

HLTH AGE 1CC3: INTRODUCTION TO MENTAL HEALTH AND ILLNESS

Winter 2019

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Lecture: M,W 11:30-12:20, F 1:30-2:20

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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 Jan 23.
2. Short Assignment – 15%, due Jan 28.
3. Test – 15%, on Feb 8.
4. Midterm – 25%, over two days, Mar 4/6.
5. Online Discussions – 8%, due Mar 27.
6. Final Exam – 35%

Course Evaluation – Details

Class Policies Quiz (2%), due by Jan 23.

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.

Short Assignment (15%), due by Jan 28.

In a maximum of two typed pages (1.5 spacing), using any one of the *Voices from the Inside* readings, students should answer the following question: “How did the author’s experience with mental health problems shape their life course and sense of identity?” You may write in the first person and there is no need for formal referencing so long as we know which reading (from *Voices*) that you’re using.

Test (15%), Feb 8

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 (25%, Mar 4/6) and Final Exam (35%)

Both the midterm and final exam will consist of 40-50 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 Mar 27

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. This is not a group assignment, but should rather be understood as something approximating an online tutorial.

Weekly Course Schedule and Required Readings

Week 1 (Jan 7/9)

Introduction - How Do We Define Mental Health and Illness?

No required readings

Week 2 (Jan 14/16)

Schizophrenia and Psychotic Disorders

Readings:

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

Week 3 (Jan 21/23)

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 by Jan 23.**

Week 4 (Jan 28/30)

Phobias and Anxiety Disorders

Readings:

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

Notes:

- **Short Assignment due in class (hard copy) and on Avenue on Jan 28.**

Week 5 (Feb 4/6)

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 Feb 8**

Week 6 (Feb 11/13)

Eating Disorders

Readings:

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

Week 7 (Feb 18/20)

READING WEEK, no classes.

Week 8 (Feb 25/27)

The Limits of Mental Illness

Readings:

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

Week 9 (Mar 4/6)

MIDTERM, written in two parts over both days.

No required readings

Week 10 (Mar 11/13)

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 11 (Mar 18/20)

Representations of Mental Health and Illness

No required readings

Week 12 (Mar 25/27)

Culture and Mental Health

Readings:

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

Week 13 (Apr 1/3)

The Psychopharmaceutical Revolution and Beyond

Readings:

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

Notes:

- **Discussions Due on Mar 27**

Week 14 (Apr 8)

Revisiting Mental Health & Illness

No required readings

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. Questions that can be easily answered by looking at the syllabus will be ignored.

Grades

Grades will be based on the McMaster University grading scale:

MARK	GRADE
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

Attending Class

It is expected that attending class is a student's primary priority, and these classes are not taught as distance education. In other words, lectures will not be podcasted and students are expected to attend regularly. Important announcements, including changes to the syllabus, may be made in lecture.

Submitting Assignments

Assignments must be submitted in class (as hard copies) and online to the Avenue to Learn dropbox. Both copies are officially due at the beginning of lecture on the due date, after which point late penalties will immediately apply. Failing to submit both copies by this point will result in a late penalty. "Being off campus," "living in Mississauga," and "getting stuck in traffic," will not be accepted as a reason for late submission.

Late Assignments

Late assignments will be penalized at a rate of 3% per day, including weekends. These should be submitted to the Department of Health, Aging, and Society (KTH 226) or to the physical dropbox located just outside that office.

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. MSAFs must be filed on the day that the assignment is due, triggering an automatic 3 day extension. Without exceptional permission granted officially by your faculty, extensions beyond 72 hours will not be given.

Requests for Relief for Missed Academic Term Work

McMaster Student Absence Form (MSAF)

In the event of an absence for medical or other reasons, students should review and follow the Academic Regulation in the Undergraduate Calendar “Requests for Relief for Missed Academic Term Work”.

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.

The following illustrates only three forms of academic dishonesty:

- Plagiarism, e.g. the submission of work that is not one’s own or for which credit has been obtained.
- Improper collaboration in group work.
- 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. 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).

Academic Accommodation for Religious, Indigenous or Spiritual Observances (RISO)

Students requiring academic accommodation based on religious, indigenous or spiritual observances should follow the procedures set out in the RISO policy. Students requiring a RISO accommodation should submit their request to their Faculty Office normally within 10 working days of the beginning of term in which they anticipate a need for accommodation or to the Registrar's Office prior to their examinations. Students should also contact their instructors as soon as possible to make alternative arrangements for classes, assignments, and tests.

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.

Extreme Circumstances

The University reserves the right to change the dates and deadlines for any or all courses in extreme circumstances (e.g., severe weather, labour disruptions, etc.). Changes will be communicated through regular McMaster communication channels, such as McMaster Daily News, A2L and/or McMaster email.