

**HLTH AGE ICC3: Introduction to Mental Health and Illness**  
**Fall 2016**

**Instructor:** Dr. Mat Savelli  
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**Office:** Kenneth Taylor Hall Rm 230  
**Office Hours:** Wed, 3:30-6pm

**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, the consumer/survivor movement, and the media portrayal 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*. OUP, 2010.
- 2) All other readings are available on [Avenue to Learn](#).

**Lectures:**

**Wed Sept 7-** How Do We Define Mental Health and Illness?

**Thu Sept 8-** How Do We Define Mental Health and Illness? II

**Mon Sept 12-** Schizophrenia and Psychotic Disorders

**Wed Sept 14-** Schizophrenia and Psychotic Disorders II

**Thu Sept 15 -** No class

Readings: Vonnegut "The Eden Express," Saks "The Center Cannot Hold", and Simon "Everything Falls Apart" in [Voices](#).

**Mon Sept 19-** Mood Disorders

**Wed Sept 21 -** Mood Disorders II

**Thu Sept 22-** No class (**ONLINE QUIZ ONE**)

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](#).

**Mon Sept 26-** Phobias and Anxiety Disorders

**Wed Sept 28-** Phobias and Anxiety Disorders II

**Thu Sept 29 -** **TEST ONE**

Reading: Owen "To Tell or Not to Tell" in [Voices](#).

**Mon Oct 3** - OCD and PTSD

**Wed Oct 5** - OCT AND PTSD II

**Thu Oct 6** - No class

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.

**Mon Oct 10<sup>th</sup> - Fri Oct 14<sup>th</sup>** - FALL READING BREAK

**Mon Oct 17** - Eating Disorders

**Wed Oct 19** - Eating Disorders II

**Thu Oct 20** - No class

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

**Mon Oct 24** - MIDTERM

**Wed Oct 26** - MIDTERM

**Thu Oct 27** - No class

**Mon Oct 31** - Limits of Mental Illness

**Wed Nov 2** - Limits of Mental Illness II

**Thu Nov 3** - No class

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

**Mon Nov 7** - Mental Illness on Film

**Wed Nov 9** - Film Viewing

**Thu Nov 10** - Film Viewing

**Mon Nov 14** - Culture and Mental Illness

**Wed Nov 16** - Culture and Mental Illness II

**Thu Nov 17** - TEST TWO

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

**Mon Nov 21** - Critical Perspectives of Psychiatry

**Wed Nov 23** - Critical Perspectives of Psychiatry II

**Thu Nov 24** - (ONLINE QUIZ TWO)

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

**Mon Nov 28** - The Psychopharmaceutical Revolution and Beyond

**Wed Nov 30** - The Psychopharmaceutical Revolution and Beyond II

**Thu Dec 1** - No Class

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

**Mon Dec 5** - Review

**Wed Dec 7** - Review

**Grade breakdown:**

Test One: 10%

Test Two: 10%

Online Quiz 1: 10%

Online Quiz 2: 10%

Online Discussions: 10%

Midterm: 25%

Final Exam: 25%

**Tests:** Tests will consist of multiple choice questions and students will be responsible for selecting the most accurate response. Tests are based on both the readings and lecture material. Students will have 45 minutes to complete them.

**Online Quiz:** Students will be required to complete an online quiz based on readings and lecture materials. The quiz will be available via Avenue to Learn. Each quiz will open on Thursday evening and close by midnight on the following Monday. Any student who does not complete the quiz during this period will receive a grade of zero.

**Online Discussion:** Students will be divided up into groups and must participate in an online discussion. On FOUR occasions, students will be assigned a different question based on readings or online videos. Students are expected to post a response to the question, consisting of roughly 200 words.

**Midterm and Final Exams:** Both the midterm and final exam will combine multiple choice with a written component. Material will be drawn from both the readings and lectures.

**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.
- 2) Students making use of MSAF's 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.
- 3) Late assignments will be penalized 5% per day.
- 4) There will be absolutely no leniency on plagiarism. Don't copy and paste anything directly into your essay...even if you cite it!

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. 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.

Email Forwarding in MUGSI: <http://www.mcmaster.ca/uts/support/email/emailforward.html>

\*Forwarding will take effect 24-hours after students complete the process at the above link

### **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.