

Programme Specification 2025-26

1.	Programme title	MSc Mental Health and Addiction Studies (Distance Education)
2.	Awarding institution	Middlesex University
3a	Teaching institution	Middlesex University London
3b	Language of study	English

4a	Valid intake dates and mode of study
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Mode of Study	Cohort	Delivery Location	Duration
Part-time (PT)	Semester 1	Distance Learning	2 Years

4c	Delivery method	Distance Education
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5. Professional/Statutory/Regulatory body (if applicable)
N/A

6.	Apprenticeship Standard (if applicable)	N/A
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7. Final qualification(s) available
Target Award Title(s)
MSc Mental Health and Addictions Studies
Exit Award Title(s)
PGCert Mental Health and Addictions Studies
PGDip Mental Health and Addictions Studies

8. Academic year effective from	2025-26
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9. Criteria for admission to the programme
Students admitted to this programme must have:
•An honours degree (2:2 or above) in any discipline.

- Exceptionally, students who do not have a degree but can provide evidence of their ability to study at Masters level may be considered.
- All applicants have the option of going through the RPL (Recognition of Prior Learning) process through Middlesex University, as part of the recruitment and selection process. Students who meet the RPL criteria can carry forward a maximum of 60 credits at level 7 into the MSc.
- Applicants who undertake NSA4760: Advanced Work Based Project should be working in an appropriate environment to be able to complete the project.
- All applicants whose first language is not English are expected to demonstrate their English Language capability at the level required for post-graduate study (IELTS 6.5 or equivalent).

Principle of fair admission

The University aims to ensure that its admissions processes are fair, open and transparent and aims to admit students who, regardless of their background, demonstrate potential to successfully complete their chosen programme of study where a suitable place exists and where entry criteria are met. The University values diversity and is committed to equality in education and students are selected on the basis of their individual merits, abilities and aptitudes. The University ensures that the operation of admissions processes and application of entry criteria are undertaken in compliance with the Equality Act.

We take a personalised but fair approach to how we make offers. We feel it's important that our applicants continue to aspire to achieving great results and make offers which take into account pieces of information provided to us on the application form.

This includes recognition of previous learning and experience. If you have been working, or you have other learning experience that is relevant to your course, then we can count this towards your entry requirements and even certain modules once you start studying.

10. Aims of the programme

The programme aims to:

Enable students to develop and demonstrate mental health and addictions related skills and knowledge.

Facilitate the acquisition, critical understanding and utilisation of research skills and knowledge in order to conduct mental health and Addictions research. Facilitate students own professional and career development in the mental health and Addictions field and allied professions.

11. Programme learning outcomes

Programme - Knowledge and Understanding

On completion of this programme the successful student will have a knowledge and understanding of:

1. Key themes and concepts relating to Addictions and mental health.
2. Evidence based interventions in Addictions and mental health.

3. The importance of a research evidence base for policy and practice.
4. Ethical underpinnings of research, policy and practice.
5. The advanced skills and knowledge needed to undertake a research or work based learning project related to mental health and Addiction Studies.
6. How to make evidence based recommendations, in the context of the complex and multi faceted factors affecting mental health and Addictions research or service development.
Programme - Skills On completion of this programme the successful student will be able to:
7. Critically assess and apply theoretical perspectives to mental health and Addictions practice.
8. Demonstrate advanced problem solving
9. Critically analyse evidence based mental health and Addictions practice
10. Develop own strategies to undertake a research or work-based learning project related to mental health and Addictions.
11. Reflect on and critically appraise personal, professional and service development needs.

12. Teaching/learning methods
<p>This distance education programme uses a variety of teaching and learning methods, informed by the University Teaching and Learning Strategies which vary according to the type and focus of each module. The Optional skills-based modules are delivered as online live lectures as full teaching days. The teaching and learning methods used include use of pre-recorded lectures, short video clips from expert Professors and researchers, guided reading and linked exercises; online live workshops; online discussion boards; small group work; role play, case studies; problem-based scenarios and practice based learning. Tutorial feedback support via email, phone, Zoom/MS Teams and peer support. Online platforms will be used to enable students to share materials, use online meeting rooms, participate in workshops and video conference.</p> <p>Students learn cognitive skills through</p> <p>The use of a variety of teaching and learning strategies, informed by the University and School Teaching and Learning Strategies and which vary according to the type and focus of each module but which may include: seminar preparation and presentation;</p> <ul style="list-style-type: none"> •use of web-based materials; •reflective practice and critical evaluation; •preparation for dissertation/project supervision; •production of the dissertation or work based project; •range of study skills workshops offered by the course tutors to debate and discuss during •classroom sessions and via on line discussion boards in Unihub and via dissertation supervision sessions and group seminars/workshops <p>The course also aims to enhance your professional and career development across a range of professional contexts including: mental health, social care, youth justice, prisons and</p>

addictions services and allied professions. You will undertake either a literature-based dissertation (60 credits at level 7) or a work-based project (60 credits at level 7).

13. Employability

13a Development of graduate competencies

13b Employability development

Throughout the programme students gain essential graduate competencies in leadership, problem-solving and person-centred professional practice. There are also optional modules where they can develop specialist skills such as Motivational Interviewing or Cognitive Behavioural Therapy.

Students are signposted to the Middlesex employability services (MDXWorks) during their studies. They are also encouraged to join professional organisations such as: International Society of Substance Use Professionals (ISSUP) and International Nurses Society on Addictions, which will enable them to continue their professional development in the field by keeping up to date with research, training and conferences, and network with other professionals.

13c Placement and work experience opportunities (if applicable)

N/A

13d Future careers / progression

The MSc Mental Health and Addiction Studies programme will be a valuable asset in developing and furthering a career in the drug and alcohol and/or the mental health field within the UK or abroad. There are number of career options within public services and non-governmental organisations and the MSc will enhance employment opportunities across the field, including, drug and alcohol services, the criminal justice system, housing/homeless sector, health and social care and charitable sectors. Students may choose to undertake doctoral level study.

14. Assessment methods

Students' knowledge and understanding is assessed by the use of a variety of methods, which are informed by the University and School policies, and which vary according to the type and focus of each module.

Formative assessment may include: course work plan presentations, student and tutor led seminars, lead on a discussion thread for a group of students, on-line-quizzes, reflective discussions, to help prepare students for summative assessment.

Summative assessment may include: exam, essays, reports or critical reflection on practice. The MSc student carries out a research or work based project and communicates their findings in the form of a dissertation.

Students' cognitive skills are assessed by

- The use of a variety of methods, which are informed by the University and School policies, and which vary according to the type and focus of each module.
- Formative assessment may include: summative course work plan, presentations, student

and tutor led seminars, on-line quizzes, reflective discussions, to help prepare students for summative assessment;
 •Summative assessment may include: exam, essays, reports or critical reflection on practice. The MSc student carries out a research or work based project and communicates their findings in a dissertation

15. Programme Structure (level of study, modules, credits and progression requirements)

This course will develop your mastery in mental health, addictions and substance use-related skills and knowledge, for successful contribution to enhanced professional practice, leadership, policy and service development within this field nationally and internationally across different cultural contexts. You will gain knowledge and expertise in critical analysis and utilising advanced research skills, plus skills in analysis and critique of policy development, plus practice and leadership skills.

Structure is indicative for Part-time routes.

Students must take all of the compulsory modules and choose following programme requirements from the optional modules.

Non-compensatable modules are noted below.

Available Pathways

Route 1 NSA4630: Advanced Practitioner Inquiry
 30 credits Level 7; distance learning/blended learning

Must pass NSA4630 then proceed to NSA4760

NSA4760 Advanced Work based project
 60 credits Level 7; distance learning/blended learning

Route 2 NSA4630: Advanced Practitioner Inquiry
 30 credits Level 7; distance learning/blended learning

Plus

MHR4050: Developing Research Capability
 60 credits Level 7; distance learning/blended learning

Route 3 TWO additional 15 credits optional modules
 30 credits in total Level 7; distance learning/blended learning

Plus

MHR4050: Developing Research Capability
 60 credits Level 7; distance learning/blended learning

Route 1

Year 1

Year 1 Level 7 PT			
Code	Type	Module Title	Credits at FHEQ Level
MHR4504	Compulsory	Critical Approaches to co-occurring Mental Health and Addictions 2025-26	30 at Level 7
MHR4700	Compulsory	Evidence-based Interventions in Mental Health and Addictions 2025-26	30 at Level 7
MHR4502	Optional	Introduction to Motivational Interviewing 2025-26	15 at Level 7
NSA4200	Optional	Service Development and Quality Improvement 2025-26	15 at Level 7
MHR4604	Optional	Cognitive Behavioural Therapy 2025-26	15 at Level 7
MHR4609	Optional	Risk Assessment and Safety Planning 2025-26	15 at Level 7
MHR4606	Optional	Social Inclusion and Recovery in Mental Health 2025-26	15 at Level 7
CRM4618	Optional	Drugs and Crime 2025-26	15 at Level 7
NSA4100	Optional	Leadership and Public Community Services 2025-26	15 at Level 7
MHR4503	Optional	Addiction Theories 2025-26	15 at Level 7

Year 2

Year 2 Level 7 PT

Code	Type	Module Title	Credits at FHEQ Level
NSA4630	Optional (pass required)	Advanced Practitioner Inquiry 2026-27	30 at Level 7

NSA4760	Optional (pass required)	Advanced Work Based Project 2026-27	60 at Level 7
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Route 2

Year 1

Year 1 Level 7 PT

Code	Type	Module Title	Credits at FHEQ Level
MHR4504	Compulsory	Critical Approaches to co-occurring Mental Health and Addictions 2025-26	30 at Level 7
MHR4700	Compulsory	Evidence-based Interventions in Mental Health and Addictions 2025-26	30 at Level 7
MHR4502	Optional	Introduction to Motivational Interviewing 2025-26	15 at Level 7
NSA4200	Optional	Service Development and Quality Improvement 2025-26	15 at Level 7
MHR4604	Optional	Cognitive Behavioural Therapy 2025-26	15 at Level 7
MHR4609	Optional	Risk Assessment and Safety Planning 2025-26	15 at Level 7
MHR4606	Optional	Social Inclusion and Recovery in Mental Health 2025-26	15 at Level 7
CRM4618	Optional	Drugs and Crime 2025-26	15 at Level 7
NSA4100	Optional	Leadership and Public Community Services 2025-26	15 at Level 7
MHR4503	Optional	Addiction Theories 2025-26	15 at Level 7

Year 2

Year 2 Level 7 PT

Code	Type	Module Title	Credits at FHEQ Level
NSA4630	Optional (pass required)	Advanced Practitioner Inquiry 2026-27	30 at Level 7
MHR4050	Optional (pass required)	Developing Research Capability 2026-27	60 at Level 7

Route 3
Year 1

Year 1 Level 7 PT

Code	Type	Module Title	Credits at FHEQ Level
MHR4504	Compulsory	Critical Approaches to co-occurring Mental Health and Addictions 2025-26	30 at Level 7
MHR4700	Compulsory	Evidence-based Interventions in Mental Health and Addictions 2025-26	30 at Level 7
MHR4502	Optional	Introduction to Motivational Interviewing 2025-26	15 at Level 7
NSA4200	Optional	Service Development and Quality Improvement 2025-26	15 at Level 7
MHR4604	Optional	Cognitive Behavioural Therapy 2025-26	15 at Level 7
MHR4609	Optional	Risk Assessment and Safety Planning 2025-26	15 at Level 7
MHR4606	Optional	Social Inclusion and Recovery in Mental Health 2025-26	15 at Level 7
CRM4618	Optional	Drugs and Crime 2025-26	15 at Level 7
NSA4100	Optional	Leadership and Public Community Services 2025-26	15 at Level 7
MHR4503	Optional	Addiction Theories	15 at

		2025-26	Level 7
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Year 2

Year 2 Level 7 PT

Code	Type	Module Title	Credits at FHEQ Level
MHR4050	Optional (pass required)	Developing Research Capability 2026-27	60 at Level 7

*Please refer to your programme page on the website re availability of option modules

16. Programme-specific support for learning

- Teaching input from experienced academic staff.
- Programme planning support
- Academic support from Learning Enhancement available online and on campus
- Study skills workshops
- University Dyslexia Support
- University Disability Support
- University Academic Writing and Language support
- Psychological support and counselling support
- MyMDX and IT skills (Web based learning)
- Learning development profiles
- Learning Resources workshops
- Learning Research skills workshops
- Each student will have a designated supervisor for the dissertation module (NSA4760 or MHR4050)
- Programme review meetings

17. HECos code(s)

100287: Mental Health Nursing

18. Relevant QAA subject benchmark(s)

19. University Regulations

This programme will run in line with general University Regulations: [Policies | Middlesex University](#)

20. Reference points

21. Other information (if applicable)

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Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if they take full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

24a. Programme learning outcomes

This section shows the highest level at which Programme outcomes are to be achieved by all, and maps Programme learning outcomes against the modules in which they are assessed.

A1	Key themes and concepts relating to Addiction Studies and mental health.
A2	Evidence based interventions in mental health and substance-use Addiction-Studies .
A3	The importance of a research evidence base for policy and practice.
A4	Ethical underpinnings of research, policy and practice.
A5	The advanced skills and knowledge needed to undertake mental health and substance-use Addiction Studies research or a work based learning project
A6	How to make evidence-based recommendations, in the context of the complex and multi-faceted factors affecting Mental Health and Substance-Use Addiction-Studies (Dual-Diagnosis) service development.

Skills

B1	Critically assess and apply theoretical perspectives to mental health and substance-use Addiction Studies practice.
B2	Demonstrate advanced problem solving
B3	Critically analyse evidence based Mental Health and Substance-Use Addiction-Studies (Dual-Diagnosis) practice
B4	Develop own strategies to undertake a research or work-based work-based learning project related to mental health and substance-use Addiction Studies
B5	Reflect on and critically appraise personal, professional and service development needs

Programme learning outcomes - Highest level achieved by graduates

A1	A2	A3	A4	A5	A6	B1	B2	B3	B4	B5
7	7	7	7	7	7	7	7	7	7	7

24b. Mapping by level of study and module

<u>Module Title</u>	<u>Module Code</u>	A1	A2	A3	A4	A5	A6	B1	B2	B3	B4	B5
Critical Approaches to mental health and addictions	MHR 4504	x						x	x		x	
Evidence Based Interventions in Mental Health and Addictions	MHR 4700	x	x	x					x		x	
Cognitive Behaviour Therapy	MHR 4604		x							x		
Motivational Interviewing: Strategies for lifestyle & behavioural changes	MHR 4502		x							x		
Addiction theories	MHR 4503	x		x				x	x			
Leadership for Public and Community Services	NSA 4100			x						x		
Service development and quality improvement	NSA 4200			x						x		
Risk assessment and safety planning	MHR 4609			x						x		
Social Inclusion and recovery in mental health	MHR 4606			x						x		
Drugs and crime	CRM 4618	x							x			
Advanced Practitioner Enquiry	NSA 4630			x	x	x	x					x
Advanced Negotiated Work based project	NSA 4760			x	x	x	x					x
Developing Research Capability	MHR 4050			x	x	x						x