



# Sociology of Mental Health

## School of Behavioral and Social Sciences

### General Information

Course #:	Sociology 3346F
Section #:	530
Term:	Fall
Year:	2022
Delivery:	In-person
Course Day and Time:	Tuesday 6:30pm to 9:30pm
Course Location:	BR-204

### Instructor Information

Name:	Dr. Yvonne Asare-Bediako
E-mail:	ynyinak@uwo.ca
Office hours:	Virtual/By Appointment
Office location:	Zoom (Virtual) or Ursuline Hall 356 (In-person)

### Course Description

This course offers an overview of the ways a sociological perspective informs our understanding of mental health. It explores various definitions, theories, and forms of mental illness, our responses to mental illness, and how social factors affect mental disorder.

**Antirequisite(s):** [Sociology 3385F/G](#), if taken at Brescia in 2014-15.

**Prerequisite(s):** 1.0 from Sociology courses at the 1000 level, and third or fourth year standing in a module in Sociology.

### Required Course Materials

- An Introduction to Mental Health and Illness: Critical Perspectives Paperback –2020 by Mat Savelli (Ed), James Gillett (Ed), Gavin J. Andrews (Ed).  
<https://www.oupcanada.com/catalog/9780199026050.html>
- Academic Journals and online articles.

### Learning Outcomes

**By the end of this course the student will be able to,**

1. Understand and distinguish the different perspectives on mental health and illness.
2. Identify and understand the import of social status and location on mental health, mental health outcomes and mental health care.
3. Discuss and promote mental health and mental health care issues at the local, national and global levels.
4. Develop written and oral communication skills through class presentations and written assignments.
5. Critically evaluate, analyze and discuss current literature on mental health.

## Brescia Competencies

You will develop the Brescia competencies at an advanced level in this course. The Brescia competencies include:

### ***Communication***

The ability to exchange information and meaning effectively across cultures, space and time through appropriate modes of communication. Includes oral, written, and interpersonal or group communication, as well as the ability to use current or innovative media.

### ***Critical Thinking***

The ability to engage in thinking characterized by the rational, informed, independent, and open-minded exploration of issues, ideas, and events before accepting or formulating a conclusion.

### ***Inquiry and Analysis***

The ability to reach informed decisions by breaking down complex issues, exploring evidence, demonstrating information literacy, and describing relationships among persons, things, or events.

### ***Problem Solving***

The ability to create and execute a strategy to answer a question or achieve a goal. Includes being able to anticipate the consequence of a potential solution, select a strategy among several alternatives, and decide when an acceptable outcome has been reached.

### ***Self Awareness and Development***

The ability to draw meaning, knowledge and value from honest and fair reflection and self-evaluation. Students are able to recognize their values and their impact on others and make a commitment to personal growth.

### ***Social Awareness and Engagement***

The ability to respect and be open to diversity (e.g. cultural, religious, political). Students take personal responsibility to actively engage in and contribute to creating positive change in local, regional, national, or global communities and societies.

### ***Valuing***

The ability to make decisions or choose actions based on the consistent application of moral principles and ethical codes. Students must also be able to understand the ideas informing one's beliefs and be accountable for their actions.

## Teaching Methodology and Expectations of Students

Instructional approaches that would be used during this course include lectures, discussions, readings and videos. Students are encouraged to review lecture slides and to participate in all class discussions and assignments or activities.

Sakai OWL (<http://owl.uwo.ca>) will be used to post course information, content, reminders, and important instructions regarding deadlines, expectations, requirements, etc. It is expected that you check OWL regularly to ensure that you are kept up to date on new and revised course content. During the course, I will post or email additional content and/or materials that may aid in your learning and understanding of course topics.

## Copyright and Intellectual Property

**NOTE!** Any unauthorized reproduction of class/course materials (e.g., slides and notes, lists of readings, in-class activities, assignment guidelines) through audio-recording, video-recording, photographing, sharing on social media, or posting on course-sharing websites is an infringement of copyright and is prohibited. Such action may be considered a Code of Conduct violation and lead to sanctions.

## Evaluation

Your final grades will include grades for: **Class Participation** (Group presentation (15%) & In-class contribution (5%)), **Essay Assignments** (Reflection Paper (10%) & Research paper (20%)), **Examinations** (Mid-term Exam (20%) and Final exam (30%)). Because this is an essay course, as per Senate Regulations, you must pass the essay component to pass the course. That is, the average mark for your written assignments must be at least 50%.

### **Class Participation:**

Group Presentation: In the first week of class, students will be sent a doodle poll to select a time slot for presentation. Students who choose the same date will then work together to complete a 15-minute PowerPoint presentation on a selected topic. Depending on the weekly slot selected, students must choose an article(s) related to the reading(s)/topic for that week. Presentations will be done in-class, and groups will be expected to submit their PowerPoint presentation on owl prior to the beginning of class on their selected day. A clear outline of what is expected will be posted on owl at the beginning of the term. Online Group presentations will be worth 15%.

In-class Contributions: Every week, students will be expected to come to class prepared to meaningfully contribute. While it is expected and encouraged that all students will participate, the mode of participation may differ. For some students, it may be questions and/or answers. For others, it may be a written response to questions posed or the sharing of a related resource or article etc. Irrespective of how you choose to participate, it will be expected that your contributions would add value to class discussions. In-class contributions will be worth 5%.

### **Essay Assignments**

Reflection Paper: This assignment will provide students with an opportunity to critically assess the connections between course readings and real-life experiences. For this assignment, students are expected to provide their opinions and perspectives, and uncover valuable insights into how selected articles (i.e., articles used for group presentations) inform and are informed by their understanding of a given topic. A detailed criteria of what is expected will be posted during the first week of class.

Research-paper: Each student is required to write an 8 – 10-page double spaced paper on a topic related to the sociology of mental health. Students will be expected to demonstrate an understanding of the course materials, and to incorporate theories and approaches discussed in class. Further details about the paper will be provided during the semester. The research paper is worth 20% of your final course grade. Late submissions will be penalized at a rate of 10% per day.

### **Mid-term and Final Exam**

Both exams will consist of multiple-choice, short answer and short essay questions covering the lectures, films, and reading assignments and will be written in-person. You are responsible for all the material in the assigned chapters and readings even if this material is not covered in class. The midterm will be written during class hours on the 11<sup>th</sup> of October. While the final exam is **cumulative**, it will largely focus on materials covered after the mid-term. The date of the final exam will be

provided by the registrar's office. Students are expected to complete the exam at a time and place provided by the registrar. The midterm and final exam are worth 20% and 30% of your final grade, respectively.

#### Evaluation Breakdown:

<b>Component</b>	<b>Weight</b>	<b>Date/ Deadline</b>	<b>Brescia Competencies</b>
<b>Group Project and Presentation</b>	15%	Per assigned slot	Communication
<b>In-Class Discussions</b>	5%	On-going	Communication
<b>Reflection Paper</b>	10%	Per assigned slot – a week after presentation.	Inquiry/Analysis Critical thinking Self Awareness and Development Social Awareness & Engagement
<b>Research Paper</b>	20%	9 <sup>th</sup> Dec.	Inquiry/Analysis Critical thinking Self-Awareness and Development Social Awareness & Engagement
<b>Midterm Exam</b>	20%	11 <sup>th</sup> Oct.	Critical thinking
<b>Final Exam</b>	30%	11 <sup>th</sup> – 22 <sup>nd</sup> Dec.	Critical thinking

#### Academic Accommodation

For course components worth 10% or more of the total course grade, please see the Academic Policies and Regulations section at the end of this course outline or consult the Academic Calendar.

For course components worth less than 10% of the total course grade, documentation is not required. Whenever possible provide notification in advance of due dates or absence. If advance notification is not possible, please contact me within two business days.

#### Course Content

The topics discussed in this course are structured to uncover the extent to which social factors, e.g., culture, socio-economic status and social status (gender, age etc.) inform definitions, diagnoses and treatment of mental illness. Content is organized and covered in 3 major themes. The first theme (Sociology in Mental Health) sets the stage for the critical assessment of the role of Sociology in Mental health. It begins with an exploration of the definition of mental health and engage in in-depth analysis of the role of culture and other global events in shaping these definitions. This section ends

with an assessment of the various critical perspectives that inform the literature on mental health and illness. The second theme, Mental Health in Sociology delves into sociological theories that inform the field of sociology of mental health and discuss outcomes that have emerged from studies shaped by these theoretical underpinnings. In the last Section, Mental Health within Society, we explore the role of social media in shaping public and policy perceptions of mental illness/health and discuss some prevailing/longstanding debates and arguments within the field.

### Weekly Organizer:

Class/Topic	Date	Description	Assignments Readings Due	and/or
1	Sept. 13	Introduction, Syllabus and Course Overview/ Mental Health and Illness: History and Origins Chpt. 1&2		
2	Sept. 20	Culture, Globalization and Mental Health Chpts. 11	Group Presentation, Reflection Essay	
3	Sept. 27	Critical Perspectives on Mental Health and Illness Chpts. 1& 12	Group Presentation, Reflection Essay	
4	Oct. 4	Sociological Theories Stress and Mental Health: Understanding the Stress Process - SR	Group Presentation, Reflection Essay	
5	Oct. 11	<b>MIDTERM EXAM</b>	Midterm Exam	
6	Oct. 18	Socioeconomic Inequalities and Mental Health - SR	Group Presentation, Reflection Essay	
7	Oct. 25	Social Antecedents of Mental Illness - SR		
8	Nov. 1	<b>FALL READING WEEK</b>	Group Presentation, Reflection Essay	
9	Nov. 8	Institutional Antecedents of Mental Illness - Chpt. 6, SR	Group Presentation, Reflection Essay	
10	Nov. 15	Mental Health among Special/Specific Populations - Chpt. 13, SR	Group Presentation, Reflection Essay	
11	Nov. 22	Social Experiences and Consequences of Mental Illness: Role of Social Media - Chpts. 4&5, SR	Group Presentation, Reflection Essay	
12	Nov. 29	Debates within Mental Health Field: Diagnoses, Policy and Treatment - Chpts. 6,9,10 SR	Research Paper	

<b>13</b>	Dec. 6	<b>REVIEW/RESEARCH PAPERS DUE</b>	
<b>14</b>	Dec. 10 - 22	<b>FINAL EXAM</b>	

\*Supplementary Readings (SR) - (Will be posted on OWL)

## 2022-23 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

### 1. POLICY REGARDING ACADEMIC ACCOMMODATION

The complete policy regarding Accommodation for Illness - Undergraduate Students can be found at

[https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_135](https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_135)

Students who have long-term or chronic medical conditions which may impede their ability to complete academic responsibilities should seek Academic Accommodation through Student Accessibility Services

([https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_10](https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_10)).

Personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation.

Students who experience an illness or extenuating circumstance sufficiently severe to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

1. For medical absences, submitting a **Student Medical Certificate (SMC)** signed by a licensed medical or mental health practitioner;
2. For non-medical absences, submitting **appropriate documentation** (e.g., obituary, police report, accident report, court order, etc.) to their Academic Advisor. Students are encouraged to contact their Academic Advisor to clarify what documentation is acceptable.

#### Request for Academic Consideration for a Medical Absence

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation.

Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

The following conditions apply for students seeking academic accommodation on medical grounds:

1. Students must submit their Student Medical Certificate (SMC) along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. An SMC can be downloaded from [https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/medicalform.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf);
2. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period;
3. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, scheduled tests or examinations, and other academic requirements; Students **must** communicate with their instructors **no later than 24 hours** after the end of the period covered by the SMC

to clarify how they will fulfil the academic expectations they may have missed during the absence;

4. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the course instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements, arranging Special Exams (make-ups), re-weighting course requirements, or granting late withdrawal without academic penalty.

## 2. ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds are not normally considered.

If you think that you are too far behind to catch up or that your workload is not manageable, you should consult your Academic Advisor ([https://brescia.uwo.ca/enrolment\\_services/academic\\_advising/book\\_an\\_appointment.php](https://brescia.uwo.ca/enrolment_services/academic_advising/book_an_appointment.php)). If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines; please contact your Academic Advisor or see the list of sessional dates in the Academic Calendar (<https://www.westerncalendar.uwo.ca/SessionalDates.cfm?SelectedCalendar=Live&ArchiveID=>).

You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

## 3. ABSENCES

**Short Absences:** If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Please note that for asynchronous online courses, attendance or participation requirements may be different than for synchronous or in-person courses.

**Extended Absences:** If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations if appropriate and warranted.

It is important to note that the Academic Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory ([https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#Page\\_64](https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#Page_64)).

## 4. SCHOLASTIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence at: [https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_20](https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20).

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Note that such offences include plagiarism, cheating



on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

### **Plagiarism:**

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations.

Plagiarism is a major academic offence.

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com.

### **Computer-marked Tests/exams:**

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

## **5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS**

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, they may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, they may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal and if the matter falls within the jurisdiction of the SRBA. For information on academic appeals consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar

[https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_14](https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14).

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices.

## PREREQUISITES

Unless you have either the prerequisites for a course or written Special Permission from the Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite(s).

## 6. SUPPORT Support Services

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/>. Students can access supports through Brescia's Student Life Centre (<http://brescia.uwo.ca/life/student-life/>) and Learning Development & Success at Western (<https://www.uwo.ca/sdc/learning/>).

### Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you maybe experiencing. You can obtain information about how to obtain help for yourself or others through **Health & Wellness at Brescia**, [https://brescia.uwo.ca/student\\_life/health\\_and\\_wellness/index.php](https://brescia.uwo.ca/student_life/health_and_wellness/index.php) and **Health and Wellness at Western**, [http://uwo.ca/health/mental\\_wellbeing/index.html](http://uwo.ca/health/mental_wellbeing/index.html).

### Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated.

Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at [https://brescia.uwo.ca/safe\\_campus/sexual\\_violence/index.php](https://brescia.uwo.ca/safe_campus/sexual_violence/index.php).

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Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy, and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.

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