



UNIVERSITY
of
TECHNOLOGY,
MAURITIUS

School of Health Sciences

MSc Mental Health

PROGRAMME DOCUMENT

MMH v1.0
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University of Technology, Mauritius

School of Health Sciences

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MSc Mental Health

A. PROGRAMME INFORMATION

It is common for both adults and children to experience some form of mental health problem during their lifetime. Anxiety, depression, mood disorders or severe psychiatric problems affect not only families and friends, but also results in diminished quality of life, reduced productiveness in the workplace or school and has a severe consequence on that person's personality, thought processes and social interactions. Mental health is becoming an increasingly important aspect of health provisions in health systems around the world given its inclusion as one of the 17 sustainable development goals (SDGs) adopted by the United Nations. Therefore, it is important to have an awareness of the various mental illnesses and the ways in which these conditions can be stabilized; and how to promote mental well-being and prevent discrimination.

This MSc degree integrates several perspectives of psychological, biomedical, legislative and social cues related to mental health. It is comprised of several taught modules that focus on key up-to-date specialist areas of psychiatry and mental healthcare practice, such as: Cognitive Neuropsychology, Psychopharmacology & Psychotherapy; Psychological & Alternative Therapies in Mental Health, and Society & Mental Health. It will also review a range of personality disorders, phobias and neurotic behaviors, together with their associated signs and symptoms. The personal and occupational impact of burnout, depression and work-related stress will also be investigated. In the final year of study, students will be required to carry out a field- or lab-based research project in a relevant area of mental health. Since no more than 6 modules are taught per year, this degree is flexible for those in full time employment.

This degree will appeal to a broad category of professionals inclusive of educators, healthcare assistants, social health workers, medical doctors or nurses and even corporate-oriented segments such as human resources whereby understanding and identification of mental health irregularities has become an important tool in their professional environment. It can also provide an opportunity to a promotion within their domain of expertise.

B. PROGRAMME AIMS

This programme aims to:

- create awareness of contemporary, evidence-based and emerging practices in the field of psychiatry and mental health practice in order to obtain a practical understanding of methodologies that can be applied in the professional workplace
- provide the opportunity for students to adopt a person-centered approach based on the identification of signs, symptoms and behavioral status of patients affected by mental health problems
- train students to be able to identify and justify therapeutic and drug interventions; diagnose, treat and prevent mental, emotional and behavioral disorders
- enable students to critically analyze and evaluate contemporary, evidence-based and emerging practices in the field of psychiatry and mental health practice
- encourage independent learning and improve cognitive skills such as scientific and creative thinking, critical analysis and logic problem-solving

C. PROGRAMME OBJECTIVES

Upon completion of this programme, the student shall have:

- knowledge of the origins, history, trends, legal frameworks, policies and guidelines of the mental healthcare services on a global scale, including Mauritius
- an understanding of prevalence, diagnosis and drivers of mental health problems, with a focus on the effects of acute and chronic illness, psychological therapies, the recovery process and relapse prevention
- the ability to work responsibly in partnership with a multidisciplinary team and provide insightful guidance on professional issues to improve practice
- the aptitude to communicate effectively, competently and confidently with patients, caregivers, families and professional colleagues
- acquired the necessary skills to write and critically evaluate case reports pertaining to contemporary, evidence-based and emerging practices in the field of psychiatry and mental health practice; and conduct an appraisal of medical and scientific literature related to this domain

Part I - REGULATIONS

D. GENERAL ENTRY REQUIREMENTS

As per UTM 'Admissions Regulations', and 'Admission to Programmes of Study at Masters and Postgraduate Diploma level'.

Either

A bachelor's degree from a recognized university or any other recognized institution of higher education

Or

Exceptionally candidates holding a Diploma from an approved institution with atleast 3 years of relevant professional work experience acquired within the last 5 years, may be admitted.

E. PROGRAMME MODE AND DURATION

Minimum duration of Part Time Course: 2 Years (4 semesters).

Maximum duration of Part Time Course: 4 years (8 semesters).

Each academic year consists of 2 semesters.

F. TEACHING AND LEARNING STRATEGIES

This programme will consist of a wide variety of teaching methods, including lectures, individual or group projects, presentations, workshops, seminars and case studies. Self-learning is a key feature of the programme, enabling students to explore, investigate and research in various issues related to mental health.

G. STUDENT SUPPORT AND GUIDANCE

In addition to traditional lectures, individual or group tutorial sessions are arranged for students.

H. ATTENDANCE REQUIREMENTS

As per UTM Regulations.

I. CREDIT SYSTEM

1 credit = 15 contact hours

J. STUDENT PROGRESS AND ASSESSMENT

For the award of the Master's degree, all modules must be passed in the examinations, coursework and other forms of assessment. All modules will have equal weighting. The module: *Health Research Methods, Epidemiology & Biostatistics* will be assessed 100% by coursework.

Written examinations will be of a maximum of 3 hours' duration. Continuous assessment will carry a minimum of 30% and a maximum of 50% of the total marks and will be based on seminars, case studies, class tests and other forms assignments. The module *Society & Mental Health* will include a community project (accounting for 60hrs) which will consist of visits to community centres or institutions related to the field of mental health. This project will help to assess the current situation of the mental health landscape in Mauritius and provide excellent grounds for recommendations spanning several dimensions which may include family-oriented rehabilitation strategies, educational programmes for antipsychotic drugs & patients' follow-up plans among others. The project will be assessed 100% by coursework with the submission of a project report tailored according to the UTM's portfolio guidelines.

EXIT POINTS

MSc	45 credits
Postgraduate Diploma	30 credits
Postgraduate Certificate	18 credits

K. EVALUATION OF PERFORMANCE

Grading

Grade	Marks x (%)
A	$70 \leq x \leq 100$
B	$60 \leq x < 70$
C	$50 \leq x < 60$
D	$40 \leq x < 50$
F	$x < 40$
A-D	Pass
F	Fail

L. AWARD CLASSIFICATION

CPA \geq 70	Masters Degree with Distinction
$60 \leq$ CPA $<$ 70	Masters Degree with Merit
$40 \leq$ CPA $<$ 60	Masters Degree
CPA $<$ 40	No Award

M. PROGRAMME DEVELOPMENT COMMITTEE:

Dr Sharmila P. Seetulsingh-Goorah (directorgeneral@umail.utm.ac.mu)
Dr. Nardawoo Jaypaul (njaypaul@umail.utm.ac.mu)
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Dr. MeeraJhoti Somanah-Bhugowandeen (mjbhugowandeen@umail.utm.ac.mu)

Programme vetted by Mrs Sanjana Gobin Rambhojun (Clinical Psychologist) & Dr. Nirmala Loung-Poorunder (lecturer, DBML, SBMF, UTM).

Part II - PROGRAMME STRUCTURE

N. MSc Mental Health

PROGRAMME STRUCTURE AND PLAN- (PART-TIME)

Semester 1		YEAR 1				Semester 2	
Code	Modules	Hrs/Wk L+T+DS	Credits	Code	Modules	Hrs/Wk L+T+DS	Credits
MNHT 5601E	Mental Healthcare Practice	2 + 1 + 0	3	MNHT 5201E	Mental Health in Different Age Groups (Adolescent & Elderly)	2 + 1 + 0	3
PSYC 5107E	Cognitive Neuropsychology	2 + 1 + 0	3	PSYC 5108E	Psychopharmacology & Psychotherapy	2 + 1 + 0	3
MNHT 5101E	Mental Health Disorders	2 + 1 + 0	3	RMTH 5101E	Health Research Methods, Epidemiology & Biostatistics	2 + 1 + 0	3
Semester 1		YEAR 2				Semester 2	
Code	Modules	Hrs/Wk L+T+DS	Credits	Code	Modules	Hrs/Wk L+T+DS	Credits
TRPY 5109E	Psychological & Alternative Therapies in Mental Health	2 + 1 + 0	3	MNHT 5602E	Drug Safety & Management of Mental Health Disorders	2 + 1 + 0	3
MNHT 5501E	Society & Mental Health (Community project)	1.5 + 0 + 1.5	3	DRUG 5101E	Substance Abuse & Mental Health (alcohol, tobacco, drugs)	2 + 1 + 0	3
MNHT 5401E	Mental Healthcare System and Legislation	2 + 1 + 0	3	CNLG 5401E	Counselling & Rehabilitation	2 + 1 + 0	3
DISS 5000	Dissertation					-	9

O: MODULE OUTLINE

Year 1, Semester 1

- **MNHT 5601E- Mental Healthcare Practice**

Theoretical frameworks for assessment of irregular behaviors, triggers of abnormal behaviors, social impact of mental disabilities, role of patient's environment, psychopathology, diagnosis and treatment procedures for mental disorders, defining and characterizing normal/regular and abnormal behaviors, current issues in health practices, advances in treatment, mental healthcare delivery, health psychology with special emphasis on supporting patients with chronic diseases, assessment tools, conventional use of the diagnostic and statistical manual of mental disorders (DSM)

- **PSYC 5107E- Cognitive Neuropsychology**

Acquisition, sorting and processing mechanisms of the brain, nervous system and anatomy of the brain, brain regions involved in decision-making, problem-solving, linguistic attributes, emotional and physical disorders, molecular mechanisms related to behavioral traits and thinking processes, mode of action and use of neurotransmitters in mediating behavior, behavioral genetics, evolutionary psychology, current trends in neuroscience research

- **MNHT 5101E- Mental Health Disorders**

Characterization and symptoms of mental disorders (Autism, schizophrenia, SAD, PTSD, ADHD, anxiety disorders, bi-polar disorders, personality disorders etc.), substance abuse disorder, eating disorders, somatoform disorders, assessment of atypical mental behaviors leading to criminal offenses, Defining forensic mental health, neuro-mechanisms of abnormal mental disorders related to criminal offenses

Year 1, Semester 2

- **MNHT 5201E- Mental Health in Different Age Groups (Adolescent & Elderly)**

Defining and characterizing ageing, psychological and physical effects of aging, thanatophobia, dementia, Alzheimer's disease, delirium, depression, delusional traits, practical approaches towards geriatric psychotherapy in the primary care setting, senior centers, residential setting, libraries and other community sites, strategies to decrease vulnerability of suicide rates amongst the elderly, multidisciplinary therapeutic tools (including play, speech and observation) of psychological disorders, termination of treatment, transference, counter-transference and role of the child's environment, youth and sexuality, mental issues and disorders during adolescent/pubertal phases, predispositions, triggers and complications, differential diagnosis and evaluation of treatment options, assessment tools (e.g. Kutcher adolescent depression scale), strategies to decrease vulnerability of suicide rates and substance abuse amongst adolescents, case studies

- **PSYC 5108E- Psychopharmacology & Psychotherapy**

Use of commercial psychopharmacological drugs, neurobiological action, molecular mechanism of action (receptor-mediated activity, signalling mechanisms, neuronal signal transmission), evaluation and justification of drugs for treatment of individual psychiatric illnesses, importance of research in psychopharmacology, common clinical practices, cognitive behavior therapy (CBT) for treatment of cognition-emotion behavior, therapy models (general and life-cycle), use and benefits of family

psychotherapy, effectiveness of psychodynamic therapy, object relations and attachment theories, psychodynamic music therapy, humanistic psychotherapy; existential psychotherapies, gestalt therapy and client-centered therapy, case studies

- **RMTH 5101E- Health Research Methods, Epidemiology & Biostatistics**

Research Concepts: research issues, problems, questions, hypotheses, measurement and scaling in research: reliability, validity; research design and survey methods; ethics in research; questionnaire design; quantitative methods: introduction to biostatistics, data description, hypothesis testing; quantitative statistical tools: factor analysis, Chi-square and regression analysis; data analysis with SPSS; epidemiology: epidemiological study designs, their strengths and limitations, inference and causation, bias and confounding, age standardization procedures, and application of epidemiological knowledge; qualitative methods: designing, gathering, processing and analyzing qualitative research information; reporting and presenting research in health

Year 2, Semester 1

- **TRPY 5109E- Psychological & Alternative Therapies in Mental Health**

Exposure therapy (conditional stimulus based treatment), multidisciplinary advancements in psychological treatments (Optogenetics, computerized cognitive bias modification (CBMT)), interpersonal psychotherapy, alternative physical therapies (aromatherapy, diet & nutritional supplements), alternative traditional medical & spiritual therapies (homeopathy, acupuncture, Ayurveda, spiritual psychotherapy), modern psychological therapies (eye movement desensitization and reprocessing (EMDR), Hakomi method/body-centered psychotherapies), bio-electromagnetic-based therapies

- **MNHT 5501E- Society & Mental Health (Community Project)**

Environmental stressors, genetic pre-dispositions and mental health disorders, differential diagnosis of bereavement & depression, deinstitutionalization therapeutic practices, community-oriented informal healthcare techniques, community strategies to prevent mental disorders-related recurrent offenses, causes and consequences of stress and burn-out in the workplace, identification and characterization of work-related mental health disorders, dealing with employees with these disorders, general adaptation syndrome model, Job-demand control support (JDCS) model, Siegrist's effort reward balance model, Lazarus and Folkman's model, strategies to improve mental health and safety in the work environment, mental health first aid programmes, role of family & the community in rehabilitation, case studies, community project

- **MNHT 5401E- Mental Healthcare System and Legislation**

Historical perspectives, mental health services, mental health information systems, understanding of law and legal systems, regional and international mental health and human rights systems, drafting, adopting and implementing mental health legislation, healthcare ethics, criminal law and mental disability, Rights of people with mental disability in the community, Rights of children with mental health problems, Rights of people with mental disability during humanitarian emergencies, case studies

- **MNHT 5602E- Drug Safety & Management of Mental Health Disorders**
Classification of drugs used for mental health treatment, evidence based drug treatments, antipsychotic augmentation or monotherapy, antipsychotics usage across developmental stages, classification, diagnosis, interpretation and management of psychiatric drug reactions, tolerability and safety of modern antipsychotic drugs, Federal requirements and regulatory provisions for antipsychotic drugs; basic components of pharmacovigilance, major pharmacovigilance processes, clinical trials, The WHO programme for international drug monitoring, ethical considerations, informed consent, confidentiality & data protection, requirements for periodic safety update reports, post-authorization safety studies, drug safety risk management plans, compliance to treatment in mental health patients
- **DRUG 5101E- Substance Abuse & Mental Health (alcohol, tobacco, drugs)**
Characterization of nociceptive substances, neurotoxicology of drugs of abuse (effects of stimulants & depressants on the CNS), pharmacogenomics of abused drugs, substance abuse-mediated psychological irregularities & behaviors, rapid assessments of drugs of abuse (POCT), adolescent trauma & substance abuse, psychosocial model (assessment & DSM-IV diagnosis) of addiction; screening tools such as CAGE questionnaire, Alcohol-related Problems Survey (ARPS), Alcohol Use Disorders Identification Test (AUDIT), Impressions of Medication, Alcohol, and Drug Use in Seniors (IMADUS); psychological therapies of substance abuse (Contingency Management (CM), Motivational Enhancement Therapy (MET), community re-inforced approaches, Brief Interventions (BI), family behavior therapy, Relapse Prevention (RP), Social Behavior & Network Therapy (SBNT)); legal & ethical implications in the treatment & prevention of substance abuse disorders
- **CNLG 5401E- Counselling & Rehabilitation**
Principles of communication, The role of effective communication, listening techniques, professional communication skills and behavior, role and benefits of relationships, approaches to counselling, counselling theories, assessment and evaluation techniques for mental health counselors, Individual and group counselling skills, grief, trauma and crisis counselling, mental health rehabilitation approaches and interventions, importance of rehabilitation for re-integration into society, social and cultural considerations, assessment and evaluation techniques used in mental health rehabilitation, strategies for counselling patients under challenging circumstances (including children, adolescents, elderly, language barriers, visually impaired, deaf/hearing loss, dementia, delirium, anger etc.), evidence based practice in mental health counselling and rehabilitation, professional, ethical and legal issues in counselling and rehabilitation
- **DISS 5000- Dissertation**
A 15,000 – 18,000 word dissertation will have to be submitted at the end of the semester. The work submitted should conform to the school's Postgraduate Dissertation Guidelines