

Syllabus  
Culture and Mental Health  
PSY 366  
Fall 2019

**Professor**

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**Class meeting time and classroom**

Tuesdays and Thursdays, 8:30-9:50am, Straub 245

**Textbook and readings**

Hall, G. C. N. (2018). *Multicultural psychology*, 3rd ed. New York: Routledge.

Available in the Duck Store. Course readings are available on Canvas and are listed at the end of the syllabus.

The textbook and readings are intended to provide a context for the class sessions. The class sessions will cover issues presented in the text, as well as material that is not. Assigned reading should be completed before the class session that it corresponds with.

**iclickers**

An iclicker is required for this course. They are available at the Duck Store, if you do not already have one. iclickers should be brought to each class session, including the exams, to receive attendance credit.

Technical support for iclickers is available at the [Center for Media and Educational Technologies](#), Knight Library Room 19, Phone: (541) 346-3053. Neither I nor the GEs are able to answer iclicker tech support questions.

### **Course description**

This course introduces you to the role of cultural and sociocultural influences on mental health and psychopathology. You will learn about research on culture, race, and ethnicity, on diagnosis, psychological assessment, and psychotherapy, and on mental health issues specific to ethnic groups of color in the United States. Although there will be some attention to international research, the focus will be on the U.S. because of the large amount of research on U.S. populations and because most students will live and work in the U.S.

### **Expected Learning Outcomes**

Upon completing this course, you should be able to:

1. Evaluate the adequacy of the mainstream mental health literature in addressing cultural diversity and identify gaps in this literature.
2. Identify major theories, research findings, and methodological approaches in culture and mental health and apply research findings to human behavior in everyday life.

### **Estimated Student Workload**

Reading requirements and review of class material outside class for exams will require approximately 8 hours per week. Study guides are provided on Canvas for the reading assignments.

### **Academic Integrity**

Academic integrity is the pursuit of scholarly activity free from fraud and deception and is an educational objective of this institution. Academic dishonesty includes, but is not limited to, cheating, plagiarizing, fabricating of information or citations, facilitating acts of academic dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students.

Please familiarize yourself with the University of Oregon's classroom misconduct code, found at <http://conduct.uoregon.edu>. I will follow all procedures to handle misconduct as outlined by the University. This means that instances of suspected cheating or plagiarizing will be reported to the University. In addition, you will receive a zero on any quiz, essay, or cumulative exam in which you cheat or plagiarize and may fail the course. All suspected Academic Misconduct will be reported to Office of Student Conduct.

## **Course Policies**

Attendance is expected. Class sessions will be a combination of interactive lectures and discussion. Lecture notes will be posted on Canvas. Throughout this course, we will be discussing a variety of socially sensitive and controversial issues, about which you may have strong feelings and attitudes. Thus, it will be extremely important to keep an open mind, to listen to others' viewpoints, and to appreciate a different opinion than your own. This is a Psychology course with a focus on empirical research rather than on popular or personal opinions about issues. In order to get the most out of this course and to make this class a rich experience for all of us, it is essential that you treat your classmates with respect.

Each class will have small group discussions to help you learn and process the lecture material with your classmates. Current learning research indicates that your participation in small group discussions will make it more likely that you understand the material. Participation in general class discussion is also encouraged. However, this is a large class and no one should monopolize class time with personal issues, which can be discussed outside class with Dr. Hall, the GEs, or the [University Counseling Center](#) (tel. 541-346-3227).

## **Accessibility**

If you have a documented disability and you anticipate needing accommodations in this course, please see me within the first week of the term. The documentation of your disability must come in writing from the [Accessible Education Center](#) in the Office of Academic Advising and Student Services. Disabilities may include (but are not limited to) neurological impairment, orthopedic impairment, traumatic brain injury, visual impairment, chronic medical conditions, emotional/psychological disabilities, hearing impairment, and learning disabilities. For more information on Accessible Education Center, please see <http://aec.uoregon.edu>. Also, please request that the Accessible Education Center send a letter verifying your disability.

**University Counseling Center:** (tel. 541-346-3227, 1590 E 13th Ave, Second Floor)

Your college experience is one of growth and learning. We all face a variety of challenges and obstacles in college and in life. You may come across moments that are not easy to talk about—struggling academically, navigating personal relationships, what it's like to live with mental health concerns. It can seem like you are the only one dealing with these issues, but you are not alone. The [University Counseling Center](#) has a team that cares deeply about your development and success. They are here to support you through the challenges and celebrate your successes.

## **Inclusivity Statement**

It is the policy of the University of Oregon to support and value cultural diversity. To do so requires that we:

- ✓ Respect the dignity and essential worth of all individuals
- ✓ Promote a culture of respect throughout the University community
- ✓ Respect the privacy, property, and freedom of others
- ✓ Reject bigotry, discrimination, violence, or intimidation of any kind
- ✓ Practice personal and academic integrity and expect it from others
- ✓ Promote the diversity of opinions, ideas, and backgrounds, which is the lifeblood of the university

## **Prohibited Discrimination and Harassment Reporting**

Any student who has experienced sexual assault, relationship violence, sex or gender-based bullying, stalking, and/or sexual harassment may seek resources and help at [safe.uoregon.edu](https://safe.uoregon.edu). To get help by phone, a student can also call either the UO's 24-hour hotline at 541-346-7244 [SAFE], or the non-confidential Title IX Coordinator at 541-346-8136. From the SAFE website, students may also connect to Callisto, a confidential, third-party reporting site that is not a part of the university.

Students experiencing any other form of prohibited discrimination or harassment can find information at [respect.uoregon.edu](https://respect.uoregon.edu) or [aaeo.uoregon.edu](https://aaeo.uoregon.edu) or contact the non-confidential AAEO office at 541-346-3123 or the Dean of Students Office at 541-346-3216 for help. As UO policy has different reporting requirements based on the nature of the reported harassment or discrimination, additional information about reporting requirements for discrimination or harassment unrelated to sexual assault, relationship violence, sex or gender based bullying, stalking, and/or sexual harassment is available at [Discrimination & Harassment](#).

Specific details about confidentiality of information and reporting obligations of employees can be found at [titleix.uoregon.edu](https://titleix.uoregon.edu).

## **Attendance**

Class attendance will be worth 20% of your grade. You will receive credit for attendance based on iclicker responses during class. During each class, I will present several review questions. You need to respond to all the review questions to receive credit for attending class that day. iclickers should be brought to each class session, including and the exams, to receive attendance credit.

Your responses to the review questions in class do not have to be correct to receive credit. The purpose of the review questions is to determine if the class is understanding the material. If a significant number of students does not answer correctly, I will review the question further.

Students who experience extenuating circumstances, confirmed by a reliable source, may be able to receive attendance credit if they are absent.

## **Examinations**

There will be four examinations. Each exam will be 20 multiple choice questions. The fourth examination will cover the last section of the course and will not be cumulative.

Examples of possible exam questions will be reviewed in class. The purpose of the review questions is to determine if the class is understanding the material, based on iclicker responses. Exam questions will be based on all the material in the lecture notes and on content emphasized in the study guides from the textbook and readings. Exam questions will be split about evenly between the lectures and textbook/readings. Students must answer from memory, and cannot use notes, outlines, papers, etc.

You will have the whole class period for the examinations. There will not be a lecture on the days of the examinations. iclickers should be brought to the exams to receive attendance credit.

Each examination will be worth 20% of your grade. Having multiple low stakes exams is based on current learning research that indicates that this method facilitates learning and retention of material.

Exam 1 (10/17)	20%
Exam 2 (11/5)	20%
Exam 3 (11/21)	20%
Exam 4 (12/13)	20%

Students who experience extenuating circumstances at the time of an exam, confirmed by a reliable source, can make alternative arrangements before the exam. Make-up exams may be essay questions.

## **Grading**

Grades will be assigned by the following percentages based on exam performance:

- A 90% - signifies an exceptional level of achievement. The student demonstrates an excellent grasp of the material and very strong performance across the board, or exceptional performance on most aspects of the course and good performance in others.
- B 80% - signifies a good level of achievement. The student demonstrates consistently good grasp of material and good performance, or very strong performance on some aspects of the course and satisfactory performance on others.
- C 70% - signifies an adequate level of achievement. The student demonstrates a satisfactory grasp of course material and adequate performance, or good performance on many aspects of the course paired with some notable deficiencies.
- D 60% - signifies a minimal level of achievement. The student demonstrates the bare minimum level of understanding and does not fully meet the course requirements.
- F 59% and below - evidence of student understanding of course material and/or performance is insufficient to merit credit for the course.

You will be guaranteed the letter grades above with the percentages above. Grading on a curve may be considered depending on the class grade distribution. There is **no extra credit** in this course.

The university policy on incomplete grades is  
<https://registrar.uoregon.edu/current-students/incomplete-policy>

### Course Schedule

Date		Reading
10/1	Introduction	Hall, Chapter 1
10/3	Culture, Race, Ethnicity, Acculturation	Hall, Chapter 2
10/8	DSM-5	Hall, Chapter 7
10/10	DSM-5	Iwamasa & Regan (2014)
10/15	Personality and Psychopathology	Carlo et al. (2014)
10/17	<b>Exam 1</b>	
10/22	Research Design	Hall, Chapter 3
10/24	Psychological Assessment	Malgady et al. (2014)
10/29	Cultural Competence	Chu et al. (2016)
10/31	Cultural Adaptations of Psychotherapy	Hall & Yee (2014)
11/5	<b>Exam 2</b>	
11/7	African Americans	Hall, Chapter 8
11/12	African Americans	Belgrave & Abrams (2016)
11/14	Latino/a Americans	Hall, Chapter 10
11/19	Latino/a Americans	Torres et al. (2018)
11/21	<b>Exam 3</b>	
11/26	Asian Pacific Americans	Hall, Chapter 9
11/28	Holiday	Okazaki & Ling (2013)
12/3	Native Americans	Hall, Chapter 11
12/5	Clinical Interventions	Nezu et al. (2014)
12/13	<b>Exam 4, 8:00am</b>	

### Course Readings

(Available on Canvas)

- Belgrave, F. Z., & Abrams, J. A. (2016). Reducing disparities and achieving equity in African American women's health. *American Psychologist*, 71, 723-733.  
<http://dx.doi.org/10.1037/amp0000081>
- Carlo, G., Knight, G. P., Roesch, S. C., Opal, D., & Davis, A. (2014). Personality across cultures: A critical analysis of Big Five research and current directions. In F. T. L. Leong, L. Comas-Díaz, G. C. N. Hall, V. C. McLoyd, & J. E. Trimble (Eds.), *APA handbook of multicultural psychology, Vol. 1: Theory and research* (pp. 285-298). Washington, DC: American Psychological Association.
- Chu, J., Leino, A., Pflum, S., & Sue, S. (2016). A model for the theoretical basis of cultural competency to guide psychotherapy. *Professional Psychology: Research and Practice*, 47, 18-29. doi: <http://dx.doi.org/10.1037/pro0000055>

- Hall, G. C. N., & Yee, A. (2014). Evidence-based practice. In F. T. L. Leong, L. Comas-Díaz, G. C. N. Hall, V. McLoyd, & J. Trimble (Eds.), *Handbook of multicultural psychology, Vol. 2: Applications and training* (pp. 59-79). Washington, DC: American Psychological Association.
- Iwamasa, G. Y., & Regan, S. M. P. (2014). Anxiety disorders. In F. T. L. Leong, L. Comas-Díaz, G. C. N. Hall, V. C. McLoyd, & J. E. Trimble (Eds.), *APA handbook of multicultural psychology, Vol. 2: Applications and training* (pp. 289-306). Washington, DC: American Psychological Association.
- Malgady, R. G., Castagno, R. M., & Cardinale, J. A. (2014). Clinical tests and assessment: Ethnocultural and linguistic bias in mental health evaluation of Latinos. In F. T. L. Leong, L. Comas-Díaz, G. C. N. Hall, V. C. McLoyd, & J. E. Trimble (Eds.), *APA handbook of multicultural psychology, Vol. 2: Applications and training* (pp. 165-179). Washington, DC: American Psychological Association.
- Nezu, A. M., Greenberg, L. M., & Nezu, C. M. (2014). Cognitive and behavioral therapies. In F. T. L. Leong, L. Comas-Díaz, G. C. N. Hall, V. C. McLoyd, & J. E. Trimble (Eds.), *APA handbook of multicultural psychology, Vol. 2: Applications and training* (pp. 443-454). Washington, DC: American Psychological Association.
- Okazaki, S., & Ling, A. (2013). Assessing and treating Asian Americans: Recent advances in mental health research. In F. A. Paniagua & A.-M. Yamada (Eds.), *Handbook of multicultural mental health: Assessment and treatment of diverse populations* (pp. 305-325). San Diego, CA, US: Elsevier Academic Press.  
<http://dx.doi.org/10.1016/B978-0-12-394420-7.00016-3>
- Torres, S. A., Santiago, C. D., Walts, K. K., & Richards, M. H. (2018). Immigration policy, practices, and procedures: The impact on the mental health of Mexican and Central American youth and families. *American Psychologist*, 73, 843-854.  
<http://dx.doi.org/10.1037/amp0000184>