

Interdisciplinary Collaboration in Undergraduate Mental Health Education: developing a new co-facilitated teaching intervention with Primary Care

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Introduction

A new mental health workshop was developed for penultimate year medical students, aiming to:

- Demonstrate** the **importance** of psychiatry and primary care in mental illness management
- Model collaboration** and **communication** between specialties at the primary/secondary care interface

HYPOTHESIS:

A **collaborative interdisciplinary approach** to curriculum development and delivery could improve students' confidence in approaching mental health presentations.

Mental health presentations form a significant part of primary care workload, yet psychiatry and primary care topics are often taught separately in undergraduate medical education, without cross-specialty discussion. The principles of patient-centred, integrated care in clinical practice can offer useful insights to the context of education.

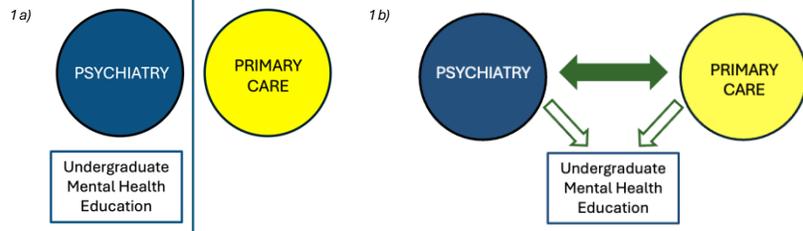


Figure 1: A visual representation contrasting a) a segmented approach to undergraduate mental health education, and b) a collaborative approach between psychiatry and primary care

Methods

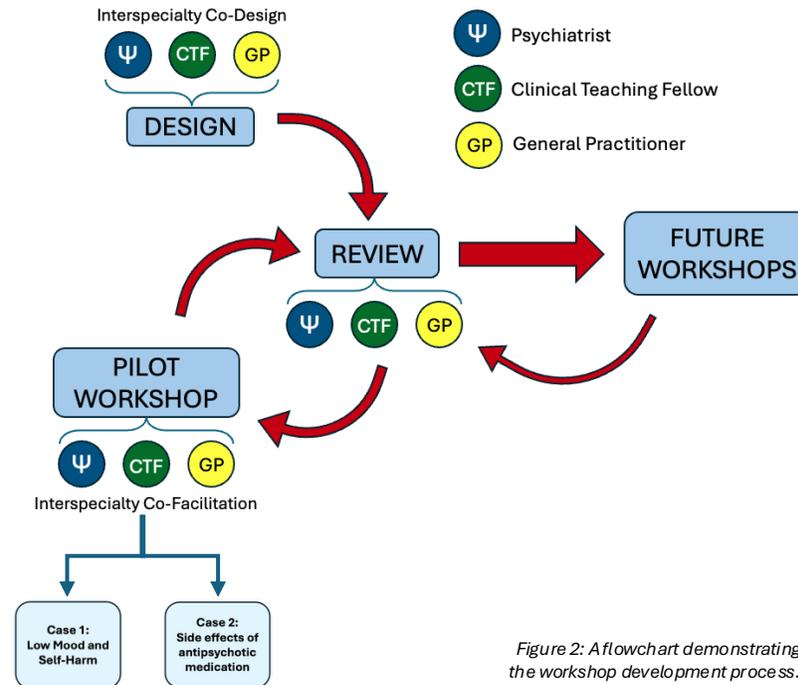
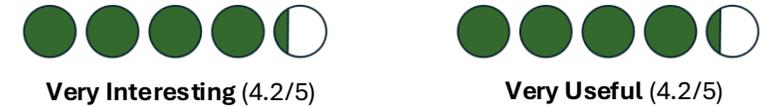


Figure 2: A flowchart demonstrating the workshop development process.

The three-hour case-based pilot workshop was co-designed by a Clinical Teaching Fellow, alongside course leads for Psychiatry and Primary Care. The workshop took place in November 2025, attended by 16 students divided into two groups. Groups were co-facilitated - one by a Psychiatrist and General Practitioner, and the other with a Psychiatrist and a Clinical Teaching Fellow. Post-session student anonymous feedback was collected, and a faculty debrief session was held to evaluate the teaching initiative.

Results

Student feedback (response rate 10/16) rated the pilot as:



Students particularly appreciated the **range of facilitator perspectives** and **expertise** that the co-facilitation model offered.

They reported an **improved understanding of collaboration** between primary care and psychiatry

- Topics for future sessions:
- Management of risk in primary care
 - Eating disorders

Facilitators enjoyed the collaborative format and learned from their co-facilitators.

Conclusions

Collaboration between Primary Care and Psychiatry in medical education has significant potential to increase understanding of mental illness and care pathways. This interdisciplinary approach to undergraduate education could also be applied to other specialty combinations. Future workshop development will incorporate Patient Public Involvement.