

Psychology 366: CULTURE AND MENTAL HEALTH
Mck240A, TTh 8:30am-10am

Instructor

Zhen Cheng: zcheng@uoregon.edu

Grading Assistants: TBA

Office Hours:

Tuesdays right after class and by appointment

Tuesdays: 10am-11am
445 Straub Hall

Required Texts:

Watters, Ethan. (2010). *Crazy Like Us: The Globalization of the American Psyche*. Free Press.

Course web page:

<http://blackboard.uoregon.edu/>

Additional Required Readings will be posted to the Course Documents folder of the course web page.

Course Description

"As powerful an influence as the culture of the Hmong patient and her family is on this case, the culture of biomedicine is equally powerful. If you can't see that your own culture has its own set of interests, emotions, and biases, how can you expect to deal successfully with someone else's culture?"

—Medical anthropologist Arthur Kleinman, quoted in The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures

Culture and Mental Health is a class that explores the role of culture in the definition and maintenance of mental health and "mental illness." We will be exploring what our culture and various cultures of the world have to say about mental health, mental illness, and treatment of mental illness. We will be addressing questions including the following:

- What is a mental illness? Do different cultures define it differently?
- What is meant by culture, anyway?
- Are there different kinds of mental illness in different cultures of the world?
- Does depression look different in China than it does here?
- How do cultural variables like race and religion tied with mental health?

There is only one required textbook (available at the UO bookstore or your favorite alternative) along with online readings available on the Blackboard website. You will not be able to do well on the exams or projects if you do not do the reading, so please be sure to keep up.

Requirements

1. **Participation/Attendance (20%)** are crucial both to your success in this class and the enjoyment of the material. Many of the topics covered in the class are controversial, and are best understood through discussion and debate by the members of the class
 - a. **Attendance:** We will have a sign in sheet each class. It is your responsibility to make sure that you sign in each day.
 - b. **Small groups** activities: You will be working in an assigned small group in class and asked to complete various activities in these small groups. One of them includes answering discussion questions created by members of your group (see below). Credit for participation is not based on how much you talk or how well you do on in-class exercises, but is instead based on participation alone. If you attend every class and do the exercises, you will get full credit (there are no "incorrect" answers). In-class exercises will not occur on a fixed schedule and may not be part of every class, so attending every class is the only way to get full credit.

2. **Journals: 14 Daily Discussion Questions and Multiple Choice Questions (20%):** In order to facilitate discussion and learning in the class, you will be asked to submit a discussion question and a multiple choice exam question for each day of class. They are both due at **5pm** on Blackboard the day before class each day. It is your responsibility to make sure that the journals are uploaded on Blackboard and time-stamped before 5pm. If it is late, and you turn it in before the next class date, you will receive half a credit. Please make sure to have it as one journal entry per day.
- Discussion Questions:** You need to submit only **one** discussion question for each class. The discussion question should be from the reading(s) only. They should be an open-ended question that members in your group can answer.
 - Multiple Choice:** You also need to create a multiple choice exam question. Make sure that they include the answer choices, in addition to the question. The multiple choice exam question can be from the reading or the previous lecture. Some of them will be used to create your exams.
3. **Exams (60%)** will be conducted throughout the term (see class schedule at end of syllabus). They are closed book.
- THREE** multiple choice and short essays, non-cumulative midterm exams given throughout the quarter. You will be able to drop your lowest exam.
 - ONE** multiple choice and short essay, cumulative final exams given during dead week. You will not be able to drop this exam.
 - Notice that we have no final exam during finals week**

Grades

Your *final course grade* is based on the following components:

- 20% **Participation** in in-class exercises
- 20% **Journals** for daily discussion questions and multiple-choice questions
- 40% Top **two** scores on 3 exams, each worth 20%
- 20% One final cumulative exam

Extra Credit can increase your final course grade by up to 1%. You can receive one point of extra credit for every full hour that you spend taking part in human subjects research at the University of Oregon. We will discuss how to take part in this research on the second day of class.

If you have technical difficulties (e.g., trouble using SONA, your credits are not showing up, etc.) please email Bill, the human subjects coordinator at hscoord@uoregon.edu. For other issues, please contact one of us.

Final grades are based on percentages of total possible points earned, rounded to the nearest tenth of a percent. Grades will be distributed as follows, and will be curved if needed. If you are on the border, you **will not** be bumped to a higher grade in order to be fair to the entire class.

A+	97+		
A	93-96.9	D+	67-69.9
A-	90-92.9	D	63-66.9
B+	87-89.9	D-	60-62.9
B	83-86.9		
B-	80-82.9	N	less than 70***
C+	77-79.9	P	70 or higher***
C	73-76.9		
C-	70-72.9		***If taking pass/fail

Additional Notes

Make Up Exams

If you need to make up an exam, you will take it on the next exam date (see schedule below).

Using Blackboard

The web site for this course was constructed using Blackboard online software. This allows the web site to be extensive and interactive. On the web site, you will find general announcements for the class, all documents for the course (including this syllabus), lecture notes, links to relevant web sites, and more. We hope that this web site will be a useful tool for you in learning the material for this class, and in further exploring topics you find interesting. You can get to the course web site by going to <http://blackboard.uoregon.edu/>. If you need help logging in or using Blackboard, see <http://blackboard.uoregon.edu/local/usingbb/>. Also you can get help starting by going to the library **Information Technology Center** (ITC), or see <http://libweb.uoregon.edu/kitc/faq/blackboard.html#help>.

Policy on Email

Make sure that the email address listed for you on duckweb/blackboard is correct. You will need to check this account frequently because we may communicate with you outside of class. If the address you have listed on duckweb/blackboard is not the account that you regularly use, you can change your primary email address by going to <http://duckweb.uoregon.edu>, selecting "personal information," selecting "change email address" and then following the instructions. **YOU WILL BE RESPONSIBLE FOR ALL INFORMATION THAT IS SENT TO YOU VIA EMAIL.** Please give us at least **24 hours** to respond to your emails. Also, please email the appropriate instructor about questions (see below for which instructor is lecturing on what topic).

Academic Honesty

All work submitted in this course must be your own and produced exclusively for this course. The use of sources (ideas, quotations, paraphrases) must be properly acknowledged and documented. For the consequences of academic dishonesty, refer to the Schedule of Classes published quarterly. Violations will be taken seriously and are noted on student disciplinary records. If you are in doubt regarding any aspect of these issues as they pertain to this course, please consult with me before you complete any relevant requirements of the course. (Text adopted here as recommended from the UO web site regarding academic honesty at: <http://darkwing.uoregon.edu/~conduct/>).

Students with Disabilities

If you have a documented disability and anticipate needing accommodations in this course, please make arrangements to meet with the instructor soon. Also, if possible, please request that the Counselor for Students with Disabilities send a letter verifying your disability. [Counselor for Students with Disabilities: Hillary Gerdes, 346-3211, TTY 346-1083, hgerdes@oregon.uoregon.edu]

One Further Note on Psychiatric Medications

You will find in this course many different ways of thinking about and treating what we call mental "disorders." Many approaches to mental illness do not emphasize medications the way that our culture does. I recognize that many of you may be taking such drugs, and if you feel that you need to question or change your regimen, you must do so **ONLY** with consent and cooperation of the person prescribing the medication.

Psych 366 CLASS SCHEDULE

*This is an outline for the course, subject to change at any time. Updates to this schedule will be discussed in class, so please attend. Being unaware of a change due to missing class is not an excuse for being unprepared. **Online Readings** can be found on Blackboard in the Course Documents folder for the class.*

Date	Topic	Book Readings	Online Readings
9/25	Introduction: What's the big deal with culture? Going over syllabus	None	None
9/27	Presentation about human subjects What is culture? What is mental illness?		Szasz (1960)
10/2	Diagnosis, Modernism and Postmodernism		Castillo Chap 1 & 2 (1997)
10/4	Culture, Personality and the Social Self		Nisbett (2003) Markus (1996)
10/9	Exam I	None	None
10/11	Culture and Personality Disorders		Paris (1991) Castillo Chapter 3 (1997)
10/16	Guest Lecturer: Amanda van Scoyoc Eating Disorders: Anorexia and Bulimia	EW: Intro and Chapter 1	Becker (2002)
10/18	Guest Lecturer: Pam Birrell Trauma and Dissociation: How Culture Shapes Fear	EW: Chapter 2	
10/23	Schizophrenia	EW: Chapter 3	
10/25	Exam II/Exam I makeup date	None	None
10/30	Mood Disorders, Depression, Suicide	EW: Chapter 4 and conclusion	Lacasse (2005)
11/1	Addiction: Alcohol and Substance Abuse		AA (2011) Quenqua (2011)
11/6	Stereotyping, Discrimination, and Microaggression		Sue (2007)
11/8	Stereotyping and Mental Health		Hwang (2008) Read (2004)
11/13	Exam III/Exam II makeup date	None	None
11/15	Putting the Soul Back in Mental Health (Spirituality & Religion)		Moreira-Almeida (2006) Culliford (2002)
11/20	Continue previous lecture Symbolism, Healing and Treatment		Durà-Vilà (2010)
11/22	No Class. Happy Thanksgiving!		
11/27	Cultural issues in making treatment accessible and available for all		Fernando (2002) Leong and Lau (2001)
11/29	Final Exam/Exam III makeup update	None	None

