

# HLTH AGE 1CC3: INTRODUCTION TO MENTAL HEALTH AND ILLNESS Spring 2021

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**Lectures:** Asynchronous, available on  
Avenue to Learn.

**Office Hours: Wednesdays, 4-5pm**

<https://mcmaster.zoom.us/j/4578106386>

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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**

- Mat Savelli, James Gillett, and Gavin Andrews, *An Introduction to Mental Health and Illness: Critical Perspectives*. Oxford University Press, 2020. You can find the link on the [Campus Store website](#).
- All other readings are available on [Avenue to Learn](#).

### **Class Format**

#### *Course Material*

This class will be conducted largely asynchronously, although students are encouraged to attend to instructor's drop-in office hours to discuss the material individually or as a group. In most weeks, two sets of slides and two recorded discussions will be uploaded to Avenue to Learn (A2L). These resources, along with your assigned readings, are the primary tools for learning in this class. It is important that students stay on top of all three resources (slides, recorded discussions, and readings) as all of this material will be testable on both the midterm and the final exam.

Students with questions or a desire to discuss the material are strongly encouraged to come to office hours. Office hours can be accessed using the Zoom link at the top of this document.

### **Course Evaluation – Overview**

1. Class Policies Quiz – 3% (A2L), due by May 19<sup>th</sup> at 11:59pm
2. Writing Quiz – 2% (A2L), due by May 19<sup>th</sup> at 11:59pm
3. Assignment – 35%, due by May 31<sup>st</sup> or June 4<sup>th</sup> at 11:59pm (see below)
4. Midterm – 30%, take-home test, due by May 21<sup>st</sup> at 11:59pm
5. Final – 30%, take-home exam, due by June 18<sup>th</sup> at 11:59pm

### **Course Evaluation – Details**

#### **Class Policies Quiz (3%), due on A2L by May 19th at 11:59pm**

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 slides.

#### **Writing Tips Quiz (2%), due on A2L by May 19th at 11:59pm**

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.

### **Midterm (30%), opens May 17<sup>th</sup>, due by May 21st at 11:59pm**

The midterm will consist of a single long-answer essay question based on readings, lecture slides, and recorded discussions. It is a take-home midterm and students need to type their answer into Avenue to Learn, with a limit of 850 words. You will find the midterm in the Quizzes section on the Assessments tab on Avenue to Learn. Late midterms will NOT be accepted. You may open, close, and return to the midterm throughout the writing period.

### **Assignment (35%) – due May 31<sup>st</sup> (optional extension to June 4<sup>th</sup>)**

The written assignment (5-6 pages in length, double-spaced 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 *Critical Perspectives*, using at least THREE chapters. The questions will be posted by the instructor on Avenue to Learn (A2L). The assignment must be submitted as a Word file or PDF by 11:59pm on May 31st or June 4th (for those who take the optional extension – see below). More information about the assignment can be found on Avenue to Learn.

### **Optional Assignment Extension**

Students who cannot submit for May 31st may opt for a short extension on the assignment until June 4th. If you opt for this extension, however, your grade for the assignment will be posted on Avenue, but you will not receive any comments or feedback on your paper. Neither the TAs nor the professor will meet with you to discuss your paper or your grade in any fashion – no exceptions. In other words, you are foregoing any sort of comments on your assignment in order to take the extension. It is not necessary to request this extension, as it will be automatically granted.

### **Final Exam (30%), opens June 14<sup>th</sup>, due by June 18th at 11:59pm**

The exam will consist of a single long-answer essay question based on readings, lecture slides, and recorded discussions. It is a take-home exam and students need to type their answer into Avenue to Learn, with a limit of 1000 words. You will find the exam in the Quizzes section on the Assessments tab on Avenue to Learn. Late exams will NOT be accepted. You may open, close, and return to the exam throughout the writing period.

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

### **Topic 1 (Week of May 3<sup>rd</sup>)**

#### **Introduction - Defining Mental Health and Illness / Schizophrenia**

Readings:

- Chapter 1 in *Critical Perspectives*.
- Chapter 4 in *Critical Perspectives*.

## **Topic 2 (Week of May 10th)**

### **Mood Disorders / Anxiety Disorders**

Readings:

- Chapter 5 in *Critical Perspectives*.
- Chapter 6 in *Critical Perspectives*.
- Brinkmann, "Mad or Normal" on Avenue.

## **MIDTERM (Week of May 17th)**

### **MIDTERM TEST**

- Midterm (opens on A2L on May 17th, closes May 21st at 11:59pm)

## **Topic 3 (Week of May 24th)**

### **OCD and PTSD / Eating Disorders**

Readings:

- Derek Summerfield "The Invention of Post-Traumatic Stress Disorder and the Social Usefulness of a Psychiatric Category" on Avenue.
- Chapter 8 in *Critical Perspectives*
- Dias "The Ana Sanctuary" on Avenue.

## **Topic 4 (Week of May 31st)**

### **The Limits of Mental Illness / Culture and Mental Illness**

Readings:

- Chapters 9 and 11 in *Critical Perspectives*
- **Assignment due May 31<sup>st</sup> (optional extension to June 4<sup>th</sup> – see notes)**

## **Topic 5 (Week of June 7th)**

### **Critical Perspectives of Psychiatry / The World of Psychopharmaceuticals**

Readings:

- Chapter 12 in *Critical Perspectives*
- Thomas Szasz, "The Myth of Mental Illness" on Avenue.
- Chapter 3 in *Critical Perspectives*

## **EXAM (Week of June 14)**

### **FINAL EXAM**

- Exam (opens on A2L on June 14, closes on June 18<sup>th</sup> at 11:59pm)

## **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

## Submitting Assignments

Assignments must be submitted online to the Avenue to Learn dropbox. This copy is officially due by 11:59PM on the due date posted. Failing to submit a copy by this point will result in a late penalty. “Really getting into macramé”, “Burning banana bread”, and “Having to sign for a package” 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 Avenue to Learn dropbox.

## 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. The MSAF policy is that nothing worth more than 24% can be MSAFed.

## 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.

## **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. 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**

You are expected to exhibit honesty and use ethical behaviour in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity. **It is your responsibility to understand what constitutes academic dishonesty.**

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 behaviour 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. For information on the various types of academic dishonesty please refer to the [Academic Integrity Policy](https://secretariat.mcmaster.ca/university-policies-procedures-guidelines/), located at <https://secretariat.mcmaster.ca/university-policies-procedures-guidelines/>

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 other credit has been obtained.
- improper collaboration in group work.
- copying or using unauthorized aids in tests and examinations.

### **Authenticity / Plagiarism Detection**

**Some courses may** use a web-based service (Turnitin.com) to reveal authenticity and ownership of student submitted work. For courses using such software, students will be expected to submit their work electronically either directly to Turnitin.com or via an online learning platform (e.g. A2L, etc.) using plagiarism detection (a service supported by Turnitin.com) so it can be checked for academic dishonesty.

Students who do not wish their work to be submitted through the plagiarism detection software must inform the Instructor before the assignment is due. No penalty will be assigned to a student who does not submit work to the plagiarism detection software. **All submitted work is subject to normal verification that standards of academic integrity have been upheld** (e.g., on-line search, other software, etc.). For more details about McMaster's use of Turnitin.com please go to [www.mcmaster.ca/academicintegrity](http://www.mcmaster.ca/academicintegrity).

### **Courses with an On-line Element**

**Some courses may** use on-line elements (e.g. e-mail, Avenue to Learn (A2L), LearnLink, web pages, capa, Moodle, ThinkingCap, etc.). Students should be aware that, when they access the electronic components of a course using these elements, 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 a course that uses on-line elements will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

### **Online Proctoring**

**Some courses may** use online proctoring software for tests and exams. This software may require students to turn on their video camera, present identification, monitor and record their computer activities, and/or lock/restrict their browser or other applications/software during tests or exams. This software may be required to be installed before the test/exam begins.

### **Conduct Expectations**

As a McMaster student, you have the right to experience, and the responsibility to demonstrate, respectful and dignified interactions within all of our living, learning and working communities. These expectations are described in the [Code of Student Rights & Responsibilities](#) (the "Code"). All students share the responsibility of maintaining a positive environment for the academic and personal growth of all McMaster community members, **whether in person or online**.

It is essential that students be mindful of their interactions online, as the Code remains in effect in virtual learning environments. The Code applies to any interactions that adversely affect, disrupt, or interfere with reasonable participation in University activities. Student disruptions or behaviours that interfere with university functions on online platforms (e.g. use of Avenue 2 Learn, WebEx or Zoom for delivery), will be taken very seriously and will be investigated. Outcomes may include restriction or removal of the involved students' access to these platforms.



## **Academic Accommodation of Students With Disabilities**

Students with disabilities who require academic accommodation must contact [Student Accessibility Services](#) (SAS) at 905-525-9140 ext. 28652 or [sas@mcmaster.ca](mailto:sas@mcmaster.ca) to make arrangements with a Program Coordinator. For further information, consult McMaster University's [Academic Accommodation of Students with Disabilities](#) policy.

## **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".

## **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 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.

## **Copyright And Recording**

Students are advised that lectures, demonstrations, performances, and any other course material provided by an instructor include copyright protected works. The Copyright Act and copyright law protect every original literary, dramatic, musical and artistic work, **including lectures** by University instructors

The recording of lectures, tutorials, or other methods of instruction may occur during a course. Recording may be done by either the instructor for the purpose of authorized distribution, or by a student for the purpose of personal study. Students should be aware that their voice and/or image may be recorded by others during the class. Please speak with the instructor if this is a concern for you.

## **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.

## **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.