

HLTH AGE 1CC3: INTRODUCTION TO MENTAL HEALTH AND ILLNESS

Winter 2021

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Lectures: Asynchronous, available on Avenue to Learn.

Office Hours: Mondays, 11:30am-1pm:

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

Opt-In Tutorials: See details below!

Group 1: Mon, 10:30-11:20

Group 2: Wed, 10:30-11:20

Group 3: Thu, 10:30-11:20

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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.
- All other readings are available on [Avenue to Learn](#).

Class Format

Course Material

This class will be conducted largely asynchronously, although students have a one-time option of signing up for synchronous tutorials in place of written responses (see below). Each week, course material will be delivered in three ways: 1) posted lecture slides, 2) recorded discussions, and 3) assigned readings. These three components are meant to be approached in conjunction with one another. In other words, the readings cover the basics, the lecture slides help to highlight particular themes and expand upon issues of importance, and the recorded discussions help to give extra context and provoke additional thinking. The readings are available as a purchasable textbook (*Critical Perspectives*, see above) and as downloadable articles on Avenue to Learn.

Tutorials vs Written Responses

Each student must complete either 3 synchronous Zoom tutorials or 3 written responses. You must select which option you'll pursue at the start of the course, via the *Tutorials vs Written Responses Quiz* on Avenue to Learn. All students must decide by 11:59pm on Thursday, January 21st whether they wish to (a) participate in three synchronous tutorials via Zoom or (b) complete three asynchronous written responses

via Avenue to Learn. The dates for your three tutorials (or three written responses) will be posted on Avenue to Learn by Saturday, January 23rd, with both tutorials and written responses potentially beginning the next week (beginning January 25th).

The tutorial slots for those who choose that option are as follows:

- Group 1: Mon 10:30-11:30
- Group 2: Wed 10:30-11:30
- Group 3: Thu 10:30-11:30

If you have signed up for the tutorials and miss a session, your grade will be recorded as a zero for that session. In other words, it is imperative that you attend. Each session is worth 5% of your final grade, and students are expected to do the readings for that week in advance of the tutorial, coming prepared to discuss the materials with the TA. You will not be offered the opportunity to make up for missed tutorials by doing other work.

For those that opt to do the written responses rather than Zoom tutorials, each response is worth 5% and will be due on the Wednesday of your three assigned weeks. If you do not complete the response by Wednesday at 11:59pm, you will receive a grade of zero for that response.

Both tutorials and written responses will begin the week January 25th.

Office Hours

The instructor and the TAs will hold weekly office hours. Each student will be assigned a TA whose office hours you can attend. Beyond that, the instructor's office hours are totally open and students are strongly encouraged to attend. Think of these hours as an "ask me anything" session. The Zoom link for office hours (both the TAs and instructors) can be found on the course's Avenue to Learn page. For privacy reasons, these office hours will not be recorded.

Course Evaluation – Overview

1. Tutorial vs Written Response Quiz – mandatory, due by Jan 21st at 11:59pm
2. Class Policies Quiz – 3% (online), due by Jan 25th at 11:59pm
3. Writing Quiz – 2% (online), due by Jan 25th at 11:59pm
4. Tutorials OR Written Discussions 15%
5. Assignment – 20%, due Feb 5th or 12th
6. Midterm – 25%, take-home test, due March 9th
7. Final – 35%, take-home exam, due April 20th

Course Evaluation – Details

Tutorials vs Written Responses Quiz (0%), due on Avenue by Jan 21st

Students must complete a one-question quiz as to whether they will be pursuing the synchronous tutorials or asynchronous written responses.

Class Policies Quiz (3%), due on Avenue by Jan 25th

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 Avenue by Jan 25th

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.

Tutorials / Written Responses (15%) – variable dates

Students are required to complete *either* three synchronous tutorial sessions **or** three 1 page (1.5 spacing) written responses. For tutorials, students should come prepared to discuss that week's readings. Similarly, the written response questions, which will be posted to Avenue to Learn, will require students to use the readings in their answer.

Assignment (20%) (due Feb 5th OR Feb 12th – see below)

The written assignment (2 pages in length, 1.5 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*. The questions will be posted by the instructor on Avenue to Learn. The assignment must be submitted as a Word file or PDF by 11:59pm on February 5th or February 12th (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 February 5th may opt for a short extension on the assignment until February 12th. 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.

Midterm (25%), due by March 9th 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. The midterm will be posted on March 5th at 11:59pm and must be completed by March 9th at

11:59pm. Late midterms will NOT be accepted. You may open, close, and return to the midterm throughout the March 5th-9th period.

Final Exam (35%), due by April 20th at 11:59pm

The final exam will consist of a single long-answer essay question based on readings, lecture slides, and recorded discussions. It is a take-home final and students need to type their answer into Avenue to Learn, with a limit of 1000 words.

Weekly Course Schedule and Required Readings

Topic 1 (Jan 11-15)

Introduction - How Do We Define Mental Health and Illness?

Readings:

- Chapter 1 in *Critical Perspectives*.

Topic 2 (Jan 18-22)

Schizophrenia and Psychotic Disorders

Readings:

- Chapter 4 in *Critical Perspectives*.

Topic 3 (Jan 25-29)

Mood Disorders

Readings:

- Chapter 5 in *Critical Perspectives*.

Topic 4 (Feb 1-5)

Anxiety Disorders

Readings:

- Chapter 6 in *Critical Perspectives*.

Topic 5 (Feb 8-12)

OCD and PTSD

Readings:

- Derek Summerfield “The Invention of Post-Traumatic Stress Disorder and the Social Usefulness of a Psychiatric Category” on Avenue.

Reading Week (Feb 15-19)

No Readings

Topic 6 (Feb 22-26)

Eating Disorders

Readings:

- Chapter 8 in *Critical Perspectives*; Dias “The Ana Sanctuary” on Avenue.

Topic 7 (Mar 1-5)

The Limits of Mental Illness

Readings:

- Chapters 9 and 10 in *Critical Perspectives*

Midterm (Mar 8-12)

- Midterm

Topic 8 (Mar 15-19)

Culture and Mental Illness

Readings:

- Chapter 11 in *Critical Perspectives*; Brinkmann, “Mad or Normal” on Avenue.

Topic 9 (Mar 22-26)

Critical Perspectives of Psychiatry

Readings:

- Chapter 12 in *Critical Perspectives*; Thomas Szasz, “The Myth of Mental Illness” on Avenue.

Topic 10 (Mar 29-Apr 2)

Consumers, Survivors, and Mad Pride

Readings:

- Fabris and Aubrecht, “Chemical Constraint” and A. Shomo, “The Manifesto of a Non-Compliant Mental Patient” on Avenue.

Topic 11 (April 5-9)

Pharma and the World of Mental Health – Course Conclusion

Readings:

- Chapter 3 in *Critical Perspectives*; Healy, “Conflicting Interests in Toronto” on Avenue.

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:

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

Engagement

Regular engagement is vital to building an academic community and enhancing learning so it's important to actively watch the videos posted, complete the readings, and to engage in tutorials or discussion posts.

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. 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

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.

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 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.