

HLTH AGE 1CC3: INTRODUCTION TO MENTAL HEALTH AND ILLNESS

Winter 2023

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Office Hours: Tues (12:30-1:30), Thurs (4:30-5:30), KTH 220.

Lectures: PGCLL B138
Mondays, Thursdays (3:30-4:20).
Tuesdays (4:30-5:20) used only as needed.

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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 emphasizes changing conceptions of cause, diagnosis, and treatment across both time and socio-cultural boundaries. Key topics include debates between biological and sociocultural interpretations of mental illness, the difference between 'discrete disease' and 'spectrum' approaches to mental disorder, and lay experiences of mental health problems and its treatment.

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. By the completion of the course, students are expected to demonstrate the ability to discuss and write about complexities inherent in the concepts of mental health and 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](#).

Although only particular chapters of the textbook have been assigned, students are encouraged to read others if they would like to deepen their knowledge on a topic. Students can expect that the readings listed on the syllabus will be discussed in tutorial.

Class Format

This is a fully in-person course. Beyond the required lectures, students are expected to attend five tutorials during the term on specifically assigned dates, 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 lost grades, so attendance and participation are critical.

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 Jan 20th.
2. Writing Quiz – 1% (online), due by Jan 20th.
3. Tutorials - 10%, dates assigned on A2L
4. Essay – 28%, due Mar 13th or 17th.
5. Midterm – 25%, held in class on Feb 13 and 16th.
6. Final Exam – 35%, held during exam period.

Course Evaluation – Details

Class Policies Quiz (1%), due on A2L by January 20th

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 January 20th

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.

Essay (28%), due March 13th OR 17th

The written essay (1000 words in length, Times New Roman, 1.5 spacing, 12pt font) 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 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 essay can be found on Avenue to Learn.

Optional Assignment Extension

Students may opt for a short extension on the assignment until March 17th at 11:59pm. 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 on February 13th and 16th

The midterm will consist of two parts, held over two days: a multiple-choice section and a single long-answer essay question based on readings and lectures. It will be held during class time.

Final Exam (35%)

The final exam will consist of two long-answer essay questions 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 (Jan 9-13)

Introduction - How Do We Define Mental Health and Illness?

Readings:

- Chapter 1 in *Critical Perspectives*.

Topic 2 (Jan 16-20)

Schizophrenia and Psychotic Disorders

Readings:

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

Topic 3 (Jan 23-27)

Mood Disorders

Readings:

- Chapter 5 in *Critical Perspectives*.

Topic 4 (Jan 30 – Feb 3)

Anxiety Disorders

Readings:

- Brinkmann, “Mad or Normal” on Avenue.

Topic 5 (Feb 6-10)

OCD and PTSD

Readings:

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

Midterm (Feb 13-16)

Midterm

- Midterm to be held over two days: multiple choice section (Feb 13) / long answer section (Feb 16).
- No tutorials this week.

Reading Week (Feb 20-24)

Topic 6 (Feb 27 – Mar 3)

Eating Disorders

Readings:

- Arguedas, “Diagnosis as Subculture.”

Topic 7 (Mar 6-10)

The Limits of Mental Illness

Readings:

- Chapters 9 and 10 in *Critical Perspectives*.

Topic 8 (Mar 13-17)

Culture and Mental Illness

Readings:

- Chapter 11 in *Critical Perspectives*.

Topic 9 (Mar 20-24)

Critical Perspectives of Psychiatry

Readings:

- Thomas Szasz, “The Myth of Mental Illness” on Avenue; Chapter 12 in *Critical Perspectives*.
- Essay due on March 13 (w/ feedback) OR Mar 17 (w/o feedback).

Topic 10 (Mar 27-31)

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 (April 3-7)

Pharma and the World of Mental Health

Readings:

- Chapter 3 in *Critical Perspectives*; Elliott, “Enhancement Technologies and the Modern Self” on Avenue.

Topic 13 (April 10)

Mental Health and Illness Revisited

- Readings: Bracken et al. "Psychiatry beyond the Current Paradigm."
- 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 (as a Word file or PDF) 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 marked for late assignments.

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.

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. 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).

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.