



UNSW Course Outline

SWCH9032 Perinatal Psychology - 2024

Published on the 12 May 2024

General Course Information

Course Code : SWCH9032

Year : 2024

Term : Term 2

Teaching Period : T2

Is a multi-term course? : No

Faculty : Faculty of Medicine and Health

Academic Unit : School of Clinical Medicine

Delivery Mode : Online

Delivery Format : Standard

Delivery Location : Kensington

Campus : Sydney

Study Level : Postgraduate

Units of Credit : 6

Useful Links

[Handbook Class Timetable](#)

Course Details & Outcomes

Course Description

This course designed for postgraduate study aims to provide up to date information on perinatal psychology.

The arrival of a baby into a family is an intensely emotional experience. If new parents are able to support one another and negotiate the challenges of becoming a family, it is a time for learning and growth. For some families, however, this experience is fundamentally challenging and coping well with the changes remains elusive.

The transition to parenthood is widely acknowledged as a period of great change. It is also a time of increased psychological vulnerability. Although emotional upheaval is normal, the vulnerability of this period can have important consequences from the standpoint of the parent/s, infant, and their family. The phenomenon of perinatal depression in parents is well recognised. In Australia, 29% of women are likely to develop a depressive or anxiety disorder in the first 6-8 months postpartum. There is also a growing body of evidence showing that infant growth and development can be influenced by the psychological health of his or her parents.

This five module course explores the psychological processes associated with pregnancy and the first year postpartum. The course covers a range of topics, from the psychology of pregnancy, to bonding and attachment, mood disorders in the perinatal period, infant psychological growth and development, and interventions to support parents, infants and families who experience difficulties. The course focuses not only on evidence-based practice, but also the latest research findings and their implications for future clinical and research initiatives in the field.

Course Aims

This course aims to examine the issues inherent in delivery of a high standard care for the mother during pregnancy and the postnatal period, with specific focus on perinatal psychology, in order to maximise the health outcomes for both the mother and her baby

Relationship to Other Courses

Assistance with progression checking:

If you are unsure how this course fits within your program, you can seek guidance on optimising your program structure from staff at the [Nucleus Student Hub](#).

Progression plans for UNSW Medicine and Health programs can be found on the [UNSW Medicine & Health website](#)

Course Learning Outcomes

Course Learning Outcomes
CLO1 : Outline the key psychological processes that occur during pregnancy, and understand the implications of these processes for both women and men
CLO2 : Discuss parenthood as a developmental process of change, during which there are a number of reorganising aspects at the level of biology and psychology
CLO3 : Identify the range of factors associated with psychological vulnerability in the perinatal period (including perinatal anxiety and depression), and apply this knowledge to situations likely to be encountered in clinical practice, particularly in terms of psychosocial referral
CLO4 : Critically evaluate and apply available evidence regarding the association between perinatal mental health and infant physical and emotional health
CLO5 : Appraise and identify the different approaches to engaging men and women with psychological support in applying these different strategies
CLO6 : Identify skills required for critically evaluating the available evidence and apply to a range of clinically relevant examples

Course Learning Outcomes	Assessment Item
CLO1 : Outline the key psychological processes that occur during pregnancy, and understand the implications of these processes for both women and men	<ul style="list-style-type: none">• Multiple Choice Questions
CLO2 : Discuss parenthood as a developmental process of change, during which there are a number of reorganising aspects at the level of biology and psychology	<ul style="list-style-type: none">• Minor Assignment
CLO3 : Identify the range of factors associated with psychological vulnerability in the perinatal period (including perinatal anxiety and depression), and apply this knowledge to situations likely to be encountered in clinical practice, particularly in terms of psychosocial referral	<ul style="list-style-type: none">• Major Assignment• Minor Assignment• Multiple Choice Questions
CLO4 : Critically evaluate and apply available evidence regarding the association between perinatal mental health and infant physical and emotional health	<ul style="list-style-type: none">• Major Assignment• Multiple Choice Questions
CLO5 : Appraise and identify the different approaches to engaging men and women with psychological support in applying these different strategies	<ul style="list-style-type: none">• Major Assignment• Multiple Choice Questions
CLO6 : Identify skills required for critically evaluating the available evidence and apply to a range of clinically relevant examples	<ul style="list-style-type: none">• Minor Assignment• Major Assignment

Learning and Teaching Technologies

Moodle - Learning Management System

Learning and Teaching in this course

All course materials and course announcements are provided on the course learning management system, Moodle (or Open Access).

By accessing and using the ICT resources provided by UNSW, you are agreeing to abide by the '[Acceptable Use of UNSW ICT Resources](#)' policy particularly on respect for intellectual property and copyright, legal and ethical use of ICT resources and security and privacy.

Assessments

Assessment Structure

Assessment Item	Weight	Relevant Dates
Minor Assignment Assessment Format: Individual Short Extension: Yes (2 days)	20%	Due Date: 14/07/2024 11:59 PM
Multiple Choice Questions Assessment Format: Individual	40%	Start Date: Not Applicable Due Date: Fortnightly beginning 23/06/2024
Major Assignment Assessment Format: Individual Short Extension: Yes (2 days)	40%	Start Date: 15/07/2024 12:00 AM Due Date: 11/08/2024 11:59 PM

Assessment Details

Minor Assignment

Assessment Overview

This short assignment will require student to prepare an introductory case report based on a previous work with a woman during pregnancy. They can choose to describe a brief, single clinical interaction, or a series of interactions as part of their clinical practice. They are required to critically evaluate one or two issues this case raises in relation to the care of women in the perinatal period, making appropriate references to the scientific literature. Word count: 1000 words; Due in week 6.

Online grade and written feedback and oral feedback where required will be provided by the Course tutor

Course Learning Outcomes

- CLO2 : Discuss parenthood as a developmental process of change, during which there are a number of reorganising aspects at the level of biology and psychology
- CLO3 : Identify the range of factors associated with psychological vulnerability in the perinatal period (including perinatal anxiety and depression), and apply this knowledge to situations likely to be encountered in clinical practice, particularly in terms of psychosocial referral
- CLO6 : Identify skills required for critically evaluating the available evidence and apply to a range of clinically relevant examples

Detailed Assessment Description

To ensure confidentiality, please do not include any identifying information about the woman with whom you've worked

This short assignment should be presented in the format of the Case Report to appear in a peer-review journal. For guidance on order of content consider which journal is professionally appropriate and explore their website for information for submissions. A case report is language needs to be clear, unbiased and factual. It can be helpful to be alert for and remove repetitive or emotive words to maximise the factual content to best assist the reader to clearly and fully understand the situation and events.

Assessment Length

1000 words

Submission notes

Refer to Moodle for submission information.

Assessment information

As this assessment task involves some planning or creative processes, you are permitted to use software to generate initial ideas (**Planning Assistance**). However, you must develop or edit those ideas to such a significant extent that what is submitted is your own work, i.e. only occasional AI generated words or phrases may form part of your final submission.

You should keep copies of the initial prompts to provide to the course convenor if there is any uncertainty about the originality of your work.

If the outputs of generative AI (such as ChatGPT) form a part of your submission, it will be regarded as serious academic misconduct and subject to the standard penalties, which may include OOFL, suspension and exclusion.

UNSW Pro-Vice Chancellor Education and Student Experience (PVCESE) provides guidance on

the [use of generative Artificial Intelligence](#) in assessments.

Assignment submission Turnitin type

This assignment is submitted through Turnitin and students can see Turnitin similarity reports.

Multiple Choice Questions

Assessment Overview

Four online multiple choice and short answer tests to be completed at the end of module 2-5, taking approximately 1 hour to complete each. This test is designed to test factual knowledge contained within each module.

Students received immediate marks for the tests once completed

Course Learning Outcomes

- CLO1 : Outline the key psychological processes that occur during pregnancy, and understand the implications of these processes for both women and men
- CLO3 : Identify the range of factors associated with psychological vulnerability in the perinatal period (including perinatal anxiety and depression), and apply this knowledge to situations likely to be encountered in clinical practice, particularly in terms of psychosocial referral
- CLO4 : Critically evaluate and apply available evidence regarding the association between perinatal mental health and infant physical and emotional health
- CLO5 : Appraise and identify the different approaches to engaging men and women with psychological support in applying these different strategies

Detailed Assessment Description

Detailed information about this assessment will be provided on the course Moodle page.

Assessment Length

4 MCQs + short answer questions

Submission notes

Refer to Moodle for submission information.

Assessment information

For this task, the level of use of generative Artificial Intelligence (AI) is categorised as NO ASSISTANCE. It is prohibited to use any software or service to search for or generate information or answers. If such use is detected, it will be regarded as serious academic misconduct and subject to the standard penalties, which may include 00FL, suspension and exclusion.

Assignment submission Turnitin type

Not Applicable

Major Assignment

Assessment Overview

The major assignment will require student to critically evaluate a clinical case, identify the risk and resilience factors and describe the potential implications of these factors. Student will also be required to formulate a clinical care plan, including potential referral pathways and details regarding engagement with other services and resources. The critical evaluation and care plan will need to be supported with references from scientific literature, as well as recommendations from evidence-based guidelines. Word count: 2000 words. Due on week 9.

Online grade and written feedback and oral feedback where required will be provided by the Course tutor.

Course Learning Outcomes

- CLO3 : Identify the range of factors associated with psychological vulnerability in the perinatal period (including perinatal anxiety and depression), and apply this knowledge to situations likely to be encountered in clinical practice, particularly in terms of psychosocial referral
- CLO4 : Critically evaluate and apply available evidence regarding the association between perinatal mental health and infant physical and emotional health
- CLO5 : Appraise and identify the different approaches to engaging men and women with psychological support in applying these different strategies
- CLO6 : Identify skills required for critically evaluating the available evidence and apply to a range of clinically relevant examples

Detailed Assessment Description

Detailed information about this assessment will be provided on the course Moodle page.

Assessment Length

2000 words

Submission notes

Refer to Moodle for additional submission information.

Assessment information

As this assessment task involves some planning or creative processes, you are permitted to use software to generate initial ideas (**Planning Assistance**). However, you must develop or edit those ideas to such a significant extent that what is submitted is your own work, i.e. only occasional AI generated words or phrases may form part of your final submission.

You should keep copies of the initial prompts to provide to the course convenor if there is any uncertainty about the originality of your work.

If the outputs of generative AI (such as ChatGPT) form a part of your submission, it will be regarded as serious academic misconduct and subject to the standard penalties, which may include 00FL, suspension and exclusion.

UNSW Pro-Vice Chancellor Education and Student Experience (PVCESE) provides guidance on the [use of generative Artificial Intelligence](#) in assessments.

Assignment submission Turnitin type

This assignment is submitted through Turnitin and students can see Turnitin similarity reports.

General Assessment Information

Detailed instructions regarding assessments for this course are provided on the course Moodle page (or Open Learning).

For student information on results, grades, and guides to assessment see: <https://student.unsw.edu.au/assessment>

Grading Basis

Standard

Requirements to pass course

In order to pass this course students must:

- Achieve a composite grade of at least 50 out of 100
- Meet any additional requirements specified in the assessment details section and on Moodle.

Course Schedule

Teaching Week/Module	Activity Type	Content
Week 1 : 27 May - 2 June	Module	The Psychology of Pregnancy
Week 2 : 3 June - 9 June	Module	The Psychology of Pregnancy
Week 3 : 10 June - 16 June	Module	Mood Disorders, Anxiety and Psychosis in the Perinatal Period
Week 4 : 17 June - 23 June	Module	Mood Disorders, Anxiety and Psychosis in the Perinatal Period
Week 5 : 24 June - 30 June	Module	Bonding and Attachment in the Perinatal Period
Week 6 : 1 July - 7 July	Module	Bonding and Attachment in the Perinatal Period
Week 7 : 8 July - 14 July	Module	Engaging With, and Providing Care for Fathers in the Perinatal Period
Week 8 : 15 July - 21 July	Module	Engaging With, and Providing Care for Fathers in the Perinatal Period
Week 9 : 22 July - 28 July	Module	Multidisciplinary Support for Maternal, Paternal and Infant Mental Health
Week 10 : 29 July - 4 August	Module	Multidisciplinary Support for Maternal, Paternal and Infant Mental Health

Attendance Requirements

Students are strongly encouraged to attend all classes and review lecture recordings.

General Schedule Information

The times and locations of classes can be found on [myUNSW](#) under Class Timetable.

Students enrolled in online courses should also refer to Moodle as some classes are not centrally timetabled (e.g., workshops) and will not appear on the timetable website.

The expected engagement for all UNSW 6UOC courses is 150 hours per term. This includes lectures, tutorials, readings, and completion of assessments and exam preparation (if relevant).

Course Resources

Recommended Resources

Recommended resources for this course are provided on the course Moodle page.

Additional Costs

There are no additional costs associated with this course.

Course Evaluation and Development

Student feedback is taken seriously, and continual improvements are made to the course based, in part, on such feedback.

We use student feedback from myExperience surveys to develop and make improvements to the course each year. We do this by identifying areas of the course that require development from both the rating responses and written comments. Please spare a few minutes to complete the myExperience surveys for this course posted at the top of the Moodle page at the end of term.

Staff Details

Position	Name	Email	Location	Phone	Availability	Equitable Learning Services Contact	Primary Contact
Convenor	Susan Glas sick		Virtual	0450 178 042	Response provided to text, email or voice message within 1-2 business days	Yes	Yes

Other Useful Information

Academic Information

As a student of UNSW Medicine & Health you are expected to familiarise yourself with the contents of this course outline and the UNSW Student Code and policies and procedures related to your studies.

Student Code of Conduct

Throughout your time studying at UNSW Medicine & Health, you share a responsibility with us for maintaining a safe, harmonious and tolerant University environment. This includes within the courses you undertake during your degree and your interactions with the UNSW community, both on campus and online.

The [UNSW Student Code of Conduct](#) website provides a framework for the standard of conduct expected of UNSW students with respect to both academic integrity and your responsibility as a UNSW citizen.

Where the University believes a student may have breached the code, the University may take disciplinary action in accordance with the [Student Misconduct Procedure](#).

The [Student Conduct and Integrity Office](#) provides further resources to assist you to understand your conduct obligations as a student at UNSW.

Academic Honesty and Plagiarism

Academic integrity

UNSW has an ongoing commitment to fostering a culture of learning informed by academic integrity. All UNSW staff and students have a responsibility to adhere to the principle of academic integrity, and ethical scholarship of learning is fundamental to your success at UNSW Medicine & Health.

Plagiarism, contract cheating, and inappropriate use of generative AI undermine academic integrity and are not tolerated at UNSW. For more information see the [Academic Integrity and Plagiarism toolkit](#).

In addition to the information you are required to review in your [ELISE training](#), UNSW Medicine &

Health strongly recommends that you complete the [Working with Academic Integrity](#) module before submitting your first assessment task.

Referencing

Referencing is a way of acknowledging the sources of information that you use to research your assignments. Preferred referencing styles vary among UNSW Medicine & Health disciplines, so check your course Learning Management System (e.g. Moodle or Open Learning) page for information on preferred referencing styles.

For further information on referencing support and styles, see the Current Student [Referencing page](#).

Academic misconduct and plagiarism

At UNSW, academic misconduct is managed in accordance with the [Student Misconduct Procedure](#). Allegations of plagiarism are generally handled according to the [UNSW Plagiarism Management Procedure](#). Plagiarism is defined in the [UNSW Plagiarism Policy](#) and is not tolerated at UNSW.

Use of Generative AI and other tools in your assessment

UNSW has provided guiding statements for the [use of Generative AI in assessments](#). This will differ, depending on the individual assessment task, your course requirements, and the course stage within your program.

Your course convenor will outline if and how you can use Generative AI in each your assessment tasks. Options for the use of generative AI include: (1) no assistance; (2) simple editing assistance; (3) planning assistance; and (4) full assistance with attribution.

You may be required to submit the original generative AI responses, or drafts of your original work. Inappropriate use of generative AI is considered academic misconduct.

See your course Moodle (or Open Learning) page for the full instructions for individual assessment tasks for your course.

Submission of Assessment Tasks

Special Consideration

In cases where illness, misadventure or other circumstances beyond your control will prevent you from submitting your assessment by the due date and you require an extension, you need to formally apply for [Special Consideration](#) through myUNSW.

UNSW has a **Fit to Sit/Submit rule**, which means that by sitting or submitting an assessment on the scheduled assessment date, you are declaring that you are fit to do so and cannot later apply for Special Consideration.

Timed online assessment tasks

If you experience a technical or connection problem during a timed online assessment, such as a timed quiz, you can apply for Special Consideration. To be eligible to apply you need to contact the Course Convenor and advise them of the issue immediately. You will need to submit an application for Special Consideration immediately, and upload screenshots, error messages or other evidence of the technical issue as supporting documentation. Additional information can be found on: <https://student.unsw.edu.au/special-consideration>

Examinations

Information about the conduct of examinations in your course is provided on your course Moodle page.

Other assessment tasks

Late submission of assessment tasks

UNSW has standard late submission penalties as outlined in the [UNSW Assessment Implementation Procedure](#), with no permitted variation. All late assignments (unless extension or exemption previously agreed) will be penalised by 5% of the maximum mark per calendar day (including Saturday, Sunday and public holidays).

Late submissions penalties are capped at five calendar days (120 hours). This means that a student is not permitted to submit an assessment more than 5 calendar days (120 hours) after the due date for that assessment (unless extension or exemption previously agreed).

Failure to complete an assessment task

You are expected to complete all assessment tasks for your courses. In some courses, there will be a minimum pass mark required on a specific assessment task (a “hurdle task”) due to the

need to assure clinical competency.

Where a hurdle task is applicable, additional information is provided in the assessment information on your course Moodle page.

Feedback on assessments

Feedback on your performance in assessment tasks will be provided to you in a timely manner. For assessment tasks completed within the teaching period of a course, other than a final assessment, feedback will be provided within 10 working days of submission, under normal circumstances.

Feedback on continuous assessment tasks (e.g. laboratory and studio-based, workplace-based, weekly quizzes) will be provided prior to the midpoint of the course.

Any variation from the above information that is specific to an assessment task will be clearly indicated in the course and assessment information provided to you on your course Moodle (or Open Learning) page.

Faculty-specific Information

Additional support for students

The university offers a wide range of support services that are available for students. Here are some links for you to explore.

- The Current Students Gateway:<https://student.unsw.edu.au>
- Academic Skills and Support:<https://student.unsw.edu.au/academic-skills>
- Student support:<https://www.student.unsw.edu.au/support>
- Student Wellbeing, Health and Safety:<https://student.unsw.edu.au/wellbeing>

Mind Smart Guides are a series of mental health self-help resources designed to give you the psychological flexibility, resilience and self-management skills you need to thrive at university and at work.

- Mind Smart Guides: <https://student.unsw.edu.au/mindsmart>
- Equitable Learning Services: <https://student.unsw.edu.au/els>
- Guide to studying online: <https://www.student.unsw.edu.au/online-study>

Most courses in UNSW Medicine & Health use Moodle as your Learning Management System. Guidance for using UNSW Moodle can be found on the Current Student page. Difficulties with Moodle should be logged with the IT Service Centre.

- Moodle Support: <https://student.unsw.edu.au/moodle-support>

The IT Service Desk is your central point of contact for assistance and support with remote and on-campus study.

- UNSW IT Service Centre: <https://www.myit.unsw.edu.au/services/students>

Course evaluation and development

At UNSW Medicine & Health, students take an active role in designing their courses and their overall student experience. We regularly seek feedback from students, and continuous improvements are made based on your input. Towards the end of the term, you will be asked to participate in the [myExperience survey](#), which serves as a source of evaluative feedback from students. Your input to this quality enhancement process is valuable in helping us meet your learning needs and deliver an effective and enriching learning experience. Student responses are carefully considered, and the action taken to enhance educational quality is documented in the myFeedback Matters section of your Moodle (or Open Learning) course page.

School-specific Information

Recording of lectures, tutorials and other teaching activities

Lectures, tutorials and other teaching activities may be recorded. Students should be advised that they are consenting to the recording by their enrolment in the course or participation in the activity. The purpose of audio and video recordings is to enhance the student experience by supporting engaged learning in an online teaching environment and ensure equitable access to all course resources for our students. If you have concerns about accessing course recordings,

or being recorded, please contact the Course Convenor.

School Contact Information

School guidelines on contacting staff:

Course questions

All questions related to course content should be posted on Moodle or as directed by your Course Convenor.

In cases where email communication with course convenors is necessary, we kindly request the following:

- Use your official email address for any correspondence with teaching staff.
- We expect a high standard of communication. All communication should avoid using shorthand or texting language.
- Include your full name, student ID, and your course code and name in all communication.

Our course convenors are expected to respond to emails during standard working hours of Monday to Friday, 9am-5pm.

Administrative questions

If you have an administrative question about your program of study at the School please submit your enquiry online at [UNSW Ask Us](#).

Complaints and appeals

Student complaints and appeals: <https://student.unsw.edu.au/complaints>

If you have any grievances about your studies, we invite you to address these initially to the Course Convenor. If the response does not meet your expectations, you may then contact the School Grievance Officer, A/Prof Sean Kennedy (sean.kennedy@unsw.edu.au)