

Psychology 366: CULTURE AND MENTAL HEALTH

105 ESL, MTWTh, 2:00-3:50PM, 6/24-7/18

Instructors/Office Hour

Amanda Van Scoyoc: avanscoy@uoregon.edu

Zhen Cheng: zcheng@uoregon.edu

Office Hours: We will stay right after class for the days we are teaching, and are also available by appointment

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

"The experience of mental illness cannot be separated from culture. We can become psychologically unhinged for many reasons such as personal trauma, social upheaval, or a chemical imbalance in our brain. Whatever the cause, we invariably rely on cultural beliefs and stories to understand what is happening."

—Crazy Like Us: The Globalization of the American Psyche

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?
- Does Schizophrenia occur all over the world?
- How is discrimination related to mental health?
- How are religion and spirituality used for healing?

Requirements

1. **Participation** is crucial both to your success in this class and 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. Also, you will be working in an assigned small group in class and asked to complete various activities in these small groups. 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 occur six times. These exercises do not occur on a fixed schedule so attending every class is the only way to be sure that you will receive full credit. You can only make up an in-class exercise if you provide a doctor's note.
2. **Reading** assignments are listed at the end of this syllabus. In creating this course we parsed down the readings quite a bit from previous versions of this course. We are only assigning readings this summer that we think are essential to gaining a strong understanding of culture and mental health. For this reason, we expect all assigned readings to be thoroughly completed **before the beginning of each class**. There is only one required textbook (available at the UO bookstore with copies reserved at the UO library) along with online readings available on the Blackboard website. You will not be able to do well on the exams if you do not do the reading, so please be sure to keep up.
3. **Daily Journals** are due for all day when readings are assigned excluding the days when you take the midterm and final exam (class schedule indicates these days). Each journal must be completed on blackboard and submitted

before 8am the day that the reading will be discussed in class. In each journal include a discussion question and a multiple-choice question. Whenever possible, we will read journals the morning before class and incorporate your discussion questions into the lecture. Journals are given full credit if they have been completed and relate to the assigned reading. We may choose your multiple choice questions to be on the exams and you will receive extra credit points if your multiple choice questions are used in an exam (see below).

In the past students have occasionally had difficulty making sure that their journals are posted on blackboard. For this reason and because students may be joining our class after the first day of class, all journals for the **first week** will be awarded full credit if they are turned in by 8am on Thursday of the first week of class. It is your responsibility to make sure that your journals are correctly submitted on blackboard. We highly recommend that you type your journal response in a separate document and paste it into the Blackboard and check after you submit your journal to make sure that it is posted so that you can be assured that you will receive credit for your effort. You can always turn in journals early, however late journals (even those submitted by 8:01 the day that they are due) will not be accepted.

4. **Exams** will take place twice during the course of the semester, at the end of week 2 (7/3) and on the final exam date (7/18). The first exam will cover material presented in the first half of the course. The final exam will primarily cover material presented in the second half of the course although terms and overarching themes presented earlier on may also be tested at this time. Both exams will include multiple choice questions and short answer questions.
5. **Writing Assignments** are due twice during this course. They are due on July 8th and July 17th. These assignments are each two pages double-spaced in length. They are meant to be concise. **Please do not go beyond this page limit as any pages beyond the page limit will not be read or evaluated.** These assignments will still be accepted if they are turned in late, however you will receive a 2 point reduction for each day that the assignment is late. Weekends are counted as one day.
6. **Extra Credit** will be granted for any multiple-choice questions in the daily journals that are used on the midterm or final exam. The best multiple-choice questions are ones that pull together themes from the course with individual readings. These are much more likely to be used on an exam than questions that ask about a specific detail of a reading. Try to think of why each reading was assigned when creating multiple-choice questions.

Grading

Your final grade will be determined based on the points for in class participation, the two exams, the two writing assignments, the journals, and extra credit. Each of these activities has been allotted a number of points out of a total of 200 points. This enables you to calculate your grade at any point in the class. Here is the breakdown of how the points are distributed.

In class participation- 36 points (6 activities worth 6 points each)

Exams- 80 points (2 exams worth 40 points each)

Writing assignments- 60 points (2 assignments worth 30 points each)

Journals- 24 points (12 journals worth 2 points each)

Extra Credit- 4 points (you will receive 1 point per question used on an exam up to 4 points)

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

A+	97-100	C-	70-72
A	93-96	D+	67- 69
A-	90-92	D	63--67
B+	87-89	D-	60-62
B	83--86		
B-	80-82	N	less than 70***
C+	77-79	P	70 or higher***
C	73-76		***If taking pass/fail

Additional Notes

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 class schedule 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 an instructor 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.

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.

Note about Required Readings:

EW is the Watters Text. **Online** Readings can be found on Blackboard in the Course Documents folder for the class.

** indicates morning when a journal is due*

Date	Lecturer	Topic	Book Readings	Online Readings
6/24	AV/ZC	Introduction: What is the big deal with culture? What is Culture? What is Mental health? How do they interact?		None
6/25 *	AV	What is a psychiatric diagnosis? Modernism and Postmodernism	EW: Intro	Castillo Chapter 1 (1997) Castillo Chapter 2 (1997) Scheper-Hughes (1989)
6/26 *	AV	Eating Disorders: Anorexia and Bulimia are Culture-Bound all journals for this week due by 8am today	EW: Chapter 1	Miller and Pumariega (2001) Becker (2002)
6/27 *	AV	Trauma and Dissociation: How Culture Shapes Fear	EW: Chapter 2	Hollen (2000)
7/1 *	AV	Schizophrenia	EW: Chapter 3	Luhmann (2007)
7/2 *	AV	Mood Disorders and Suicide, Depression	EW: Chapter 4 and conclusion	O'Neil (2001)
7/3	AV	Midterm Alcohol and Substance Use		Quenqua (2011)
7/4	AV	No Class!!! Have a great 4th of July!		
7/8 *	ZC	Culture, Personality and the Social Self Writing assignment 1 due in class		Nisbett (2003) Markus (1996)
7/9 *	ZC	Culture and Personality Disorders		Paris (1991) Castillo Chapter 3 (1997)

7/10 *	ZC	Stereotyping, Discrimination, and Microaggression		Steele (2011) Sue (2007)
7/11 *	ZC	Continue previous lecture Stereotyping, Stigma and Mental Health		Read (2004)
7/15 *	ZC	Putting the Soul Back in Mental Health (Spirituality & Religion)		Moreira-Almeida (2006) Culliford (2002)
7/16 *	ZC	Continue previous lecture Treatment and Healing		Durà-Vilà (2010)
7/17 *	ZC	Cultural issues in making treatment accessible and available for all Review of the course Writing assignment 2 due in class		Fernando (2002) Johnson (2009)
7/18	AV/ZC	Final Exam		