

**Faculty of Health Sciences
Health Sciences 4620F (001)
Foundations of Mental Health
Mon 9:30-11:30, UCC - 63
Fall Term 2019**

Course Outline

Instructor: Dr. Julie Ponesse
Affiliation: Department of Philosophy, Huron College
Email: jponesse@alumni.uwo.ca
Office Hours Mon 1:00-2:00 pm
(please confirm your visit prior to coming, by email)
Class Times: Mon 9:30-11:30
Class site: UCC - 63

PREREQUISITE CHECKING

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this 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 prerequisites

COURSE DESCRIPTION

An introduction to philosophical and historical aspects of mental health. Topics will include: history of diagnostic categories and modern nosological systems; in- depth look at specific diagnostic categories and their treatments (e.g. depression, hysteria, anorexia, addiction) ; analysis of key concepts such as ‘mental disorder’, ‘syndrome’, ‘disease’, ‘illness’, ‘symptom.’

COURSE OBJECTIVES

- Introduce students to historical and philosophical aspects of mental health
- Encourage students to formulate and defend their own views on those topics;
- Practice and improve critical thinking, reading, writing, and speaking skills;
- Foster professional skills and attitude in all aspects of the course.

TO CONSIDER

- This is an ‘essay’ designated course with considerable reading and writing requirements
- This course relies heavily on encouraging independent study and critical thinking.
- This course fosters independent professional development. Be prepared to research and answer some of your own questions and make your own decisions (e.g. interpretation of essay format issues).
- Class participation is required in this seminar course and regular attendance is mandatory.

COURSE TEXTS

- Porter, Roy (2002). *Madness: A Brief History*. Oxford: Oxford University Press.

- Diagnostic and Statistical Manual of the American Psychiatric Association (DSM 5). Washington D.C.: American Psychiatric Association. Available online through the UWO Library Catalogue System. See instructions below.
- Assorted articles online and on Western Owl Course Web Site

COURSE REQUIREMENTS

Essay-Style Test #1 | Out of 30 marks | Worth 30% final mark. Written in-class Mon Oct 7 (1 hr. 50 min)

Essay-Style Test #2 | Out of 30 marks | Worth 30% final mark. Written in-class Mon Nov 11, (1 hr. 50 min.)

Essay | Out of 100 marks | Worth 40% final mark Due via electronic submission to Owl Mon Dec 2, at 91:30am

GRADING

Your essays (and test) will be marked according to the following standardized table, taken from the Western University *Academic Calendar*:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

It is expected that the grades for this course will fall between 74 and 80. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.

CLASS LECTURES

Students are expected to attend class lectures and participate in class discussions. However, class lectures are just an introduction to the topics and arguments in the readings that concern us. It is expected that students will read, analyze, and summarize all class readings on their own, using class lectures as their guide. Doing well in this course requires independent work that goes beyond merely summarizing class lecture material. You must have studied the readings in more depth on your own to do well. Think of your tests along the lines of 'take-home' assignments that are based on a set of readings that you must largely prepare for on your own. Be aware are that there are no official class lecture notes (power point slides etc.,) to share with students in case a class is missed, although students with medical accommodation can expect some help in this regard by meeting with the course instructor. Attendance is required and expected.

ATTENDANCE POLICY

Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means not only attendance, but active engagement in the class, including (for example) contribution to small and large group discussions, a demonstrated effort to prepare for class by completing assigned readings before class, and following the instructor's guidelines for use of electronic devices during class time. Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.

Persistent absenteeism may have serious repercussions, and may result in you failing this course. In this course, the equivalent of 3 weeks of unexcused absences, per term, will be considered to be persistent absenteeism. Persistent absenteeism will result in you being contacted by the instructor, who may request a meeting. Continued absence after this point will be reported to the Undergraduate Chair, and may result in debarment from writing the final examination, and/or submitting the final course paper. In such a case, you would receive a grade of zero on the evaluations from which you were debarred.

IN-CLASS ESSAY-STYLE TESTS

There will be 2 in-class essay-style tests in this course. Tests will be 1 hr. 50 min. duration. Tests are essay-style and out of 30 marks. Each single test is worth 30% of the final mark. Tests will consist of a choice of 3 out of 5 essay-style questions, taken from our weekly topics and readings. The questions will not be disclosed in class. Some short answer questions may be included in some versions of the test, in which case there will only be 2 essay questions out of a choice of 5. Test questions will be taken from weekly readings and modeled on weekly topics and major lecture and discussion themes that should be obvious to anyone who attends class and does their reading.

ESSAY TOPICS

You may choose any weekly topic, with its assigned set of readings, to serve as the core texts for your essay. Developing a topic to focus your essay is not always easy, so start early. Essays must be strictly based on, and directly report on, course readings. Remember, you must also cite passages from those readings to defend your interpretations and conclusions. Speculations and examples based on materials from other courses are therefore inappropriate in our essays for this course. You may allude to materials in films we have seen, but these cannot form the substance of your discussion, which must be traceable to course readings. Try and choose a topic we have not studied extensively in class, in order to maximize your chances of writing an original essay and not repeating material we know already (which might earn less marks for creativity critical thinking and originality). The overall purpose of your essay is to teach us/me something new about something raised in our course readings, by discussing those readings. Your mark depends on how successful you are in describing your topic and evaluating the points and arguments made in it. Don't be scared to choose a reading we have not discussed extensively in class. The risk is not only necessary, but worth it!

ESSAY INSTRUCTIONS AND FORMAT

Essays should be 6-8 pages double-spaced and include at least 10 direct citations to course readings. Please use Chicago Manual of Style Author-date format for in-text citations and Bibliographical References. Ask a librarian if you need information on learning about this citation format. (Do not leave this to the last minute.) This is part of the skills you need to acquire in this course – through your own effort.

The first page of your essay should include the following information:

Essay Title
Course Number
Due date
Last name, First name
Student Number #11111111

All pages should be numbered except for the title page which has no page number and counts as page '0'.

Single marks will be deducted for spelling errors, bad grammar, and formatting errors, up to a maximum of 10 marks. (Essays are marked out of '100'.)

ESSAY SUBMISSION AND LATE ESSAYS

Late essays will be penalized ½ letter grade per day late. That is, B+ to a B for one day late, B to B- for a second day late, etc.

ESSAY MARKING SCHEME

In your essay, you are expected to interpret and evaluate – for example, agree or disagree, with a thesis, and explain why – the scholarly merits of your chosen essay topic and article(s). Roughly 70% of your total essay mark will be devoted to the more descriptive interpretive aspects of your essay, while the remaining 30% will be devoted to your own personal evaluation of the essay article(s). Do not go beyond course readings and topics in writing your essay. Make sure to include detailed examples taken from course lectures and readings to illustrate your arguments.

You will be marked on how well you display 'critical thinking' skills and mastery of your chosen essay article(s). While originality is welcome, essays are mostly expected to reflect knowledge acquired through course readings, as well as class knowledge acquired through course lectures and discussions. An important aim of the course is to foster critical thinking interpretive and evaluative writing skills.

PLAGIARISM DETECTING SOFTWARE

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>)

ACCESSING DSM 5 ONLINE

The Diagnostic Statistical Manual of Mental Disorders, Fifth Edition (usually referred to as 'DSM 5') which is published by the American Psychiatric Association (APA), is an

indispensable reference source for this course. You can reference citations from this text as: (APA 2013, 10). Then include the full reference in your bibliography as follows:

American Psychiatric Association. (2013). Diagnostic Statistical Manual of Mental Disorder, Fifth Edition. Washington: American Psychiatric Association.

You can access DSM 5 online through the UWO library site and interface by typing 'DSM 5' in the online catalogue and selecting the first entry, namely, 'DSM 5'. Then all you have to do is select 'Explore the new edition'.

CLASS EMAIL POLICY

- Emails that do not mention (i) the course subject designation number and (ii), the student's full name and student number, will be deleted.
- Only emails with a 'uwo.ca' address will be answered.
- Only emails that deal with administrative matters will be read.
- Questions regarding course content must be raised in class or during office hours.
- It may take up to 3 days to answer your email.

FILMS

Films will be shown during regular lecture hours and all students are expected to attend. Due to logistical and practical realities surrounding the availability of films, these can only be shown once. The films are designed to enrich your experience of the materials covered in the course. But like guest lectures or other special events, they are a one-time thing. If you miss a film, do your best to discuss the film with friends. Please note that films are not available for lending under any conditions. Some films may be available through the UWO library. Please check your course outline for film titles. A set of questions – 'film questions' – will normally be made available for each film to help guide your viewing and help point you to the main issues we are concerned with. Films are study material in this sense.

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/>

MENTAL HEALTH AND WELL-BEING

This course deals with very serious and controversial issues in the area of mental health which may be disturbing for some students. Please speak to myself, or your academic counsellor, if you have any concerns about your own mental health and well-being in relation to course content. Western University has excellent Mental Health and Well-Being 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

If you desire more information on this topic. Immediate help in the event of a crisis can be had by phoning 519.661.3030 (during class hours) or 519.433.2023 after class hours and on weekends.

As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery (<http://mcintoshgallery.ca/>). Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

If you are in emotional or mental distress, please visit Western Psychological Services (<https://www.uwo.ca/health/psych>) for a list of options for obtaining help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: <https://uwo.ca/health/wec/education/learning.html>.

USE OF ELECTRONIC DEVICES

During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations. During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

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 Web site:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_under_grad.pdf

ACADEMIC CONSIDERATION:

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;
- (ii) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or
- (iii) For non-medical absences, submitting appropriate documentation (e.g., obituary,

police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;
- Must communicate with their instructors no later than 24 hours after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
- Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;
- b. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30am the following morning if the form is submitted after 4:30pm;
- c. The duration of the excused absence will terminate prior to the end of the 48 hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;
- d. The duration of an excused absence will terminate at 8:30am on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;
- e. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., “bellringers”);
- f. Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;
- g. Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfil the academic expectations they may have missed

**THIS OUTLINE AND SCHEDULE MAY BE REVISED WITH PRIOR NOTICE
DUE TO CLASS ENROLMENT AND OTHER FACTORS**

September 3, 2019