

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

## Winter 2020

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**Lecture:** Tue/Wed 3:30-4:20,  
occasional Fridays 3:30-4:20 in MDCL  
1305.

**Office:** Kenneth Taylor Hall Rm 230  
**Office Hours:** Wednesdays, 1230-3pm

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## **Course Description**

This course introduces students to mental health and illness 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 debates between biological and sociocultural interpretations of mental illness, the difference between 'discrete disease' and 'spectrum' approaches to mental disorder, and the personal experience of mental health problems.

## **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 about the nature of mental illness.

## **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 Tuesdays, Wednesdays, and *some* Fridays.

## **Course Evaluation – Overview**

1. Class Policies Quiz – 2% (online), due by Jan 22
2. Writing Quiz – 2% (online), due by Jan 22
3. Sample Questions Quiz – 1% (online), due by Jan 22
4. Tests – 25% each, held on Feb 7 *and* Mar 13
5. Written Assignment – 15%, due in class *and* online, Feb 25 or Mar 3 (see below)
6. Final Exam – 30%

## **Course Evaluation – Details**

### **Class Policies Quiz (2%), due online by Jan 22**

Students must complete a short multiple choice quiz about class policies. The quiz is based on the syllabus and what is discussed in the introductory lecture.

### **Writing Tips Quiz (2%), due online by Jan 22**

This short online quiz can be completed on Avenue to Learn. Students are required to read a description of common writing problems and then complete the subsequent quiz.

### **Sample Questions Quiz (1%), due online by Jan 22**

This short online quiz can be completed on Avenue to Learn. This quiz will help students prepare for the sorts of questions that will be asked on the tests and exam.

### **Assignment (15%)**

The written assignment (2 pages in length, double-spaced, Times New Roman 12pt font – please don't mess about with the margins) requires students to select and answer a question in relation to the textbook *Voices from the Inside*. The assignment is due both as a hard copy in class and an electronic copy (on Avenue to Learn) at the beginning of lecture on February 25th. More information about the assignment can be found on Avenue to Learn.

### **Optional Assignment Extension**

Students may opt for a short extension on the assignment until March 3rd. If you opt for this extension, however, you will not receive any comments or feedback on your paper. Your grade will be posted on Avenue, but the physical copy will not be handed back. Neither the TAs nor the professor will meet with you to discuss your paper or your grade in any fashion – no exceptions. It is not necessary to request this extension, as it will be automatically granted.

### **Test 1 and 2 (25% each) – Fri Feb 7 / Fri Mar 13**

The tests will consist of 35-40 multiple choice questions and students will have 45 minutes to complete them. The material to be tested will be drawn from both the Avenue readings and lecture content. The quizzes are cumulative, meaning that students need to understand the material from earlier in the term to do well.

### **Final Exam (30%)**

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

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

### **Topic 1 (Jan 7, 8, and 10th)**

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

## **Topic 2 (Jan 14/15)**

### **Schizophrenia and Psychotic Disorders**

Readings:

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

## **Topic 3 (Jan 21/22)**

### **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:

- **All three online quizzes are due at 11:59pm on Jan 22.**

## **Topic 4 (Jan 28/29)**

### **Anxiety Disorders (Optional Lecture Postscript: Surviving University)**

Readings:

- Owen “To Tell or Not to Tell” in *Voices*; Brinkmann, “Mad or Normal” on [Avenue](#).

## **Topic 5 (Feb 4/5)**

### **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*.

## **Test One (Friday Feb 7)**

- **Test to cover lecture topics 1-4 and their Avenue readings.**

## **Topic 6 (Feb 11/12)**

### **Eating Disorders**

Readings:

- Hornbacher “Wasted” in *Voices*; Karen Dias, “The Ana Sanctuary” on [Avenue](#).

## **Reading Week (Feb 17 - 21)**

### **Topic 7 (Feb 25/26)**

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

Readings:

- Knapp “Denial and Addiction” in *Voices*; Schirmann, “Badness, Madness, and the Brain” on Avenue.

Notes:

- **Assignment due in class AND online by the beginning of lecture on Feb 25.**

### **Topic 8 (Mar 3/4)**

#### **Treating Mental Illness**

Readings:

- Slater, “Prozac Diary” and Schiller “The Quiet Room” in *Voices*.

Notes:

- **Optional extension for the assignment, due in class AND on Avenue at the beginning of lecture on Mar 3.**

### **Topic 9 (Mar 10/11)**

#### **Critical Perspectives of Psychiatry**

Readings:

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

### **Test Two (Friday Mar 13)**

- **Test to cover lecture topics 1-8 and their Avenue readings.**

### **Topic 10 (Mar 17/18)**

#### **Consumers, Survivors, and Mad Pride**

Readings:

- A. Shomo, “The Manifesto of a Non-Compliant Mental Patient” on Avenue.

### **Topic 11 (Mar 24/25)**

#### **Pharma and the World of Mental Health**

Readings:

- Healy, “Conflicting Interests in Toronto” on Avenue.

### **Topic 12 (Mar 31/1)**

#### **Alternative Approaches to Mental Health and Illness**

- Readings: Bracken et al. “Psychiatry beyond the Current Paradigm” on Avenue.

### **Topic 13 (Apr 7)**

#### **Mental Health and Illness Revisited**

## **Course Policies**

### **Email**

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

<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

### **Attending Class**

Regular attendance is vital to building an academic community and enhancing learning so it's important to come to class. Consequently, lectures will not be podcasted. Announcements, including changes to the syllabus, may be made in lecture and might not be communicated online. The lecture slides that get posted do not cover all of the material discussed in class.

### **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 apply. Failing to submit both copies by this point will result in a late penalty. "Being off campus," "watchin' the Raps," "living in Mississauga," "really getting into macramé," and "being stuck in traffic," will not be accepted as reasons 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. You should also submit an online copy of the assignment at the same time.

### **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.

### **Course Modification**

The instructor reserves the right to modify elements of the course during the term. If any 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.

### **Essential Requirements**

This course has been carefully designed and all of its constituent components are considered essential requirements. Attending lecture regularly is essential as these classes will include discussions, material, and information that will not be posted on Avenue to Learn. In other words, successfully completing this course does not merely involve submitting the required work, but fundamentally taking part in the community of the classroom.



## **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:

- 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](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)).

### **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.