Future Learn

Certificate of Achievement

Stephane Charbon

has completed the following course:

DEFINING MENTAL HEALTH: A SHORT INTRODUCTION
COVENTRY UNIVERSITY

This online course provided an introduction to how we define 'normal' mental health and what good mental health looks like.

2 weeks, 3 hours per week

Lucy Anacleto
Course Tutor on Access to HE Social Sciences
Coventry University

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has completed the following course:

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This online course provided an introduction to how we define 'normal' mental health and what good mental health looks like. You have covered topics that include what is abnormality? Myths about mental illness, cultural relativism and an overview of the diagnostic statistical manual

STUDY REQUIREMENT
2 weeks, 3 hours per week

LEARNING OUTCOMES
- Explain the difficulties in defining abnormality and normality
- Identify the difference in abnormality and normality
- Explain the four concepts of abnormality
- Identify cultural variation in defining mental illness

SYLLABUS
You will explore the key areas below through case studies, multi-media, collaborative and active learning:

- What is abnormality?
- What is a norm?
- Myth and ideas of mental illness
- Definitions of the concepts of abnormality
- Cultural relativism
- DSM 5 – Diagnostic Statistical Manual – an overview