

SOC 513: Perspectives on Mental Health
Monday, 6:00–9:00 p.m. in Room 206 of Tarbutton Hall

Corey L. M. Keyes, *Winship Distinguished Research Professor*
203 Tarbutton Hall, 404-727-7894 (email: ckeyes@emory.edu); office hours by appointment

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 causal model of health. It therefore examines mental health and illness in terms of their proximal (biological), medial (psychological), and the distal (sociological) causes. This course is intended to train students to be theoretically-driven, interdisciplinary scholars of ‘public’ mental health.

Requirements:

(1) Two in class reviews (40% of grade). You get to choose a week’s topic from the seminar schedule under which you want to find an outside article to review. I will assign your second review by choosing a week’s topic for you. In both case, you should find an article (ideally empirical articles as chapters are often very hard to review) that is not already assigned for that week’s reading. You must choose an article that “fits” that week’s topic and it should be made clear how or why that article is relevant from your review and presentation. You will be graded on your presentation as well as my assessment of your actual review. You do not have to send the actual review to the class, bring a copy only for me.

A good review consists of a summary of the article, identification of its strengths (e.g., how does it help make the point(s) of that week’s topic) and weakness or limitations (be constructive here), statement of how this reading fits with others and the topic of that day’s seminar, and identification of new questions stemming from the article, and thoughtful question (or set of questions) for leading the discussion. **DO NOT SIMPLY READ YOUR REVIEW TO THE CLASS**; rather, think of this assignment as a formal presentation (yes, you can and should prepare slides to provide as handouts and other aids for your presentation) and an opportunity to create thorough notes of important empirical articles to be used later (e.g., by Sociology students taking prelims). My evaluation will be based on thoroughness, thoughtfulness, and the clarity with which you present and explain the paper (reason for the study, background or theory, measurement, main findings, and how it extends our understanding of that week’s subject matter).

(2) Paper (40% of grade). The objective of the research paper is to allow you to investigate a topic for your own rationale. I do not want you to recycle papers done for previous seminars **UNLESS** you change that paper substantially (you must alert me to the fact that you plan to work from another paper already graded in another course if that is your plan).

I want to encourage you to think of pulling together a publishable empirical paper for this semester (BUT THIS IS NOT A REQUIREMENT!). For example, I have two nationally representative, longitudinal data sets from which most of you can find variables that reflect your research interests. The first is the Child Development Supplement of the Panel Study of Income Dynamics, which is

a study of adolescents, ages 12 to 18, with measures of their family, schools, and neighborhoods. This study includes my measure of mental health and the Child Depression Inventory. The second study is the Midlife in the United States (MIDUS) national study of adults ages 25 to 74 in 1995 and the 10-year follow up of the same individuals in 2005. Links to both of these data sets can be found at my faculty webpage in the Department of Sociology webpage (the MIDUS link is entitled “MacArthur Foundation Research”), which provides the content of the surveys.

The first draft should be no longer than 4,000 words (this does not include tables, figure, or references). The font should be 12pt. with one-inch margins all around and double-spaced. A single page contains 250-275 words; using 275 as the upper limit, this means that a 4,000 words draft consists of 14.5 pages of text.

(3) Peer review (20% of your grade). Pretend that Dr. Keyes is the editor of a journal in which you are submitting your paper for review. **Please email me your paper before the 2nd to last (i.e., April 18th) seminar meeting.** I will then model this process after the actual process of peer review for publication. I will email your paper to at least 2 seminar members for review (those reviews must be independent; do not collaborate or talk to each other about your review), along with instructions and a review form. Dr. Keyes will provide you with notes about good reviews. The reviewers are to provide typed and detailed review comments within a week and submit the complete review by email to Dr. Keyes by or immediately following the last seminar meeting. After the last seminar meeting, I will grade the reviews and send a review letter and instructions back to the author of that paper.

Your final drafts of your papers must be submitted along with a letter of resubmission that details where in the manuscript and how you responded to the specific comments and suggestions of your outside reviews. You must also justify cases where you do not do what was recommended in the reviews. Your final papers can be expanded by 1,500 words to accommodate reviewer suggestions.

Final Papers due (email only in emergency) are due no later than 5pm one week after our final meeting on April 25th.

Text: Teresa L. Scheid and Tony N. Brown, Editors. 2010. *A Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems, 2nd Ed.*, New York: Cambridge University Press. **NOTE: I just submitted my revised chapter for the 3rd edition of the above text. I do not recommend buying the 2nd edition (wait until the 3rd edition comes out later in 2016).**

Schedule

- January 25:
- What is mental illness? Who and where are the mentally ill?
 - (1) Chs. 1 and 8 from E. Fuller Torrey, 2008. *The Insanity Offense*.
 - (2) Taylor, S. E., & Brown, J. D. (1988). Illusion and well-being: a social psychological perspective on mental health. *Psychological Bulletin*, 103(2), 193-210.
 - (3) Rosenhan, D. L. (1973). On being sane in insane places. *Science*, 179(4070), 250-258.
 - (4) NPR report on “A First Rate Madness” by Nassir Ghaemi:

<http://www.npr.org/2011/08/20/139681339/madness-and-leadership-hand-in-hand>

- February 1: Mental Illness and Psychiatric Epidemiology: Progress and Pitfalls
- (1) Wakefield, Jerome C. and Mark F. Schmitz. 2010. "The Measurement of Mental Disorder." Pp. 20-45 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems, 2nd Ed.*
 - (2) Kessler, Ronald C. 2002. "The Categorical Versus the Dimensional Assessment Controversy in the Sociology of Mental Illness." *Journal of Health and Social Behavior* 43:171-188.
 - (3) Horwitz, Allan V. 2002. "Outcomes in the Sociology of Mental Health and Illness: Where Have We Been and Where are We Going?" *Journal of Health and Social Behavior* 43:143-151.
 - (4) Horwitz, Allan V. and Jerome C. Wakefield. 2006. "The Epidemic in Mental Illness: Clinical Fact or Survey Artifact?" *Contexts* 5:19-23.
- February 8: Mental Health: Is It Really More Than the Absence of Mental Illness?
- (1) Keyes, Corey L. M. and Barret Michalec. 2010. "Viewing Mental Health from the Complete State Paradigm." Pp. 125-134 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems, 2nd Ed.*
 - (2) Keyes, Corey L. M., Sativinder S. Dhingra, and Eduardo J. Simoes. 2010. "Change in Level of Positive Mental Health as a Predictor of Future Risk of Mental Illness." *American Journal of Public Health*. 100:2366-2371.
 - (3) Fledderus, Martine, Ernst T. Bohlmeijer, Filip Smit, and Gerben J. Westerhof. 2010. "Mental Health Promotion as a New Goal in Public Mental Health Care: A Randomized Controlled Trial of an Intervention Enhancing Psychological Flexibility" *American Journal of Public Health* 100:2372-2378.
- February 15: Biological Approaches and the Medicalization of Mental Illness
- (1) Schwartz, Sharon and Cheryl Corcoran. 2010. "Biological Theories of Psychiatric Disorders: A Sociological Approach." Pp. 64-88 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems, 2nd Ed.*
 - (2) "Americanization of Mental Illness" by Ethan Watters at <http://www.nytimes.com/2010/01/10/magazine/10psyche-t.html>
 - (3) Insel, T. R., & Scolnick, E. M. (2006). Cure therapeutics and strategic prevention: Raising the bar for mental health research. *Molecular Psychiatry*, 11, 11-17.
- February 22: Sociological Approaches to the Etiology of and Response to Mental Illness

- (1) Thoits, Peggy A. 2010. "Sociological Approaches to Mental Illness." Pp. 106-124 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems, 2nd Ed.*
- (2) Link, Bruce G. and Jo C. Phelan. 2010. "Labeling and Stigma." Pp. 571-587 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems, 2nd Ed.*
- (3) Lennon, Mary Clare and Laura Limonic. 2010. "Work and Unemployment as Stressors." Pp. 213-2225 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems, 2nd Ed.*

February 29:

The Sociological Stress Processes and Mental Illness

- (1) Wheaton, Blair and Shirin Montazer. 2010. "Stressors, Stress, and Distress." Pp. 163-170 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems, 2nd Ed.*
- (2) Turner, R. Jay, Blair Wheaton, and Donald A. Lloyd. 1995. "The Epidemiology of Social Stress." *American Sociological Review* 64:104-125.

March 7-11:

Spring Break

March 14:

Stressors and Social Psychological Processes

- (1) Turner, R. Jay and William R. Avison. 1992. "Innovations in the Measurement of Life Stress: Crisis Theory and the Significance of Event Resolution." *Journal of Health and Social Behavior* 33:36-50.
- (2) Turner, R. Jay and Robyn Lewis Brown. 2010. "Social Support and Mental Health." Pp. 200-212 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems, 2nd Ed.*
- (3) Keyes, Corey L. M. and Carol D. Ryff. 2000. "Subjective Change and Mental Health: A Self-Concept Theory." *Social Psychology Quarterly*, 63(3):264-279.

March 21:

Social Stratification and Mental Health and Well-Being

- (1) Sapolsky, Robert M. 2005. "The Influence of Social Hierarchy on Primate Health." *Science* 308:648-652.
- (2) Wilkinson, R. 2006. Chapter 4. "Health and Inequality." From "The Impact of Inequality: How To Make Sick Societies Healthier."
- (3) Banks, J., Marmot, M., Oldfield, Z. and Smith, J. P. 2006. "Disease and Disadvantage in the United States and in England." *JAMA* 295:2037-2045.

March 28:

The Paradox of Race and Mental Health

- (1) Williams, David R., Manuela Costa and Jacinta P. Leavell. 2010. "Race and Mental Health: Patterns and Challenges" Pp. 268-290 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and*

Systems, 2nd Ed.

- (2) James S. Jackson, Katherine M. Knight, and Jane A. Rafferty. 2010. "Race and Unhealthy Behaviors: Chronic Stress, the HPA Axis, and Physical and Mental Health Disparities Over the Life Course." *American Journal of Public Health* 100:933-939.
- (3) Keyes, Corey L. M. 2009. "The Black-White Paradox in Health: Flourishing in the Face of Inequality" *Journal of Personality* 77:1677-1706.

April 4:

Gender and Mental Health

- (1) Rosenfield, Sarah and Dena Smith. 2010. "Gender and Mental Health: Do Men and Women Have Different Amounts or Types of Problems" Pp. 348-360 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems, 2nd Ed.*
- (2) Cyranowski, Jill M., Ellen Frank, Elizabeth Young and M. Katherine Shear. 2000. "Adolescent Onset of the Gender Difference in Lifetime Rates of Major Depression." *Archives of General Psychiatry* 57:21-27.
- (3) Keith, Verna M. and Diane R. Brown. 2010. "African American Women and Mental Well-Being: The Triangulation of Race, Gender, and Socioeconomic Status" Pp. 291-305 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems, 2nd Ed.*

April 11:

Social Connection, Social Integration and Mental Health

- (1) Carstensen, Laura L., James J. Gross, and H. H. Fung 1997. "The Social Context of Emotional Experience." Pp. 325-352 in *Annual Review of Gerontology and Geriatrics*, edited by K. Warner Schaie and M. Powell Lawton. New York: Springer.
- (2) Ornish, Dean. *The Healing Power of Love and Intimacy*. Read Pp. 23-71.
- (3) Ellison, Christopher G. 1995. "Race, Religious Involvement and Depressive Symptomatology in a Southeastern U. S. Community." *Social Science and Medicine* 40:1561-1572.

April 18:

Social Roles and Mental Health

- (1) Thoits, Peggy A. 1983. "Multiple Identities and Psychological Well-Being: A Reformulation and Test of the Social Isolation Hypothesis." *American Sociological Review* 48(2):174-187.
- (2) Simon, Robin W. 1997. "The Meanings Individuals Attach to Role Identities and Their Implications for Mental Health." *Journal of Health and Social Behavior* 38:256-274.
- (3) Thoits, Peggy A. and L. N. Hewitt. 2001. "Volunteer Work and Well-Being." *Journal of Health and Social Behavior* 42:115-131.

April 25:

Towards Integration: Studies Linking Bio-Psycho-Social Levels

- (1) Begley, S. 2007. Chapter 6, "Mind Over Matter: Mental Activity Changes the Brain." From "Train Your Mind, Change Your Brain."
- (2) Hawkley, L. C. and J. T. Cacioppo. 2010. "Loneliness Matters: A Theoretical and Empirical Review of Consequences and Mechanisms." *Annals of Behavioral Medicine* 40:218-227
- (3) Tucker-Drob, Elliot M., Mijke Rhemtulla, K. Paige Harden, Eric Turkheimer and David Fask. 2011. "Emergence of a Gene \times Socioeconomic Status Interaction on Infant Mental Ability Between 10 Months and 2 Years." *Psychological Science* 22: 125-133