

**SOC330: Mental Health and Well-Being**  
10:00 to 11:15, Monday & Wednesday; Tarbutton 208

Professor Corey Keyes  
203 Tarbutton Hall

Office Hours: I'm at Emory on Mondays and Wednesdays only and can meet anytime after 1:30 pm on either Monday or Wednesday. Email me at [ckeyes@emory.edu](mailto:ckeyes@emory.edu) to schedule a meeting.

**Course Overview:** 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 positive mental health? Second, what are the causes of mental illnesses and positive 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:** Three in class exams, each counts 25% toward the final grade. All exams are open book, open notes and slides. There is the option to take the final during the final exam period. The final is optional if you are satisfied with your grade based on the first 3 exams. However, the final exam is cumulative and it will cover an equal amount of material from each of the three sections that comprise this course. If you can achieve a grade on the final exam that is higher than the average of your first 3 exams, I will use the final exam grade for your final grade. If your final exam is no better than the average of your first 3 exams, your final exam grade will be averaged in with the previous 3 exams for your final grade.

**The optional final exam is Monday, December 14<sup>th</sup>, from 3:00 to 5:30pm:** see [http://registrar.emory.edu/Students/Calendars/examcalendar/emorycollege\\_examcalendar.html](http://registrar.emory.edu/Students/Calendars/examcalendar/emorycollege_examcalendar.html)

**Attendance:** My motto is, "if you snooze, you lose." Attendance is highly recommended!

**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 59.99 or lower = 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](http://www.college.emory.edu/current/standards/honor_code.html).

**International Students:** I have posted in the syllabus section of our Blackboard site a documents describing the resources and support services for international students and ESL students.

**Accommodations:** Please see the Office of Disability Services to received assessment and paperwork that you can provide me for any accommodations for taking notes, exams, etc.

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

**Schedule:**

Section 1: August 29th to October 3rd

- Topic 1: A History of Mental Illness  
(a) Changing Responses to the Mad/Bad  
Listen: <http://www.abc.net.au/radionational/programs/rearvision/mental-illness-a-history/5611268#transcript>
- Topic 2: The Rise of Common Mental Illness: Emotion, Thinking, and Behavior  
(a) Watch: [https://www.youtube.com/watch?v=pF9Xcnuh6\\_c](https://www.youtube.com/watch?v=pF9Xcnuh6_c)
- Topic 3: The Attempt at Normalizing Severe Mental Illness: Deinstitutionalization  
Read: Chs. 1 and 8 from E. Fuller Torrey, 2008. *The Insanity Offense*.
- Topic 4: Burden and Epidemic of Depression: Separating “Facts” and Possible “Fictions”  
(a) Importance of 1996 and The Global Burden of Disease Study  
(b) Is There an Epidemic of Mental Illness (Depression)?  
Read: “The Epidemic in Mental Illness”
- Topic 5: Westernization and Medicalization of Life: *Cui Bono?*  
(a) Increasing Health Literacy For Mental Illness?  
Read: NY Times Magazine PDF on “The Americanization of Mental Illness”  
(b) Disease Mongering: Read: “Selling Sickness”
- October 3:** **Exam 1**

Section 2: October 5th to November 7th

- Topic 1: Mental Illness: The Biological View  
Watch first: <https://www.youtube.com/watch?v=g-Xy2O7BmC4>  
Watch second: <https://www.youtube.com/watch?v=RKBJMaFsMRU>
- Topic 2: Mental Illness and Gender: The Sociological View  
Read: PDF “Treating Depression Before It Becomes PostPartum”
- Topic 3: Nature or Nurture; Social Drift or Social Causation?  
National Geographic’s *Stress: A Portrait of a Killer*
- Topic 4: Culture and Mental Illness. Read: Luhrmann et al 2014
- November 7:** **Exam 2**

Section 3: November 9th to December 5<sup>th</sup> (No class on Nov. 30<sup>th</sup>; I will be in Toronto)

- Topic 1: Sociological View of Illness Continued: Differences: Economic Inequality and What Cross National Comparisons Tell Us About The Quality of Life  
Read: Ch. 4 Wilkinson.pdf
- Topic 2: Connections: Social Ties and Health  
Read: Selection from Ornish, *The Healing Power of Love and Intimacy*.
- Topic 3: How We Try To Heal Ourselves Today: Fixing Broken Down People  
Read: Insel and Scolnick, 2006
- November 30: Guest lecture from Emily Pingel on “Public Health” and mental health
- Topic 4: Can We Cure Mental Illness; If Not, Then What Do We Do?  
Read: Keyes, Dhingra and Simoes, 2010
- December 5:** **Exam 3**