> Due: Week 10 Wednesday (22 Sept 2021) 5:00 pm AEST

## Week 11 - 27 Sep 2021

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"><li>• Read Hungerford et al Mental Health Care 4th edition:</li><li>• Chapter 8: Eating Disorders pp. 293-298</li><li>• Online readings located in Moodle site in Reading List</li></ul>	

## Week 12 - 04 Oct 2021

Module/Topic	Chapter	Events and Submissions/Topic
12.1 Caring for a Person with a Serious Mental Illness	Resources and Readings will be given via Reading List <ul style="list-style-type: none"><li>• Read Hungerford et al Mental Health Care 4th edition:</li><li>• Chapter 9: Caring for a person with a Serious Mental Illness pages 329-359</li><li>• Online readings located in Moodle site in Reading List</li></ul>	Online Quiz 3: Open Monday 9:00 am 4th October and Closes 5:00 pm Sunday 10th October 2021  <b>On-Line Quizzes</b> Due: Week 12 Friday (8 Oct 2021) 5:00 pm AEST

## Assessment Tasks

### 1 Essay

#### Assessment Type

Essay

#### Task Description

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

- Discuss the effects due to CoVid -19 on the mental health of Australians. How has the mental health landscape in Australia been altered by this global pandemic and what does it mean to our mental health now and into the future? Choose a demographic within society to comment on. e.g primary school children, pregnant woman, the indigenous community or the elderly, or university students to name a few.
- Describe no less than (8) eight practical psychological skills to help cope with anxiety and worry about infectious diseases.
- Include no less than (10) ten reference sources in your discussion.
- Accurately within the text and referencing list adheres to protocols of APA 7th Edition referencing format

#### Assessment Due Date

Week 7 Friday (3 Sept 2021) 11:00 pm AEST

upload via Turnitin in Moodle

#### Return Date to Students

Week 9 Friday (17 Sept 2021)

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

#### Weighting

40%

#### Minimum mark or grade

50%

#### Assessment Criteria

You will be assessed on your essay writing skills to logically organize 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 7th Edition 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

**Graduate Attributes**

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

## 2 On-Line Quizzes

**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 4, 8 and 12 and each quiz will test the student's knowledge of unit material for the previous weeks.

Each quiz will consist of twenty (20) questions that are randomly selected from a question bank. Each quiz will be worth 10% of the total grade for the unit and the complete assessment of three (3) quizzes will be worth 30% of the total grade. Feedback will be given to students after each quiz to enhance their mental health literacy.

Points to note:

Students will be allowed (1) one attempt at each quiz.

There will be a time limit on quizzes.

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**

3

**Frequency of Quizzes**

Other

**Assessment Due Date**

Week 12 Friday (8 Oct 2021) 5:00 pm AEST

**Return Date to Students**

Exam Week Friday (22 Oct 2021)

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

**Weighting**

30%

**Minimum mark or grade**

50%

**Assessment Criteria**

You will be required to complete a series of open book 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 recognize 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 Presentation

**Assessment Type**

Presentation

**Task Description**

**You are required to work in small teams to develop a PowerPoint presentation for the end of term on a mental health condition.**

**Once groups have been formed and conditions have been allocated, each group will research their chosen mental health condition.**

**You will produce a (10- 15) minute YouTube video in a PowerPoint presentation made up of a collection of slides that each members of the team has contributed.**

**Each mental health condition will include the following:**

- Aetiology
- Epidemiology

**Diagnostic criteria according to DSM-V. This should include supporting research on chosen condition including.**

- Clinical presentation
- Treatment (e.g. therapies and medications)
- Management of the condition to help develop a better understanding in which health care professionals are best able to serve the community.
- Any cultural accommodations to be aware of with the condition.

**Each member of the group will upload their own work to TurnItIn via a submission of the marking rubric.**

**You will upload.**

1. References using APA 7th Edition referencing format
1. 10- 15 minute video- Video in which all members of the group contribute and participate in, by speaking to the two (2) slides that they have submitted to the presentation.
1. A copy of the two (2) slides that have been created by you, that will be used for marking of each group members

contribution to the presentation.

1. 300 word reflection on what they have learnt as a result of the presentation and how much they have contributed to the group.

The marking for this task will consist of the following criteria:

1. An individual mark based on the two (2) slides that you have produced for the presentation (20 marks) and your reflection( 10 marks)
1. A team mark based on the overall presentation of the mental health condition showcased (70 marks)

Items

Individual Work: 30 marks

Group Work : 70 marks

Total: 100 marks

A detailed rubric and guidance information is available in Moodle.

The presentation will include a summary of findings that represents your research, content that will be presented, logical and visually appealing to the audience. It will include no less than several (7) scholarly sources that adhere to the APA 7 Edition referencing format. The presentation will demonstrate a solid knowledge of the chosen mental health condition and ways in which the health care professionals are best able to serve the community from this knowledge.

### Assessment Due Date

Week 10 Wednesday (22 Sept 2021) 5:00 pm AEST

### Return Date to Students

Week 12 Friday (8 Oct 2021)

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

### Weighting

30%

### 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.

You be required to create (2) two slides that will be used in the group presentation on the mental health condition your group is researching. You will receive an individual mark based on your contribution according to the detailed rubric in Moodle. Slide content, slide appearance, referencing adhering to the APA referencing format will be assessed.

You are also required to write a 300 word personal reflection on your experience of working in the group.

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.

You will receive a group mark based on video/multimedia presentation, the delivery of the presentation, the quality of detail of the condition researched, referencing and literature review conducted.

### 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
- Communicate effectively and considerately with clients of different cultural backgrounds and beliefs.

### **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