



COURSE OUTLINE: BSCN3000 - MENTAL HEALTH THEORY

Prepared: Kim Lauzier RN, PhD

Approved: Rebecca Keown - Dean

Course Code: Title	BSCN3000: MENTAL HEALTH THEORY
Program Number: Name	3401: HONOURS BSCN
Department:	BSCN - NURSING
Academic Year:	2025-2026
Course Description:	This course is designed to facilitate the development of knowledge related to the care of individuals, families, and groups experiencing acute and chronic alterations in mental health. Issues experienced from mental health and illness throughout the lifespan will be explored as well as mental status assessment, pharmacotherapeutics and the use of therapeutic communication skills as interventions.
Total Credits:	3
Hours/Week:	36
Total Hours:	3
Prerequisites:	BSCN2100, BSCN2102, BSCN2110
Corequisites:	There are no co-requisites for this course.
Substitutes:	BSCN3050
This course is a pre-requisite for:	BSCN3100, BSCN3110
Vocational Learning Outcomes (VLO's) addressed in this course:	3401 - HONOURS BSCN
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Meet professional practice requirements as identified in the current Entry-to-Practice Competencies and Professional Standards of the College of Nurses of Ontario.
	VLO 2 Provide safe, competent, holistic care to diverse individuals, groups and populations in a variety of contexts based on the principles of nursing knowledge, ways of knowing, ethics, relationships, and cultural safety.
	VLO 3 Build professional relationships in a collaborative environment with other health care providers and actively engage in collaborative decision making around client care.
	VLO 4 Contribute to the nursing profession and healthcare through the practice of critical inquiry, self-reflection, and a commitment to professional growth through lifelong learning.
	VLO 5 Utilize critical thinking and reasoning to make evidence-informed clinical judgements.
	VLO 6 Practice nursing while demonstrating advocacy and leadership at the professional, political, and societal levels, in accordance with the values of social justice and equity.
	VLO 7 Utilize available technologies to communicate, educate, and provide appropriate care in a variety of contexts.
	VLO 8 Manage the care of people across the lifespan who have stable and unstable



	<p>outcomes.</p> <p>VLO 9 Practice in a broad range of settings, with an emphasis on rural communities.</p> <p>VLO 10 Practice with an understanding of the history, ways of knowing, and culture of the Indigenous Peoples of Canada.</p> <p>VLO 11 Identify, support, and effect appropriate change in healthcare.</p>				
Essential Employability Skills (EES) addressed in this course:	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p>				
Course Evaluation:					
Other Course Evaluation & Assessment Requirements:	<p>Course Hours Theory: 36 total hours</p> <p>In addition to the textbook, the following resources will be used in the course: Current Scholarly Articles and relevant documents</p> <p>Full computer Internet and LMS access</p> <p>Important note about course evaluation: Successful completion of this course is dependent on all assignments being completed and submitted. If this course has any components graded on a satisfactory/unsatisfactory grading scheme, each assignment must achieve a grade of satisfactory. In addition, a minimum cumulative grade of 65% is required to pass the course.</p> <p>ETPs: 1.3, 2.5, 4.3, 4.4, 6.5, 6.7, 7.4, 7.8, 7.10, 7.11, 7.13, 7.14, 9.3, 9.6</p>				
Books and Required Resources:	<p>Varcarolis's Canadian Psychiatric Mental Health Nursing: A Clinical Approach by Pollard, C., & Jakebec, S. Publisher: Elsevier / W.B. Saunders Edition: 3rd ISBN: 9780323778794</p>				
Course Outcomes and Learning Objectives:	<table border="1"> <thead> <tr> <th>Course Outcome 1</th> <th>Learning Objectives for Course Outcome 1</th> </tr> </thead> <tbody> <tr> <td>Develop skills in mental health assessment and mental health interventions.</td> <td> 1.1 Identify important areas of assessment in completing a psychiatric health assessment. 1.2 Discuss how to conduct a mental status examination. 1.3 Describes the following therapies: </td> </tr> </tbody> </table>	Course Outcome 1	Learning Objectives for Course Outcome 1	Develop skills in mental health assessment and mental health interventions.	1.1 Identify important areas of assessment in completing a psychiatric health assessment. 1.2 Discuss how to conduct a mental status examination. 1.3 Describes the following therapies:
Course Outcome 1	Learning Objectives for Course Outcome 1				
Develop skills in mental health assessment and mental health interventions.	1.1 Identify important areas of assessment in completing a psychiatric health assessment. 1.2 Discuss how to conduct a mental status examination. 1.3 Describes the following therapies:				

	<ul style="list-style-type: none"> -Classic psychoanalysis -Psychodynamic therapy -Interpersonal psychotherapy -Behavioural therapy -Rational-emotive behaviour therapy -Cognitive behavioural therapy -Milieu therapy <p>1.4 Describes the mechanism of action of the following psychotropic drugs:</p> <ul style="list-style-type: none"> -Anti-anxiety and hypnotic drugs -Antidepressant drugs -Mood stabilizers -Anticonvulsant drugs -Antipsychotic drugs <p>1.5 Examine different screening tools for intimate partner violence</p>
Course Outcome 2	Learning Objectives for Course Outcome 2
Know, distinguish and describe the manifestations of different mental health disorders and their patterns of recovery.	<p>2.1 Define DSM-5 and its use in the treatment of individuals with mental illness.</p> <p>2.2 Discuss the manifestations, recovery and prevalence of mood and anxiety disorders, schizophrenia, personality disorders, substance use disorders, eating disorders and neurocognitive disorders in the general population.</p> <p>2.3 Identify the various forms of psychosis</p>
Course Outcome 3	Learning Objectives for Course Outcome 3
Outline the theoretical basis of mental health nursing, emphasizing the importance of the therapeutic relationship and communication. Discuss the significance of self-awareness and understanding individuals with mental health challenges.	<p>3.1 Develop an understanding of the legal rights of individuals with mental illness</p> <p>3.2 Explore quality reference sources to support critical analysis, define priority issues and plan care in the case of mood and anxiety disorders, schizophrenia, personality disorders, substance use disorders, eating disorders and neurocognitive disorders.</p> <p>3.3 Reflect on your beliefs, attitudes, anxiety, and stigma towards persons with mood and anxiety disorders, schizophrenia, personality disorders, substance use disorders, eating disorders and neurocognitive disorders.</p>
Course Outcome 4	Learning Objectives for Course Outcome 4
Develop an understanding of the ways in which clients and families live with mental health challenges including community resources as they related to social determinants of health.	<p>4.1 Define the term stigma and the role it plays in the care of those with mental illness.</p> <p>4.2 Identify community-based programs / services available to support clients with mood and anxiety disorders, schizophrenia, personality disorders, substance use disorders, eating disorders and neurocognitive disorders.</p> <p>4.3 Identify issues relevant to mood disorders and community health.</p> <p>4.4 Examine incidence of abuse and family violence in the general population.</p>
Course Outcome 5	Learning Objectives for Course Outcome 5

	Identify strengths, abilities and challenges present in those managing mental health disorders.	<p>5.1 Examine the implication of a plan of action in terms of efficacy, best outcomes for the client, health protection and prevention.</p> <p>5.2 Apply the nursing process and Recovery Model for understanding and treating mood disorders, including the care of adults at risk for suicidal ideation and behaviour.</p> <p>5.3 Apply the nursing process and Recovery Model for understanding and treating psychosis.</p> <p>5.4 Identify issues relevant to abused persons and discuss the impact of gender, race, age, class, sexuality and culture on abuse.</p>
	Course Outcome 6	Learning Objectives for Course Outcome 6
	Examine and critically assess modern issues connected to social determinants of mental health, mental illness, and their social and political environments	<p>6.1 Develop an understanding of the concepts of mental health and mental illness.</p> <p>6.2 Develop an understanding of the historical movements in mental health care, the mental health recovery process and trauma informed care.</p> <p>6.3 Discuss the prevalence of psychiatric disorders in Canada</p>

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Case Study	10%
Final Exam	35%
Midterm Exam	30%
Weekly Quizzes	10%
Written Assignment	15%

Date: August 13, 2025

Addendum: Please refer to the course outline addendum on the Learning Management System for further information.