

## HLTH AGE 2GG3: MENTAL HEALTH AND SOCIETY Spring 2019

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## **Course Description**

This course requires students to engage in an in-depth examination of key debates and issues in the field of mental health and their connection to society more broadly. Drawing upon various disciplines including history, sociology, geography, and anthropology, the course examines “mental health” broadly, taking into account the spectrum of experience from mental illness and disorder to notions of well-being, flourishing, and the good life. Major points of discussion include the broadening scientific and public interest in individual psychic life and how social structures of identity and experience, such as race, gender, and age, impact mental health.

## **Course Objectives**

Students are expected to develop a strong understanding of various factors that impact mental health (positively and negatively) at both the individual and societal level. They should come to grasp central discussions within the diverse professional disciplines (such as psychiatry, psychology, and social work) that concern themselves with mental health and wellbeing. Moreover, they should develop an appreciation for how other social actors (such as police services, urban planners, and educators) help to shape people’s mental health. By the completion of the course, students should be able to appreciate many of the nuances that characterize the primary debates about mental health in the modern world.

## **Required Materials and Texts**

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

## **Class Format**

Lectures are held on Mondays and Wednesdays.

## **Course Evaluation – Overview**

1. Class Policies Quiz – 2%, by May 13
2. Midterm – 25%, on May 29
3. Essay – 32%, due June 10 or June 12
4. Online Discussion – 8%, due June 17
5. Final Exam – 33%, on June 19

## **Course Evaluation – Details**

### **Class Policies Quiz (2%), due by May 13**

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.

### **Essay (32%), due June 10 (or June 12 if optional extension is taken up)**

Students are required to write a 5-6 page essay on one of the topics that will be assigned during class. Students must use a minimum of SIX peer reviewed sources. Papers should be cited in full using APA referencing style. All papers should include a title page with the question clearly stated, as well as a bibliography.

### **Optional Essay Extension**

Students may opt for a short essay extension, however, you will not receive any comments or feedback on your paper. Your grade will be posted on Avenue, but you will not receive the essay back. 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%, on May 29 and Final Exam, June 19 (33%))**

Both the midterm and final exam will include (a) 10-15 multiple choice questions that cover both the readings and lecture material, and (b) written components that could include short answer or long answer essay questions. Students will have two hours to complete the midterm and final exam. Both the midterm and final are cumulative. Students will be expected to have studied material from the whole of the course, with a particular emphasis on depth of understanding rather than solely simple memorization.

### **Online Discussion (8%), due June 17**

Students will be divided up into groups and must participate in an online discussion hosted on Avenue to Learn. Students will be assigned FOUR different questions based on readings or online videos. Each student is expected to post a response consisting of roughly 200 words to each question. You may comment in reference to your fellow students' postings, or you may post your own thoughts. There is no need to use formal referencing, but if you are taking ideas or quotes from a source, we need to know where you got it.

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

### **Topic 1 (May 6)**

#### **Thinking Critically about Mental Health and Illness**

No readings

### **Topic 2 (May 8)**

#### **From Madness to Mental Health**

Readings:

- Thomas Szasz, "The Origin of Psychiatry" & Sandor Gilman, "Madness as Disability."

### **Topic 3 (May 13)**

#### **Emergence of the Psy-ences**

Readings:

- Nikolas Rose, "Experts of the Soul."

Notes:

- **CLASS POLICIES QUIZ due by May 13**

### **Topic 4 (May 15)**

#### **The Happiness Turn**

Readings:

- Kristin Barker, "Mindfulness Meditation: Do-It-Yourself Medicalization."

### **Topic 5 (May 22)**

#### **Gender, Sexuality, and Mental Health**

Readings:

- Meg John Barker, "Depression and/or Oppression."

### **Topic 6 (May 27)**

#### **Race, Ethnicity, and Mental Health**

Readings:

- L. Kirmayer et al., "Rethinking Resilience from Indigenous Perspectives" and Metzl and McLeish "Mental Illness and Mass Shootings"

### **May 29**

#### **Midterm**

### **Topic 7 (June 3)**

#### **Place, Space, and Mental Health**

Readings:

- U. Anakwenze and D. Zuberi, "Mental Health and Poverty in the Inner City."

### **Topic 8 (June 5)**

#### **Mental Health across the Lifespan**

Readings:

- S. Timimi, "The McDonaldization of Childhood."

### **Topic 9 (June 10)**

#### **Institutions of Mental Illness**

Readings:

- Lamb et al., "Mentally Ill Persons in the Criminal Justice System."

Notes:

- **ESSAY DUE on June 10**

### **Topic 10 (June 12)**

#### **Consumers, Survivors, and Mad Pride**

Readings:

- A. Shomo, "The Manifesto of a Non-Compliant Mental Patient."

Notes:

- **OPTIONAL ESSAY EXTENSION to June 12**

### **Topic 11 (June 17)**

#### **In Search of Good Mental Health**

Readings:

- Bracken et al. "Psychiatry beyond the Current Paradigm"

Notes:

- **Discussions Due on June 17**

### **June 19**

#### **Final Exam**

### **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+           |
| 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            |

## **Attending Class**

It is expected that attending class is a student's primary priority, and these classes are not taught as distance education. In other words, lectures will not be podcasted and students are expected to attend regularly. Important announcements, including changes to the syllabus, may be made in lecture.

## **Submitting Assignments**

Assignments must be submitted in class (as hard copies) and online to the Avenue to Learn dropbox. Both copies are officially due at the beginning of lecture on the due date, after which point late penalties will immediately apply. Failing to submit both copies by this point will result in a late penalty. "Being off campus," "living in Mississauga," and "getting stuck in traffic," will not be accepted as a reason 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 Department of Health, Aging, and Society (KTH 226) or to the physical dropbox located just outside that office.

## **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.

## **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”.

### **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.

## **University Policies**

### **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.