

HLTH AGE 1CC3: INTRODUCTION TO MENTAL HEALTH AND ILLNESS

Fall 2020

Instructor: Dr. Mat Savelli

Email: msavelli@mcmaster.ca

Lectures: Asynchronous, available on Avenue to Learn.

Office Hours: Mondays, 10:30am-12:30pm:

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

Tutorials: T01: Tues 6-7pm

T02: Thur 6-7pm

T03: Mon 10:30-11:20am

T04: Fri 1:30-2:30pm

Contents

Course Description.....	3
Course Objectives.....	3
Required Materials and Texts	3
Class Format.....	3
Course Evaluation – Overview.....	4
Course Evaluation – Details.....	5
Class Policies Quiz (3%), due on Avenue by Sept 21st.....	5
Writing Tips Quiz (2%), due on Avenue by Sept 21st	5
Tutorials / Written Responses (15%).....	5
Assignment (20%) (due Sept 28 th OR Oct 5 th – see below)	5
Midterm (25%), due by October 23rd	5
Final Exam (35%).....	6
Weekly Course Schedule and Required Readings	6
Topic 1 (Sept 8-11).....	6
Topic 2 (Sept 14-18).....	6
Topic 3 (Sept 21-25).....	6
Topic 4 (Sept 28-Oct 2)	6
Topic 5 (Oct 5-9).....	6
Reading Week (Oct 12-16).....	6
Topic 6 (Oct 19-23).....	6
Topic 7 (Oct 26-30).....	7
Topic 8 (Nov 2-6).....	7

Topic 9 (Nov 9-13).....	7
Topic 10 (Nov 16-20).....	7
Topic 11 (Nov 23-27).....	7
Topic 12 (Nov 30- Dec 4)	7
Topic 13 (Dec 7-9).....	7
Course Policies	8
Email.....	8
Grades	8
Engagement	8
Submitting Assignments	8
Late Assignments	8
Absences, Missed Work, Illness	8
Requests for Relief for Missed Academic Term Work.....	9
Copyright And Recording	9
Avenue to Learn	9
Course Modification.....	9
Essential Requirements.....	9
University Policies	10
Conduct Expectations.....	10
Academic Integrity Statement.....	10
Academic Accommodation of Students with Disabilities	11
Academic Accommodation for Religious, Indigenous or Spiritual Observances (RISO)	11
Faculty of Social Sciences E-mail Communication Policy.....	11
Extreme Circumstances.....	11

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 asynchronously. 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/Written Responses

Each student must also complete either 3 online Zoom tutorials or 3 online written responses on Avenue to Learn. You must select which option you'll pursue at the start of the course.

To satisfy the tutorial/response portion of the course all students must decide by 1pm EST on Friday, September 11th whether they wish to (a) participate in three

synchronous tutorials via Zoom or (b) participate in three written responses via Avenue to Learn. Students will be given the choice to opt into the synchronous tutorials on Avenue to Learn by completing the *Tutorials v Responses Quiz*. Students who fail to make a selection or who join the course after September 11th will automatically be assigned to the written responses component of the course. You will be assigned three random weeks during which time you must complete the response questions set for that week.

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

- T01- Tues 6:00-7:00PM
- T02- Thurs 6:00-7:00PM
- T03- Mon 10:30-11:20PM
- T04- Fri 1:20-2:20PM

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.

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 assigned week. If you do not complete the response by Wednesday at 11:59, you will receive a grade of zero for that response.

On Saturday, September 12th, the dates of your three tutorial meetings will be posted on Avenue to Learn. Similarly, for those who opt for the written responses, the due dates will also be posted. Both tutorials and written responses will begin the week Sept 14-18th.

Office Hours

Both 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. 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. The Zoom link for office hours will be posted on Avenue each week. For privacy reasons, these office hours will not be recorded.

Course Evaluation – Overview

1. Class Policies Quiz – 3% (online), due by Sept 21
2. Writing Quiz – 2% (online), due by Sept 21
3. Tutorials OR Written Discussions 15%

4. Assignment – 20%
5. Midterm – 25%
6. Final – 35%

Course Evaluation – Details

Class Policies Quiz (3%), due on Avenue by Sept 21st

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 Sept 21st

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%)

Students are required to complete either three tutorial sessions or three written responses (to questions set on Avenue to Learn). For tutorials, students should come prepared to discuss that week's readings. Similarly, the response questions will require students to use the readings in their answer.

Assignment (20%) (due Sept 28th OR Oct 5th – see below)

The written assignment (2 pages in length, double-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 assignment must be submitted as a Word file or PDF by 11:59pm on September 28th. 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 5th. 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. It is not necessary to request this extension, as it will be automatically granted.

Midterm (25%), due by October 23rd

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. The midterm will be posted on October 19th and must be completed by October 23rd at 11:59pm. Late midterms will NOT be accepted.

Final Exam (35%)

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 (Sept 8-11)

Introduction - How Do We Define Mental Health and Illness?

Readings:

- Chapter 1 in *Critical Perspectives*.

Topic 2 (Sept 14-18)

Schizophrenia and Psychotic Disorders

Readings:

- Chapter 4 in *Critical Perspectives*.

Topic 3 (Sept 21-25)

Mood Disorders

Readings:

- Chapter 5 in *Critical Perspectives*.

Topic 4 (Sept 28-Oct 2)

Anxiety Disorders

Readings:

- Chapter 6 in *Critical Perspectives*.

Topic 5 (Oct 5-9)

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 12-16)

Topic 6 (Oct 19-23)

Eating Disorders

Readings:

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

Topic 7 (Oct 26-30)

The Limits of Mental Illness

Readings:

- Chapters 9 and 10 in *Critical Perspectives*

Topic 8 (Nov 2-6)

Culture and Mental Illness

Readings:

- Chapter 11 in *Critical Perspectives*.

Topic 9 (Nov 9-13)

Critical Perspectives of Psychiatry

Readings:

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

Topic 10 (Nov 16-20)

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 23-27)

Pharma and the World of Mental Health

Readings:

- Chapter 3 in *Critical Perspectives*; Healy, “Conflicting Interests in Toronto” on [Avenue](#).

Topic 12 (Nov 30- Dec 4)

Alternative Approaches to Mental Health and Illness

- Readings: Bracken et al. “Psychiatry beyond the Current Paradigm” on [Avenue](#).

Topic 13 (Dec 7-9)

Mental Health and Illness Revisited

- Readings: Brinkmann, “Mad or Normal” 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”.

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. 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.