Course Subject and Objectives: This course entertains two broad questions within which numerous models, theories, and empirical studies are employed. First, what is the nature and burden of mental illnesses and the benefits of mental health? Second, what are the causes of mental illnesses and mental health? This course employs a bio-psycho-social model of health. It therefore examines mental health in terms of its proximal (biological), medial (psychological), and distal (sociological) causes, which implies that we can and should direct treatments to improve mental health at all three levels.

Requirements: Four in class exams (dates listed and highlighted below in schedule), each counts 25% toward the final grade

Optional Paper: Students can earn up to 5 extra credit points that counts toward one of your exams (you can improved your grade up to but no more than 100%; see last page of syllabus for instructions and due date).

Grading Scale: 93 and above = A; 90 to 92.99 = A-; 87 to 89.99 = B+; 83 to 86.99 = B; 80 to 82.99 = B-; 77 to 79.99 = C+; 73 to 76.99 = C; 70 to 72.99 = C-; 67 to 69.99 = D+; 60 to 66.99 = D; and 0 to 59.99 = F

Emory Honor Code: The Emory University honor code applies fully to this course. When you sign an exam or submit your assignments, you are pledging to the honor code. For reference, please consult: http://www.college.emory.edu/current/standards/honor_code.html.

Course Readings: All readings can be accessed at the class Blackboard site.

Schedule:

January 24: Conceptions of and Responses to Mental Illness: Changing for the Better, Or Not?  
Read: Chs. 1 and 8 from E. Fuller Torrey, 2008. The Insanity Offense.

January 31: Stigmatization, Normalization, and Operationalization of Mental Illness  
Read: “The Epidemic in Mental Illness”

February 7: Anti-Psychiatric Movement: Then and Now  
Read: “Selling Sickness”  
Read: NY Times Magazine PDF on “The Americanization of Mental Illness”

February 14: Exam 1

February 21: Mental Illness: The Biological and Sociological Views  
Read: The Adult Brain  
In class video on “Thinking By Feeling”  
Read: Ch.9 by Wheaton and Montazer, 2010.

February 28: Reconciling Debate #1: Who’s Better Off, Men or Women? Blacks or Whites?  
Read: Keyes, “The Black-White Paradox in Health”  
Read: Ch. 13 by Rosenfield and Smith, 2010  
Reconciling Debate #2: Nature or Nurture? Social Drift or Social Causation?  
In Class Video: National Geographic’s Stress: A Portrait of a Killer

March 6: Exam 2

March 13: WEEK OF SPRING BREAK

March 20: Differences: Economic Inequality and What Cross National Comparisons Tell Us About
The Quality of Life
Read: Ch. 4 Wilkinson.pdf

March 27:
Connections: Social Ties and Health
Read: Selection from Ornish, The Healing Power of Love and Intimacy.
Read: “Connecting Communities: On and Offline” by Barry Wellman (2004)

April 3:
How We Try To Heal Ourselves Today and Why It’s Not Working
Read: Insel and Scolnick, 2006
Read: Keyes, Dhingra and Simoes, 2010

April 10: Exam 3

April 17:
Healing What Ails Us, Part 1: How We “Pursue” Happiness
Read: Wilson & Gilbert (2005) on “Affective Forecasting”

April 24:
Healing What Ails Us, Part 2: How We Respond to Being Hurt, Harmed, and “Wronged.”
Listen and take notes on the following presentation:
http://speakingoffaith.publicradio.org/programs/2008/revenge_forgiveness/

May 1:
Health What Ails Us, Part 3: How We Approach Life/Death and Vulnerability
Read: Carstensen et al. 1999, Taking Time Seriously.

May 8: FINAL EXAM during class time regularly scheduled from 5:30-8:00pm
Note: There is only one class time that conflicts with our scheduled FINAL EXAM time, and it is if your class meets 8:30 on TT, see the following for confirmation:
http://www.registrar.emory.edu/students/calendars/calendar_exams_5121.html). Only students who can verify with me that they have a TT class at 8:30 can reschedule the FINAL EXAM or if you can verify with me that you have MORE than 2 exams on May 8th, in which case I will work with your other two professors to decide which of the three of us will reschedule one of your finals (this is EMORY policy).
Sociology 330, Extra Credit Optional Paper Guidelines:

**Format:** No more than 15 pages of text (does not include title page, references, or accompanying tables or figures); must be 12 point font, 1 inch margins, and double spacing (don’t triple space between paper headings or sections).

**Citation:** Must cite and include references (use American Psychological Association or American Sociological Association style of citation – visit the www.apa.org or www.asanet.org for more information or find the manuals in the library)

**Use of Web-based materials:** You can use and cite web-based information ONLY if it comes from the U.S. Public Health Service (e.g., Surgeon General’s Virtual Office) or the Centers for Disease Control and Prevention (CDC.GOV). In short, the bulk of your paper must rely on original sources (journal articles and books and chapters).

**Actual Topic:** Choose any class of mental disorder currently found in the DSM-IV and write a paper that coherently deals with ALL of the following issues:

1. Why did you choose this particular class of mental disorders? You can give a personal reason that has some explanation of its importance, or why this is an important issue for society, etc.
2. The nature of this class of mental disorder and the nature and the diagnosis of at least two of the types of mental illnesses within this class of disorders.
3. The prevalence, the consequences (i.e., the “burden”), and the epidemiology of this class of mental disorder and at least the two specific mental illnesses you have chosen to focus on.
4. Describe what is known about the causes of this mental illness (biological, psychological, and/or social)? Do not use only the DSM for information here but include additional materials such as textbooks, edited book chapters, and research articles)
5. What treatments have been employed, and with what effectiveness, for this mental illness?

**Grading:** 5 points for an “A” paper, 4 points for an “A-” paper, 3 points for a “B+” paper, 2 points for a “B” paper, and 1 points for a “B-” or a “C+” and 0 points for any paper less than a “C+”.

**Due Date:** Hand in (DO NOT EMAIL) the paper no later than 5:00pm on May 4th.