

# HLTH AGE 1CC3: INTRODUCTION TO MENTAL HEALTH AND ILLNESS

## Fall 2018

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**Lecture:** Mon Wed 2:30-3:20pm; Fri 4:30-5:20pm

**Office:** Kenneth Taylor Hall Rm 230  
**Office Hours:** Tues, 1-3pm / Wed 4:30-5:30pm

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## **Course Description**

This course introduces students to mental health through the lens of social, cultural, and historical developments. It places particular emphasis on the changing conceptions of cause, diagnosis, and treatment across time and socio-cultural boundaries. Key themes include the debate between biological and sociocultural interpretations of mental illness, the difference between 'discrete disease' and 'spectrum' approaches to mental disorder, and popular portrayals of mental illness.

## **Course Objectives**

After the course, students should have a basic understanding of the classification of major mental disorders. They should be able to approach key issues and debates within mental health with an understanding of the role that socio-political, cultural, and economic factors play in our determination of what is (and is not) mentally healthy. Students should become familiar with key texts regarding mental health and they should be able to relate them to broader discussions over questions of diagnosis and treatment.

## **Required Materials and Texts**

- David Karp and Gretchen Sisson, *Voices from the Inside: Readings on the Experiences of Mental Illness*. Oxford University Press.
- All other readings are available on [Avenue to Learn](#).

## **Class Format**

Lectures are held on Mondays and Wednesdays. We may occasionally hold class on Friday as well, but that will not be the case for most weeks.

## **Course Evaluation – Overview**

1. Class Policies Quiz – 2% (online), due Sept 26
2. Reflection – 10%, due Oct 1st
3. Test – 15%, on Oct 19th
4. Midterm – 30%, over two days, Oct 29/31
5. Online Discussions – 8%, due Dec 3rd
6. Final Exam – 35%

## **Course Evaluation – Details**

### **Class Policies Quiz (2%), due Sept 26**

This short online quiz can be completed on Avenue to Learn. It tests students on information that they can find on the syllabus and in the first lecture.

### **Reflection (10%), due Oct 1**

In a maximum of two typed pages (double spaced), using one of the *Voices from the Inside* readings, students should answer the following question: “What, if anything, did this reading teach you about the experience of mental illness?” Did it confirm your pre-existing beliefs? Did it change them? Why? Students may write in the first person and there is no need for formal referencing so long as we know what reading you’re using.

### **Test (15%), Oct 19**

The test will consist of 25-30 multiple choice questions and students will have 45 minutes to complete it. The material to be tested will be drawn from both the Avenue readings and lecture content. The test is cumulative, meaning that students need to understand the material from earlier in the term to do well.

### **Midterm (30%, Oct 29/31) and Final Exam (35%)**

Both the midterm and final exam will consist of 35-50 multiple choice questions that cumulatively cover the Avenue readings and lecture material. Students will have two hours to complete the midterm and final exam.

### **Online Discussion (8%), due Dec 3**

Students will be automatically divided up into small groups to participate in an online discussion hosted on Avenue to Learn. Students will be assigned FOUR questions based on Voices from the Inside readings or online videos. EACH student is expected to post a response to EACH question, consisting of roughly 200 words per question. You may comment in reference to your fellow students’ postings, or you may post your own thoughts. There is no need to use formal referencing.

## **Weekly Course Schedule and Required Readings**

### **Week 1 (Sept 5/7)**

**Introduction**

### **Week 2 (Sept 10/12)**

**How Do We Define Mental Health and Illness?**

### **Week 3 (Sept 17/19)**

**Schizophrenia and Psychotic Disorders**

Readings:

- Vonnegut “The Eden Express,” Saks “The Center Cannot Hold”, and Simon “Everything Falls Apart” in *Voices*.

### **Week 4 (Sept 24/26)**

**Mood Disorders**

Readings:

- Karp “An Unwelcome Career,” Jameson “Flights of the Mind,” Karp “In Sickness and in Health” and O’Brien “Depressives in the Lounge” in *Voices*.

Notes:

- **Class Policies Quiz due online on Sept 26**

### **Week 5 (Oct 1/3)**

#### **Phobias and Anxiety Disorders**

Readings:

- Owen “To Tell or Not to Tell” in *Voices*.

Notes:

- **Reflection Due October 1st**

### **Week 6 (Oct 8/10)**

#### **Reading Week**

### **Week 7 (Oct 15/17)**

#### **OCD and PTSD**

Readings:

- Derek Summerfield “The Invention of Post-Traumatic Stress Disorder and the Social Usefulness of a Psychiatric Category” on Avenue; Rapoport “The Auto Accident That Never Was” in *Voices*.

Notes:

- **TEST on Oct 19**

### **Week 8 (Oct 22/24)**

#### **Eating Disorders**

Readings:

- Hornbacher “Wasted” in *Voices*; Karen Dias, “The Ana Sanctuary” on Avenue.

### **Week 9 (Oct 29/31)**

#### **MIDTERM WRITTEN OVER TWO DAYS**

### **Week 10 (Nov 5/7)**

#### **The Limits of Mental Illness**

Readings:

- Knapp “Denial and Addiction” in *Voices*; Kendell “The Distinction between Personality Disorder and Mental Illness” on Avenue.

**Week 11 (Nov 12/14)**

**Critical Perspectives of Psychiatry**

Readings:

- Millett “The Loony Bin Trip” and Schiller “The Quiet Room” in *Voices*; Thomas Szasz, “The Myth of Mental Illness” on Avenue.

**Week 12 (Nov 19/21)**

**Representations of Mental Health and Illness**

**Week 13 (Nov 26/28)**

**The Psychopharmaceutical Revolution and Beyond**

Readings:

- Slater “Prozac Diary” in *Voices*; David Healy “Conflicting Interests in Toronto” on Avenue.

**Week 14 (Dec 3/5)**

**Culture and Mental Health**

Readings:

- Lemelson, “Obsessive-Compulsive Disorder in Bali: The Cultural Shaping of a Neuropsychiatric Disorder” on Avenue.

Notes:

- **Discussions Due on Dec 3rd**

**Course Policies**

**Email**

Do not email the course instructor or TAs via Avenue to Learn. Direct all communication to our McMaster email addresses, using your McMaster email address.

## **Grades**

Grades will be based on the McMaster University grading scale:

<b>MARK</b>	<b>GRADE</b>
90-100	A+
85-90	A
80-84	A-
77-79	B+
73-76	B
70-72	B-
67-69	C+
63-66	C
60-62	C-
57-59	D+
53-56	D
50-52	D-
0-49	F

## **Late Assignments**

Late assignments will be penalized at a rate of 3% per day, including weekends.

## **Absences, Missed Work, Illness**

Students using MSAFs will have to complete all assignments at a later date - the grade for missed assignments or tests will NOT be tacked onto any other assignment or test.

## **Avenue to Learn**

Course material will be posted on Avenue to Learn. Please check the site often to keep informed of important course information or announcements.

In this course we will be using Avenue to Learn. Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

## **University Policies**

### **Academic Integrity Statement**

You are expected to exhibit honesty and use ethical behavior in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity.

Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behavior can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: “Grade of F assigned for academic dishonesty”), and/or suspension or expulsion from the university.

It is your responsibility to understand what constitutes academic dishonesty. For information on the various types of academic dishonesty please refer to the Academic Integrity Policy, located at [www.mcmaster.ca/academicintegrity](http://www.mcmaster.ca/academicintegrity).

The following illustrates only three forms of academic dishonesty:

1. Plagiarism, e.g. the submission of work that is not one’s own or for which credit has been obtained.
2. Improper collaboration in group work.
3. Copying or using unauthorized aids in tests and examinations.

### **Academic Accommodation of Students with Disabilities**

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140 ext. 28652 or e-mail [sas@mcmaster.ca](mailto:sas@mcmaster.ca). For further information, consult McMaster University’s Policy for [Academic Accommodation of Students with Disabilities](#).

If you require this course outline in an alternate/accessible format, please contact the Department of Health, Aging & Society (ext. 27227 | e-mail: [hasdept@mcmaster.ca](mailto:hasdept@mcmaster.ca)).

### **Religious, Indigenous and Spiritual Observances (RISO)**

The University recognizes that, on occasion, the timing of a student’s religious, Indigenous, or spiritual observances and that of their academic obligations may conflict. In such cases, the University will provide reasonable academic accommodation for students that is consistent with the Ontario Human Rights Code.

Please review the [RISO information for students in the Faculty of Social Sciences](#) about how to request accommodation.

### **Faculty of Social Sciences E-mail Communication Policy**

Effective September 1, 2010, it is the policy of the Faculty of Social Sciences that all e-mail communication sent from students to instructors (including TAs), and from students to staff, must originate from the student’s own McMaster University e-mail account. This policy protects confidentiality and confirms the identity of the student. It is the student’s responsibility to ensure that communication is sent to the university from a McMaster



account. If an instructor becomes aware that a communication has come from an alternate address, the instructor may not reply at his or her discretion.

### **Course Modification**

The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check his/her McMaster email and course websites weekly during the term and to note any changes.