

PSYCHOLOGY 366: Culture and Mental Health

University of Oregon – Department of Psychology

Summer 2015 Syllabus

INSTRUCTORS:

Michelle Fong
mfong@uoregon.edu

Shining Sun
sun2@uoregon.edu

Office: Straub 439

Office Hours: Immediately after class and by appointment

MEETING DAYS/TIMES/LOCATIONS: Monday-Thursday / 2:00-3:50pm / 111 Lillis

DESCRIPTION: Culture and Mental Health is a class that explores the role of culture in the definition and maintenance of mental health and “mental illness”. Class topics will include a sampling of mental disorders across cultures (e.g., depression, anxiety, schizophrenia, etc.). Additionally, we will also talk about broad cultural factors related to the experience and expression of illness (e.g., discrimination and acculturation). Finally, we will also have special in-depth reviews of mental health in different areas of the world. We will be addressing questions like the following:

- Are there different kinds of mental illnesses in different cultures of the world?
- Does depression look different in China than it does here? Does schizophrenia occur all over the world?
- What cultural factors specific to the United States (e.g. acculturation status) affect mental health?

OBJECTIVES: This course should be considered an advanced introductory course, in that we will not have time to study every issue in depth. Instead, we will focus on how culture is deeply intertwined with a few specific disorders, and also spend time considering larger, conceptual issues throughout. Students investing fully in this assignment will be able to...

- Describe cultural and contextual influences on the expression and maintenance of mental illness
- Apply knowledge about cultural issues related to mental health to clinical settings
- Identify and communicate arguments for both sides of controversial issues in culture and mental health

MATERIALS: There is no required course text! Readings and remaining course materials (e.g., slides, assignments, announcements, etc.) will be posted on the course Canvas page: www.canvas.uoregon.edu. **Check Canvas regularly for announcements and changes.** Readings will include a mixture of chapters, news articles, and empirical articles. You are expected to complete the required reading(s) prior to class meetings so that you can (a) better integrate reading material and class contents, and (b) more actively engage in class discussions.

STRUCTURE: Typically, class time will consist of a combination of lecture with small group and class discussions and activities. There will be one 5-10 minute break.

REQUIREMENTS: There are four mandatory course requirements: (1) daily quizzes, (2) assignment 1, (3) assignment 2, and (4) participation. Details below.

(1) Daily Quizzes (15%)

Each daily quiz is worth 1% of your grade. These quizzes are likely to contain matching, short answer, and multiple-choice questions about the prior day's lecture and the day's readings. You will have the first 5-10 minutes of class to complete the quiz. **You may not make up quizzes for any reason.**

(2) Assignment 1: Improving Cultural Awareness in Clinical Settings (40%)

This assignment concerns cultural awareness in clinical settings. There are two major components to this assignment: (a) 3-5 page report researching on and describing cultural awareness in clinical settings: What are the current status? Are there any issues? (b) An educational intervention project for a local mental health clinic to promote cultural awareness among psychiatric staff (vignette available in Assignment 1 instruction handout). Shining will go over details on this assignment during Week 1.

(3) Assignment 2: Controversial Topics in Culture and Mental Health (40%)

Your task is to consider both sides of a controversial issue in culture and mental health. Michelle selected issues on which individuals with mental health expertise disagree, with empirically supported arguments for both sides. There is no "right" answer for any of these issues. There are 2 major components to this assignment: (1) 4-6 page paper describing both sides of the controversy, as well as your stance on the issue, and (2) a creative product for the public. More details and grading rubrics are on Canvas. Michelle will go over the assignment in class during Week 3.

(4) Participation (5%)

Please participate by asking questions and engaging in our class activities! Many of the topics covered in the class are controversial, and are best understood through discussion and debate by the members of the class. If you attend every class and participate throughout class, you will receive full credit. There are no "incorrect" answers.

GRADING POLICY: Your grade will be computed by combining your scores in the following categories.

(1) 15%	Daily Quizzes
(2) 40%	Assignment 1
(3) 40%	Assignment 2
(4) 5%	Participation
100%	Total

Final letter grades for the course will be calculated as follows:

A 93-100%	A- 90-92.9%	B+ 87-89.9%
B 83-86.9%	B- 80-82.9%	C+ 77-79.9%
C 73-76.9%	C- 70-72.9%	D+ 67-69.9%
D 63-66.9%	D- 60-62.9%	F < 59.9%

A+ grades are reserved for exceptional performance, usually above 98%.

If taking the class Pass/No Pass,

N less than 70

P 70 or higher

COURSE LATE WORK POLICY: Given the fast pace of this summer course, late work will likely have large impacts on your overall performance. No late work will be accepted FOR ANY REASON.

UNIVERSITY POLICIES

ACADEMIC INTEGRITY: The University Student Conduct Code (available at conduct.uoregon.edu) defines academic misconduct. Students are prohibited from committing or attempting to commit any act that constitutes academic misconduct. By way of example, students should not give or receive (or attempt to give or receive) unauthorized help on assignments or examinations without express permission from the instructor. Students should properly acknowledge and document all sources of information (e.g. quotations, paraphrases, ideas) and use only the sources and resources authorized by the instructor. If there is any question about whether an act constitutes academic misconduct, it is the student's obligation to clarify the question with the instructor before committing or attempting to commit the act. Please contact me with any questions you have about academic conduct. Additional information about a common form of academic misconduct, plagiarism, is available at <http://library.uoregon.edu/guides/plagiarism/students/index.html> **Academic misconduct will be met with disciplinary action (a typical result is an "F" for the course).** Guidelines for how to avoid plagiarism: <http://www.indiana.edu/~wts/pamphlets/plagiarism.shtml>. Guidelines for how to format APA style citations: <https://owl.english.purdue.edu/owl/resource/664/01/>

STUDENTS WITH SPECIAL NEEDS: Appropriate accommodations will be provided for students with documented disabilities. **Please make arrangements to meet with one of the instructors as soon as possible.** For more information, please see: <http://aec.uoregon.edu>

DIVERSITY AND RESPECT FOR OTHERS: It is the policy of the University to support and value diversity. To do so requires that we respect the dignity and essential worth of all individuals and promote a culture of respect throughout the University community. Course content, including class discussions, projects and activities, and assignments, rests on the assumption that human diversity is normative and is an appropriate focus of attention. The course requires and expects critical thinking about, and sensitivity to, the impact of diversity (culture, religion/faith, gender, ethnicity, race, socioeconomics, physical and cognitive ability, sexual orientation, and other considerations) both in relation to mental health in society, and in the classroom. Students are encouraged to develop and expand their respect for and understanding of diverse identities and experiences. If you believe you have been the target of or a witness to harassment, bias, or a hate crime, you may report this (anonymously, if desired) to the Bias Response Team at 541-346-2037 or <http://bias.uoregon.edu>. **Additionally, if you do not feel comfortable in the class, or believe there is more we could do to promote a better learning environment, we would really appreciate you telling us (even if the instructors are the people making you feel uncomfortable). We will always listen to your concerns with respect, and we will make adjustments whenever appropriate.** For additional assistance and resources, we encourage you to contact the following campus services, as appropriate for your concerns:

- *Office of the Vice President for Equity and Inclusion:* This Office promotes inclusive excellence by working to ensure equitable access to opportunities, benefits, and resources for all faculty, administrators, students, and community members. Web: <http://diversity.uoregon.edu/> - Phone: 541-346-3175
- *Bias Response Team (BRT):* The BRT works to gather information about bias incidents and to support those who have witnessed, or have become a target, of an act of bias. The BRT provides targets of bias a safe space to have their voices heard, to promote civility and respect, to effect change around these important issues in a quick and effective manner, and to ensure a comprehensive response to bias incidents. Web: <http://bias.uoregon.edu> - Phone: 541-346-1134
- *Center on Diversity and Community (CoDaC):* CoDaC promotes cross-cultural knowledge, skills, and awareness in order to build the capacity of individuals and units across campus to advance the university's goals of equity and inclusion. It sponsors a range of programs for faculty, staff, and alumni, and capacity building initiatives with departments, colleges, schools, and research institutes across campus. Web: <http://codac.uoregon.edu/> - Phone: 541-346-3212

MANDATORY REPORTING: UO employees, including faculty, staff, and GTFs, are mandatory reporters of child abuse and prohibited discrimination. This statement is to advise you that that your disclosure of information about child abuse or prohibited discrimination to a UO employee may trigger the UO employee's duty to report that information to the designated authorities. Please refer to the following for detailed information about mandatory reporting: <http://around.uoregon.edu/mandatoryreporting>

SEXUAL VIOLENCE AND SURVIVOR SUPPORT: The University of Oregon is committed to providing an environment free of all forms of discrimination and sexual harassment, including sexual assault, domestic and dating violence and gender-based stalking or bullying. If you (or someone you know) has experienced or experiences gender-based violence (intimate partner violence, attempted or completed sexual assault, harassment, coercion, stalking, etc.), know that you are not alone. UO has staff members trained to support survivors in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, helping with legal protective orders, and more.

Please be aware that all UO employees are required to ensure that you have resources. This means that if you tell me about a situation, I may have to report the information to my supervisor or the Office of Affirmative Action and Equal Opportunity. Although I have to report the situation, you will still have options about how your case will be handled, including whether or not you wish to pursue a formal complaint. Our goal is to make sure you are aware of the range of options available to you and have access to the resources you need. **If you wish to speak to someone confidentially, you can call 541-346-SAFE, UO's 24-hour hotline, to be connected to a confidential counselor to discuss your options. You can also visit the SAFE website at <http://safe.uoregon.edu/>.**

SCHEDULE AND TOPICS (subject to revision):

Day	Date	Lec	Topic
1	7/20	MF/SS	Introduction to Culture and Mental Health No homework due
2	7/21	SS	Stereotyping, discrimination and micro-aggressions No homework due
3	7/22	SS	Assessment and diagnosis Assignment 1a: Report theme due
4	7/23	SS	Special topic: Africa No homework due
	7/24		Assignment 1b: Report sources due
	7/25		No homework due
	7/26		Assignment 1c: Educational intervention project format and culture choice due
5	7/27	SS	Anxiety disorders Assignment 1d: Final report due
6	7/28	SS	Dissociative identity disorder No homework due
7	7/29	SS	Schizophrenia Assignment 1e: Educational intervention project rough draft due
8	7/30	SS	Special topic: Case studies No homework due
	7/31		No homework due
	8/1		No homework due
	8/2		Assignment 1f: Educational intervention project final draft due
9	8/3	MF	ADHD No homework due
10	8/4	MF	Autism spectrum disorder No homework due
11	8/5	MF	Acculturation Assignment 2a: Paper topic due
12	8/6	MF	Special topic: Lao PDR No homework due
	8/7		Assignment 2b: Rough draft of paper due
	8/8		No homework due
	8/9		No homework due
13	8/10	MF	Depression Assignment 2c: Description of creative product due
14	8/11	MF	Eating disorders Assignment 2d: Final paper due
15	8/12	MF	Multicultural models of mental health/Wrap up Assignment 2e: Creative product due