

HLTH AGE 1CC3: INTRODUCTION TO MENTAL HEALTH AND ILLNESS

Fall 2022

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Office Hours: Tuesdays and Thursdays
(1:30-2:20), KTH 230

Lectures: PGCLL B138
Tuesdays, Thursdays (11:30-12:20).
Fridays only as needed (see below).

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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

Beyond the required lectures, students are expected to attend five assigned tutorials during the term, which will be posted on Avenue to Learn. Your tutorials will be held during the timeslot you selected on Mosaic. For tutorials, students are expected to come prepared to participate and discuss the assigned readings from that week, so it's important that you read them in advance. Without an MSAF, students who miss a tutorial will not have the opportunity to make up the lost grades, so it's crucial that you attend.

The readings are available as a purchasable textbook (Critical Perspectives, see above) and as downloadable articles on Avenue to Learn.

Independent Work

Students are required to complete all work independently.

Course Evaluation – Overview

1. Class Policies Quiz – 1% (online), due by Sept 16th
2. Writing Quiz – 1% (online), due by Sept 16th

3. Tutorials - 10%, assigned on A2L
4. Assignment – 28%, due Oct 3rd OR 7th
5. Midterm – 25%, held during Nov 1st-2nd
6. Final Exam – 35%, held during exam period.

Course Evaluation – Details

Class Policies Quiz (1%), due on A2L by Sept 16th

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 (1%), due on A2L by Sept 16th

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 (10%), dates to be assigned on A2L

Students are required to complete five tutorial sessions on assigned dates. For tutorials, students should come prepared to participate and discuss that week's readings. Without an MSAF, students who miss a tutorial will not have the opportunity to make up the lost grades, so it's crucial that you attend on your assigned dates.

Assignment (28%), due October 3rd OR 7th

The written assignment (1000 words in length, Times New Roman, 1.5 spacing, 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*. Unless taking the optional extension, the assignment must be submitted as a Word file or PDF by 11:59pm on the due date. You must include a properly formatted citations and an APA bibliography (which does not count against your word limit). You should not use resources aside from the textbook, and you should cite the specific textbook chapters you draw from in your work, rather than the textbook as a whole. 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 October 7th at 11:59pm. Please note that if you opt for this extension, 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. It is not necessary to request this extension, as it will be automatically granted.

Midterm (25%), held November 1-2

The midterm will consist of a single long-answer essay question based on readings and lectures. It is accessible via the *Quizzes* tab on Avenue to Learn. It is a take-home,

open book midterm, and students need to type their answer into Avenue to Learn, with a limit of 850 words. Although designed to be written in two hours, students will be able to work on the midterm throughout the midterm period. The midterm will open at 12:01am on November 1st and is due at 11:59pm on November 2nd. Late midterms will NOT be accepted.

Final Exam (35%)

The final exam will consist of a single long-answer essay question based on readings and lectures. It will be scheduled during the exam season by the Office of the Registrar. It will be cumulative, covering readings and lecture material from the whole of the course.

Weekly Course Schedule and Required Readings

Topic 1 (Sept 6-9)

Introduction - How Do We Define Mental Health and Illness?

Readings:

- Chapter 1 in *Critical Perspectives*.

Topic 2 (Sept 12-16)

Schizophrenia and Psychotic Disorders

Readings:

- Chapter 4 in *Critical Perspectives*.
- Tutorials begin – see tutorial date assignment on Avenue to Learn.

Topic 3 (Sept 19-23)

Mood Disorders

Readings:

- Chapter 5 in *Critical Perspectives*.

Topic 4 (Sept 26-30)

Anxiety Disorders

Readings:

- Chapter 6 in *Critical Perspectives*.

Topic 5 (Oct 3-7)

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 (Oct 10-14)

Topic 6 (Oct 17-21)

Eating Disorders

Readings:

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

Topic 7 (Oct 24-28)

The Limits of Mental Illness

Readings:

- Chapters 9 and 10 in *Critical Perspectives*

Midterm (Oct 31 – Nov 4)

- **No lectures or tutorials this week (MIDTERM)**

Topic 8 (Nov 7–11)

Culture and Mental Illness

Readings:

- Chapter 11 in *Critical Perspectives*.

Topic 9 (Nov 14-18)

Critical Perspectives of Psychiatry

Readings:

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

Topic 10 (Nov 21-25)

Consumers, Survivors, and Mad Pride

Readings:

- Chapter 13 in *Critical Perspectives*; A. Shomo, “The Manifesto of a Non-Compliant Mental Patient” on Avenue.

Topic 11 (Nov 28 – Dec 2)

Pharma and the World of Mental Health

Readings:

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

Topic 13 (Dec 5 – 8)

Mental Health and Illness Revisited

- Readings: Bracken et al. “Psychiatry beyond the Current Paradigm” and Brinkmann, “Mad or Normal” on Avenue. on Avenue.
- No tutorials this week.

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

Submitting Assignments

Assignments must be submitted online to the Avenue to Learn dropbox by 11:59pm on the due date posted. Failing to submit a copy by this point will result in a late penalty.

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.

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

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.

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

In the event of an absence for medical or other reasons, students should review and follow the [Policy on 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.