

**THE UNIVERSITY OF WESTERN ONTARIO  
LONDON, CANADA**

**School of Health Studies**

**Health Sciences 4620F  
Foundations of Mental Health**

**COURSE DESCRIPTION**

A survey of contemporary and historical issues in mental health sciences, including: the relation between mental and physical health and related concepts of disability; evolution and comparison of various diagnostic systems; in-depth case studies on issues such as pain, addiction, marketing and testing of pharmaceutical products; and culture bound syndromes.

**COURSE OBJECTIVES**

- Students will broaden perspectives and advance understanding regarding topics that are relevant to the foundations of mental health.
- Students will critically examine a survey of historical influences relevant to contemporary perspectives on mental health.
- Students will critically examine the relation between mental and physical health, related concepts of disability, various diagnostic considerations, and culture bound syndromes, and, how the relationship of these to the biopsychosocial model of mental health.
- Students will examine the influence of the pharmaceutical industry on contemporary mental health.
- Students will demonstrate active reflection on course readings through submission of a critically reflective reading log.
- Students will put privileged assumptions up to question.
- Students will exercise and strengthen various skills related to critical thinking, e.g. review & critical analysis of literature, presentation of findings, essay writing.
- Students will co-create a learning environment that welcomes and encourages group dialogues that are dynamic, passionate, and open-minded, i.e. co-create a learning experience that is vital and engaging.

**Prerequisites:** Health Sciences 2610F/G. Enrolment in the third or fourth year of any program within the School of Health Studies, or permission of the School of Health Studies.

**Antirequisites:** The former Health Sciences 474G if taken in 2006-07 and 2007-08.

## COURSE INFORMATION

<i>Instructor:</i>	Dr. Marnie Wedlake, PhD Email: <a href="mailto:mwedlak@uwo.ca">mwedlak@uwo.ca</a>
<i>Office Hours:</i>	Immediately following classes & by appointment
<i>Course Website:</i>	<a href="https://owl.uwo.ca">https://owl.uwo.ca</a>
<i>Times &amp; Location of Lectures:</i>	
Mondays	2:30pm to 5:30pm                      HSB-11

## TEXTBOOKS

Foucault, M. (2009). *History of madness*. New York, NY: Routledge.

Ghaemi, S. N. (2010). *The rise and fall of the biopsychosocial model: Reconciling art & science in psychiatry*. Baltimore, MD: The Johns Hopkins University Press.

Horwitz, A. V. (2002). *Creating mental illness*. Chicago, IL: The University of Chicago Press.

**\*\*\*All 3 textbooks are required.**

**\*\*\*Some additional readings may be assigned. Links to these will be posted on OWL.**

## LEARNING ENVIROMENT

This course experience will function according to the assumption that successful learning happens in environments where learning is co-created by the instructor and the students.

As the instructor, I will endeavour to provide students with classes that are optimally engaging, motivating, and interesting. In return, I will expect students to attend all classes, and to contribute to the collaborative nature of the learning experience through their active participation in discussions, by completing the assigned readings, and by offering constructive feedback as will be deemed useful to the overall learning experience.

## SPECIAL NOTES

### **Your Mental Health and Wellbeing:**

This course deals with very serious issues in the area of mental health, some of which may be distressing for some students. Please speak with me, or your academic counselor, if you have any concerns about your own mental health and wellbeing in relation to course content. Western University has excellent Mental Health and Wellbeing services available for students in need of

additional guidance and support in this area. See Western's Health and Wellness information webpage at [http://www.health.uwo.ca/mental\\_health/index.html](http://www.health.uwo.ca/mental_health/index.html) if you desire more information on this topic. Immediate help in the event of a crisis is available by phoning 519.661.3030 (during class hours) or 519.433.2023 after class hours and on weekends.

### SDC'S Learning Skills Services:

Learning Skills counselors are ready to help you improve your learning skills. They offer presentations on strategies for improving time management, multiple-choice exam preparation/writing, textbook reading, and more. Individual support is offered throughout the Fall and Winter terms in the drop-in Learning Help Centre, and year-round through individual counseling. They may be found in WSS Rm 4100, or at <http://www.sdc.uwo.ca/learning>.

### SCHEDULE OF LECTURES AND READINGS

DATE	TOPIC	READINGS
Sept 8	Introduction; Madness in History	Part One, Chapters 1 & 2 in Foucault
Sept 15	Madness in History, cont'd	Part One, Chapters 3, 4 & 5 in Foucault
Sept 22	The Creation of Mental Illness	Introduction and Chapters 1 & 2 in Horwitz
Sept 29	The Rise of the Biopsychosocial Model	Part I (all of it) in Ghaemi
Oct 6	Diagnosis, Disorder & Contemporary Psychiatry	Chapters 3, 5 & 6 in Horwitz
Oct 13	<b>THANKSGIVING DAY STAT HOLIDAY - NO CLASS</b>	
Oct 20	<b>Mid-term Examination</b>	
Oct 27	The Walking Wounded; The Pathologizing of "Normal"; Psycho-social Causes of Dis-order	Chapter 4 & 7 in Horwitz
Nov 3	Psychiatry & the Pharmaceutical Industry	Chapters 9 & 10 in Ghaemi
Nov 10	The Fall of the Biopsychosocial Model <b>***CRITICALLY REFLECTIVE READING LOG DUE IN CLASS TODAY</b>	Chapters 7, 8, 11 & 12 in Ghaemi
Nov 17	Therapeutic Interventions	Chapter 8 in Horwitz + selected readings (links will be posted on OWL)
Nov 24	Mental Illnesses as Social Constructions	Conclusion in Horwitz + selected readings (links will be posted on OWL)
Dec 1	Paradigm Shifts in Mental Health; Final Examination Discussion <b>***FINAL ESSAY DUE IN CLASS TODAY</b>	Chapter 17 in Ghaemi + selected readings (links will be posted on OWL)

## EVALUATION

Critically Reflective Reading Log <i>(Covers readings, lectures &amp; class discussions occurring before Nov 10/14)</i>	<b>Due in class on Monday, November 10, 2014</b>	30%
Mid-term Examination <i>(In-Class Mid-Term Exam (Essay Style); Worth 35 marks; Weighted at 35%; 2 hours)</i>	<b>Monday, October 20, 2014</b>	35%
Final Essay 35% <i>(Worth 35 marks; Weighted at 35% of final mark; Due by 2:30pm in-class and online through turn-it-in on class OWL website)</i>	<b>Due in class on Monday, December 1, 2014</b>	

### Critically Reflective Reading Log

Students are encouraged to maintain a reading log to support this assignment in which you will be required to critically reflect on course readings, lectures, and class discussions.

To help you start your reading log you might wish to select quotes from the readings. These might be quotes that struck you or were meaningful to you in some way. Any quotes included in your assignment must be properly referenced according to APA Style, Sixth Edition.

Your reading log will emphasize content covered in the assigned readings. Ideally though, it will also include reflections that extend beyond content from the readings to include content covered in the lectures and the class discussions. Please be very clear about which readings you are referring to when you write this assignment.

As this assignment is comprised of *your* critical reflections, and you are speaking from the place of your own thoughts, you are encouraged to write in the first person, using "I" statements where relevant.

When you write your reflection, please do so with the assumption that your reader will *not* have read the texts, attended the lectures, or participated in the class discussions.

This reflective assignment is intended to be a statement that will describe how you have scrutinized, analyzed, and challenged, the material covered in this course. Of course, you are welcome to include affirmative commentary as well.

Your reading log will:

- Be a minimum of 4, maximum of 6, pages in length
- Be formatted using 12 point font, double-spacing, 1" margins
- Include page numbers at the bottom of each page
- Include a title page which will state your name, your student ID#, the course name & number, the assignment title, the date

- Use APA, Sixth Edition for citations and referencing

1 mark will be deducted for all spelling errors and cases of bad grammar, to a maximum loss of 20 marks. (Reading logs are marked out of '100'.)

Resources for use as guides to writing critical reflections will be made available on OWL. You are encouraged to refer to these to assist you with this assignment. A grading guide will also be posted on OWL.

### **Mid-term Examination**

The mid-term examination will be comprised of a combination of multiple choice and short answer questions, and will be closed book.

*Important Note Regarding the Use of Electronic Devices During Examinations:* Unless you have medical accommodations (supported by required documentation) that require you to do so, you may not use any of the following electronic devices during the examinations: cellphones, smart phones, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, desktop computers, flashlights, laser pointers, or power tools of any sort.

### **Final Essay**

You may write your final essay on any major topic discussed in class lectures or readings. Use Class Schedule headings and topics as a guide. Please seek permission for any topic you are unsure of. Essays that do not address a suitable topic area may be returned and late penalties will apply. Essays should be 8-10 pages, double-spaced and include at least 10 direct citations to course readings. Please use APA Style Manual, Sixth Edition, format for in-text citations and Bibliographical References.

Your final essay will:

- Be a minimum of 8, maximum of 10, pages in length
- Be formatted using 12 point font, double-spacing, 1" margins
- Include page numbers at the bottom of each page
- Include a title page which will state your name, your student ID#, the course name & number, the assignment title, the date
- Use APA, Sixth Edition for citations and referencing

1 mark will be deducted for all spelling errors and cases of bad grammar, to a maximum loss of 20 marks. (Essays are marked out of '100'.)

### **MISSED DUE DATES & MAKEUP EXAMINATIONS**

You must have a valid medical or compassionate reason for missing the scheduled due dates for the critically reflective reading log, the mid-term examination, or the final essay, and documentation for

your absence must be filed with the main office of the School of Health Studies. See relevant section of this outline for information concerning acceptable documentation of illness. Retroactive assignment and/or exam accommodations (i.e., for assignments and/or exams that have been written) will not generally be granted.

## **GENERAL COURSE NOTES**

### *Course Website*

Other than the textbooks that you purchase, this course is a totally “paperless” course, and as such the course website will be your sole source for lecture overheads and course information (including this course outline). Due to privacy regulations, grades will only be provided to you through the course website. I cannot, under any circumstance, convey grades via email, or over the phone.

### *Email*

I am happy to answer your questions via email, and will do my best to answer your emails promptly. You must, however, use your UWO email address for all correspondence regarding this course. Because the University ‘anti-spam’ programs often reject email from Gmail, Hotmail, Yahoo, and other public email addresses, there is no guarantee that I will receive your emails if you send them from a public email program – or from any off-campus server, when sending email using any method other than the university’s webmail system.

### *Lecture Attendance*

You are expected to attend every class, as some material that is covered during lectures will not be featured in the readings.

### *Eating and Drinking in Class*

Out of consideration for your fellow students, please refrain from eating during class (lidded beverages are acceptable).

### *Grade Adjustments*

Final grades in this course will be taken to the closest integer (i.e., I will “round off” decimals). Reading logs and exam grades will be calculated out of 100% to one decimal place. I will not, under any circumstances, “bump up” your grade (i.e., to facilitate professional school applications etc.). This includes grades that end in a “9”. Along similar lines, I will not reweight papers or examinations for reasons other than those outlined above.

### *Use of Cellphones During Class*

Please ensure that any cellphones, pagers, or other communication devices on your person are turned off, or have their ringers silenced (or turned to vibrate) during lectures and labs. Please refrain from texting during lectures.

### *Use of Laptops During Class*

If you plan to bring your laptop to class, please restrict your computer use to course-related activities, and refrain from using instant messaging clients, video games, or other software packages that might be distracting to students sitting near you.

### *Recording Lectures*

You are not permitted to create audio or video recordings of my lectures.

## **PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS**

In the first instance, all appeals of a grade must be made to the course instructor (informal consultation). If you are not satisfied with the decision of the course instructor, a written appeal must be sent to the Program Director. If you consider this response to be unsatisfactory, you may then appeal to the Dean of the Faculty of Health Sciences. If this response is unsatisfactory, you may appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office.

## **ADDITIONAL STATEMENTS**

### **Student Code of Conduct**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>.

### **English Proficiency for the Assignment of Grades**

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

### **Accommodation for Medical Illness or Non-Medical Absences**

[http://www.uwo.ca/univsec/handbook/appeals/accommodation\\_medical.pdf](http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf)

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm>.

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

### **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 the following website: [http://www.uwo.ca/univsec/handbook/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf) .

Additionally,

1. 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 (<http://www.turnitin.com> ).
2. 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.

### **Support Services**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>