

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

## Winter 2022

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**Lectures:** PGCLL B138

Tuesdays, Wednesdays (3:30-4:20pm).

Fridays only as needed (see below).

**Office Hours:** Tuesdays, 1:30-3:20pm

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

## **Class Format**

This course has been designed to be offered in person. Lectures will be held on Tuesdays and Wednesdays, with Fridays used only as needed (e.g. in the event of a snow day). If the course is forced online, I (the instructor) will be posting a weekly video on Avenue to Learn to make up for the missed lectures. When we return to being in person, I'll continue to post that weekly video, but it will NOT be the same as the lectures. Although the video covers much of the same material, I cannot promise that everything covered in lecture will be discussed in the video. Students who do not feel confident about their ability to make the live lectures and tutorials should probably not take the class this term.

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

Beyond lectures, students are expected to attend five assigned tutorials during the term. The dates of your tutorials will be assigned by January 20th and will appear on Avenue to Learn, with tutorials beginning the week of January 24th. 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.

### *Office Hours*

Both the instructor and the TAs will hold weekly office hours via Zoom. 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. During this time, you can ask anything related to course material (or beyond) and I'd be happy to answer. Think of these hours as an "ask me anything" session.

### *Covid-19*

All elements of the course are subject to change depending on Covid-19 protocols. In the event that we are forced to move online, each week the material will be delivered via (1) an asynchronous recorded "lecture" and (2) posted slides. Tutorials, meanwhile, will be held live on Zoom. Please pay attention to university protocols and Avenue to Learn for updates.

### *Independent Work*

Students are required to complete all work independently.

## **Course Evaluation – Overview**

1. Class Policies Quiz – 3% (online), due by Jan 27th
2. Writing Quiz – 2% (online), due by Jan 27th
3. Tutorials - 10%, assigned on A2L on Jan 20th
4. Assignment – 25%, due Mar 7<sup>th</sup> OR 14th
5. Midterm – 25%, held during Feb 16<sup>th</sup>-18th
6. Final Exam – 35%, held during April 20th-22nd

## **Course Evaluation – Details**

### **Class Policies Quiz (3%), due on A2L by Jan 27th**

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 Jan 27th**

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 assigned on A2L on Jan 20th**

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 (25%), due Mar 7 OR Mar 14th – see below**

The written assignment (850 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). 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 14th 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 Feb 16-18th**

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. The midterm is will open Feb 16<sup>th</sup> at 12:01am and is due at 11:59pm on February 18th. Late midterms will NOT be accepted.

### **Final Exam (35%), held April 20-22nd**

The final exam will consist of a single long-answer essay question based on readings and lectures. It will be accessible via the *Quizzes* tab on Avenue to Learn. It is a take-home, open-book final exam, and students need to type their answer into Avenue to Learn, with a limit of 1000 words. The final exam will open at 12:01am on April 20th is due at 11:59pm on April 22<sup>nd</sup>.

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

### **Topic 1 (Jan 10-14)**

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

Readings:

- Chapter 1 in *Critical Perspectives*.

**Topic 2 (Jan 17-21)**

**Schizophrenia and Psychotic Disorders**

Readings:

- Chapter 4 in *Critical Perspectives*.

**Topic 3 (Jan 24-28)**

**Mood Disorders**

Readings:

- Chapter 5 in *Critical Perspectives*.
- *Tutorials begin* – see tutorial date assignment on Avenue to Learn.

**Topic 4 (Jan 31-Feb 4)**

**Anxiety Disorders**

Readings:

- Chapter 6 in *Critical Perspectives*.

**Topic 5 (Feb 7-11)**

**OCD and PTSD**

Readings:

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

**Topic 6 (Feb 14-18)**

**Eating Disorders**

Readings:

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

**Reading Week (Feb 21-25)**

**Topic 7 (Feb 28 – Mar 4)**

**The Limits of Mental Illness**

Readings:

- Chapters 9 and 10 in *Critical Perspectives*

**Topic 8 (Mar 7-11)**

**Culture and Mental Illness**

Readings:

- Chapter 11 in *Critical Perspectives*.

### **Topic 9 (Mar 14-18)**

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

Readings:

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

### **Topic 10 (Mar 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 (Mar 28-April 1)**

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

Readings:

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

### **Topic 12 (April 4-8)**

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

- Readings: Bracken et al. “Psychiatry beyond the Current Paradigm” and Brinkmann, “Mad or Normal” on Avenue.

### **Topic 13 (April 12)**

- No Class, Independent Exam Preparation

## **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+

<b>MARK</b>	<b>GRADE</b>
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. “Really getting into macramé”, “Watching the Raps,” “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”.

### **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.

### **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. Similarly, live participation in tutorials is considered an essential requirement. 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**

#### **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 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.