

HLTH AGE 1CC3: Introduction to Mental Health and Illness  
Fall 2017

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**Course Description:** This course introduces students to mental health 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 the debate between biological and sociocultural interpretations of mental illness, the difference between 'discrete disease' and 'spectrum' approaches to mental disorder, and popular portrayals of mental illness.

**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 over questions of diagnosis and treatment.

**Required Texts:**

- 1) David Karp and Gretchen Sisson, *Voices from the Inside: Readings on the Experiences of Mental Illness*. Oxford University Press.
- 2) All other readings are available on [Avenue to Learn](#).

**Lectures:**

**Week 1 (Sept 11)** - How Do We Define Mental Health and Illness?

**Week 2 (Sept 18)** - Schizophrenia and Psychotic Disorders

Readings: Vonnegut "The Eden Express," Saks "The Center Cannot Hold", and Simon "Everything Falls Apart" in *Voices*.

**Week 3 (Sept 25)** - Mood Disorders

Reading: Karp "An Unwelcome Career," Jameson "Flights of the Mind," Karp "In Sickness and in Health" and O'Brien "Depressives in the Lounge" in *Voices*.

**Week 4 (Oct 2)** - Phobias and Anxiety Disorders (**Test 1**)

Reading: Owen "To Tell or Not to Tell" in *Voices*.

**Reading Week (Oct 9 - 13)** - NO CLASSES

**Week 5 (Oct 16)** - OCD and PTSD

Reading: Derek Summerfield "The Invention of Post-Traumatic Stress Disorder and the Social Usefulness of a Psychiatric Category" on [Avenue](#); Rapoport "The Auto Accident That Never Was" in *Voices*.

**Week 6 (Oct 23) - Eating Disorders**

Reading: Hornbacher “Wasted” in *Voices*; Karen Dias, “The Ana Sanctuary” on Avenue.

**Week 7 (Oct 30) – The Limits of Mental Illness**

Reading: Knapp “Denial and Addiction” in *Voices*; Kendell “The Distinction between Personality Disorder and Mental Illness” on Avenue.

**Week 8 (Nov 6) – MIDTERM**

**Week 9 (Nov 13) – Popular Representations and Stigmatization of Mental Illness**

Reading: Corrigan, “Resolving Mental Illness Stigma” on Avenue.

**Week 10 (Nov 20) - Culture and Mental Illness**

Reading: Lemelson, “Obsessive-Compulsive Disorder in Bali: The Cultural Shaping of a Neuropsychiatric Disorder” on Avenue.

**Week 11 (Nov 27) - Critical Perspectives of Psychiatry (Test 2)**

Reading: Millett “The Loony Bin Trip” and Schiller “The Quiet Room” in *Voices*; Thomas Szasz, “The Myth of Mental Illness” on Avenue.

**Week 12 (Dec 4) - The Psychopharmaceutical Revolution and Beyond (Discussions due)**

Readings: Slater “Prozac Diary” in *Voices*; David Healy “Conflicting Interests in Toronto” on Avenue.

**Grade breakdown:**

Test One: 15%

Test Two: 15%

Online Discussions: 15%

Midterm: 25%

Final Exam: 30%

**Tests:** Tests will consist of 20-25 multiple choice questions and students will have 45 minutes to complete the test. The material to be tested will be drawn from both the Avenue readings and lecture content. The tests are cumulative, meaning that students need to understand the material from earlier in the term to do well on later tests.

**Midterm and Final Exam:** Both the midterm and final exam will consist of 35-45 multiple choice questions that cumulatively cover the Avenue readings and lecture material. Students will have two hours to complete the midterm and final exam.

**Online Discussion:** Students will be automatically divided up into small groups to participate in an online discussion hosted on Avenue to Learn. Students will be assigned FOUR different questions based on Voices from the Inside readings or online videos. EACH student is expected to post a response to EACH question, consisting of roughly 200 words per question. You may comment in reference to your fellow students’ postings, or you may post your own thoughts. All four questions MUST be answered by each student by last day of lecture.

### Other Crucial Course Notes

- 1) Do not email the course instructor or TAs via Avenue to Learn. Direct all communication to our McMaster email addresses, using your McMaster email address.
- 2) Students making use of MSAFs will have to complete all assignments at a later date. In other words, there is no chance that the grade for missed assignments or tests will be tacked onto the final exam or any other assignment.

If you require this information in an alternate/accessible format, please contact the Department of Health, Aging & Society at 905.525.9140 ext. 27227 or [hasdept@mcmaster.ca](mailto:hasdept@mcmaster.ca).

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.

Academic Accommodation of Students with Disabilities: Students who require academic accommodations 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 at 905-525-9140 ext. 28652, or by email at [sas@mcmaster.ca](mailto:sas@mcmaster.ca). For further information, consult McMaster University's Policy for Academic Accommodation for Students with Disabilities: <http://www.mcmaster.ca/policy/Students-AcademicStudies/AcademicAccommodation-StudentsWithDisabilities.pdf>

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

**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.

**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.

### **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.

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.

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 <http://www.mcmaster.ca/academicintegrity>

The following illustrates only three forms of academic dishonesty:

1. Plagiarism, e.g. the submission of work that is not one's own or for which other credit has been obtained.
2. Improper collaboration in group work.
3. Copying or using unauthorized aids in tests and examinations.

The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of 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 their McMaster email and course websites weekly during the term and to note any changes.