

**SYLLABUS**  
**Sociology of Mental Health**  
**SYO 4410**  
**FALL 2015**  
**58082**  
**GS 107 4-6:50 Tuesday**  
**3 credits**

**COURSE DESCRIPTION**

This course focuses on the role of social, political, economic and cultural factors in shaping mental health. It also critically examines the social, cultural, and political meanings of mental health care, popular psychology, and various forms of psychological discourse, particularly in the United States context.

This course requires that you have taken three sociology courses at the 1000, 2000 or 3000-level or that you have the permission of the instructor. If you have no social science background, you are likely to do poorly in the class.

This course is part of the sociology major and minor.

**INSTRUCTOR CONTACT INFORMATION**

Dr. Lynn Appleton  
Culture & Society Building (CU) #253  
Office hours: Tuesday, 2-3 and 6:50-7:50 and by appointment  
Office phone: 561-297-0261  
Email address: [appleton@fau.edu](mailto:appleton@fau.edu).

**Note:** email is the best way to contact me. Please put SYO 4110 in the subject line.  
Always use your FAU email account to contact me.

Email me immediately if you are having problems accessing an assignment.

If your question(s) are not of an emergency or a personal or confidential nature, please post your questions to the Questions/Concerns discussion board within the course. (Before posting a question on the discussion board, however, please check to see if another student has already asked the same question.) I will generally respond to these posts within 48 hours, excluding weekends and holidays.

Call me or email me directly at [appleton@fau.edu](mailto:appleton@fau.edu) if it is an emergency. (Note: "I know that the essay deadline is at midnight and it is now 11 p.m., but I don't understand the meaning of this question" is not an emergency. It is a failure to plan ahead and ask questions in a timely manner.) An "emergency is "my apartment is on fire and my laptop is inside it! I'm emailing you from my phone, because I won't be able to take the test."

## REQUIRED TEXTS

Most of the reading for this course will be accessed through the FAU library's electronic collection or on the web sites of various media outlets and organizations.

You will need an Owl Card so that you can log on to the library's databases from off campus using the "off campus connect" (EZPROXY) feature that lets you log into the university's databases from off campus. (You can also access them directly if you are using the on-campus network.) If you want all of the material printed out, you will be doing a lot of printing.

You should keep an electronic copy of all assignments for your use; log on, get a copy, store the copy, read the copy. Do not count on on-line access being available five minutes before you write a test!

Do not wait until the last minute to get an electronic copy of the assignment. If you have a problem with Blackboard, you might not be able to get the assignment done in time.

Note: You will frequently need to read articles in the New York Times.





You have two options. (1) I strongly suggest that you take out an on-line subscription to the Times: for the entire term, it would cost about \$12 plus tax (four weeks at 99 cents, 12 weeks at 3\*\$7.50). (2) However, if you do not want to spend that money, there is another option. It puts more responsibility on you. You can do the New York Times assignments through a combination of accessing the newspaper's website AND accessing the university's electronic resources. When I give an assignment that requires access to either the comments on or background material to an article, you can go directly to the Times website. You will get free access to ten articles a month. When I give an assignment that requires you to read ONLY an article, you can (a) make note of the publication date, title, etc. and (b) log on to the university's electronic database via EXPROXY and (c) read the article, which will not have any pictures, comments, or background material. This requires that you keep track of the number of times that you access the Times' website; you can only access it ten times per month for free. So, this option can save you about \$30 but does require that you take more responsibility for managing your access. It's the classic tradeoff: your money or your time and attention. And, yes, it is more stressful: it illustrates one of the topics that we will explore in this class.

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**Get a Times Digital Subscription at our special College Rate.**  
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STEP 1: Choose the subscription that's best for you.		FIRST 4 WEEKS	EVERY 4 WEEKS THEREAFTER
	 NYTimes.com + Smartphone Apps Unlimited access to NYTimes.com and the NYTimes smartphone apps.	99¢	<b>\$7.50</b>
	 NYTimes.com + Tablet Apps Unlimited access to NYTimes.com and the NYTimes tablet apps.	99¢	<b>\$10.00</b>

## SUPPLEMENTAL MATERIAL(S)

You may be required to view documentaries or feature films. All of these are available on-line. You may need to rent some of them. No individual item's cost for pay-per-view will be more than about \$5.

## COMPUTER REQUIREMENTS

**Note:** you can use FAU labs for all of the course work. If you want to work outside of the labs, though, here is what you will need.

**Operating system:** A computer that can run Mac OSX or Win XP or higher

**Connection to the internet:** broadband is necessary; dialup connection will not be adequate

**Peripherals:** Speakers or headset; external hard drive, USB drive, or alternative way of backing up work.

**Compatibility with Blackboard:** Please visit the Students tab located at the top of the screen for Blackboard compatibility with your computer. Make sure your internet browser is compatible and that you have all the recommended plug-ins installed.

NOTE: if you are having trouble with an on-line item in Blackboard, try switching browsers. Google Chrome and Firefox are generally more useful than other browsers.

You should have basic competency in: downloading updating software (e.g., Adobe Acrobat); backing up files and data; interacting with websites (e.g., the National Institute of Mental Health website) and finding material on them. You should know how to manage Windows Media Player and files associated with it. You should know how to take, save and email a screen shot.

## Technical Problem Resolution Procedure

In the online environment, there is always a possibility of technical issues (e.g., lost connection, hardware or software failure). Many of these can be resolved relatively quickly, but if you wait until the last minute before an assignment is due, the chances of these glitches affecting your success are greatly increased. Please plan appropriately. Should a problem occur, it is essential you take immediate action to document the issue so I can verify and take appropriate action regarding a resolution. Please take the following steps should a problem occur:

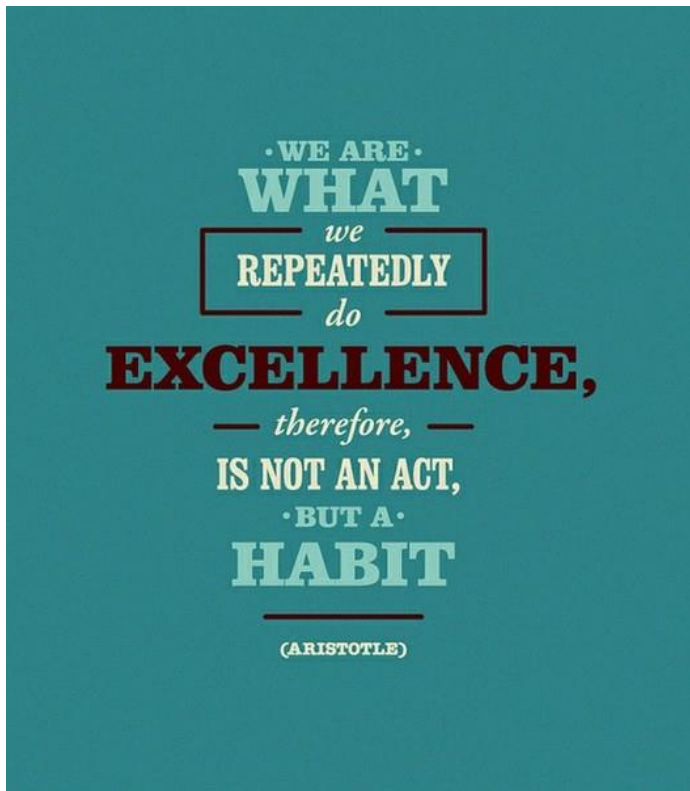
1. If you can, make a Print Screen of the monitor when the problem occurred. Save the Print Screen as a .jpg file. If you are unfamiliar with creating a Print Screen file, click the appropriate links below.
  - a. For PC users ([video](#) or [script](#))
  - b. For MAC users (<http://www.printscreenmac.com/>)
2. Complete a Help Desk ticket at <http://www.fau.edu/helpdesk>. Make sure you complete the form entirely and give a full description of your problem so the Help Desk staff will have the pertinent information in order to assist you properly. This includes:
  - a. Select "Blackboard (Student)" for the Ticket Type.
  - b. Input the Course ID.
  - c. In the Summary/Additional Details section, include your operating system, internet browser, and internet service provider (ISP).

- d. Attach the Print Screen file, if available.
3. Send a message within Blackboard to me to notify me of the problem. Include all pertinent information of the incident (2b-d above).
4. If you do not have access to Blackboard, send an email to me at [appleton@fau.edu](mailto:appleton@fau.edu) with all pertinent information of the incident (2b-d above).
5. If you do not have access to a computer, call me with all pertinent information of the incident. If I am not available, make sure you leave a detailed message.
6. If you do not hear back from the Help Desk or me in a timely manner (48 hours), it is your responsibility to follow up with the appropriate person until a resolution is obtained. Sometimes, email or help desk tickets are misfiled or overlooked. It is your responsibility to be persistent.

## **COURSE LEARNING OBJECTIVES**

Upon successful completion of the course, students will be able to:

- State the basic elements of the sociological perspective (theories, concepts, methodologies) as applied to the study of mental health and illness; explain the implications of these theoretical perspectives for the prediction of social and political change; explain the difference between sociological and reductionist approaches
- State the basic elements of, apply and evaluate the relative utility of constructionist and objectivist approaches to mental health and illness
- State the basic elements of classic and current sociological theories about and research on processes and trends in the social construction of mental health and illness
- Use contemporary sociological theories of the social construction of mental health and illness to predict the direction of change in this set of social institutions and processes
- Use contemporary sociological theories about institutionalization and professionalization to predict the direction of change in the mental health care system
- Apply theories about and concepts fundamental to the sociological study of mental health and illness to the analysis of “psychological discourse” and its institutional framework, trends in mental health and mental illness, and the evolution of the psychological/psychiatric professions
- State key findings of and summarize trends in sociological research on the connection between social trends, social statuses, social inequalities and the epidemiology of emotional distress and cognitive disorder
- Analyze proposals for policy changes in the mental health care system and evaluate them according to clearly stated standards and with reference to data gathered from reliable sources



#### TIME REQUIRED FOR THE WORK IN THIS CLASS

You should make sure that you have at least six hours a week to do the work assigned in this class. Maybe you can succeed with less time, but you should start out with this much set aside.

Schedule of topics and graded assignments. Reading assignments and graded assignments will be detailed in the menu item of the Blackboard course labeled "deadlines." Note: quizzes open on Sunday and must be completed before class on Wednesday. The structure for quizzes and essays is explained in more detail later in this syllabus.

## COURSE POLICIES



To be successful in this course, I estimate that you will need to be in class every week AND set aside enough time to do the assignments. For each class meeting, there will be an expectation of between four and six hours of work. Some students might need more time than that. Some students might need less. Keep in mind that this course is not a course in which you can put off doing the reading until just before the exam! You will have to work consistently on the course. Make sure that your schedule permits this kind of commitment.



### Course-related questions: the Questions/Concerns discussion board

Post course-related questions to the Questions/Concerns discussion board. Asking course-related questions in this way allows other participants with the same question to benefit from the responses.

Also, make sure you review this forum prior to posting a question; it may have already been asked and answered in previous posts. Students who repeatedly ignore the instruction to review the forum may lose points

If you identify a problem in the course and solving that problem has widespread benefit to the other students in it, you may receive extra-credit points.

## **Announcements**

You are responsible for reading all announcements posted by the instructor. Check the announcements each time you login to be sure you have read all of them since your last login session.

## **Grading Policy**

Your grade will be calculated in the following way.

Attendance and conscientious participation: **10% of your grade.** Participation is evaluated on the basis of what you contribute to the class and the attention that you give to class material.

- (a) Show up. Those who come to class and focus on the class tend to do better in the course than those who don't. I want you to do well, so I will provide every encouragement to you to attend regularly and pay attention thoughtfully. I will take attendance at the beginning of the first and second parts of class. Please be in class when I do so. Those who sign in late more than twice will not be permitted to sign in late a third time. Everyone runs behind schedule occasionally, but consistent late arrival is a sign of disrespect for what we are doing in the class. Your late arrival disrupts the class and distracts your fellow students; therefore, please plan to be on time.

We have seventeen class meetings. You can miss one of them without penalty. If you have unexcused absences from three or more of them, you should not expect more than a C in your participation grade. If you frequently are unprepared for class, you should not expect a high participation grade even if you are always in class. [Note: the conditions for excused absences are explained below --- university-sanctioned absences, like sporting events, or religious observance, or jury duty, or illness or family crisis. Be prepared to document the reasons for your absences.]

Conscientious participation does not require that you are constantly raising your hand. It is also measured by your performance on in-class activities. For example, one measure of your participation is your contribution to the small-group discussions that will be a regular part of the class. (So, the person who is not participating in his or her group is likely to lose participation points.) Conscientious participation does require that your attention is focused on what is going on in the class. (So, the person who is texting or checking cell phone messages in class is likely to lose participation points. The person who is reading material from another class while sitting in our class is likely to lose participation points. The person who is asleep will definitely lose participation points!)

Note: those who leave class early will lose participation points. The bottom line is: show up, focus, and stay engaged.

- (b) Write and reflect. I will be asking each of you to write in a class journal at least once a week. You must write a minimum of 150 words in which you reflect on the content of the prior class and/or the assignments for the upcoming class. The simplest formats for reflection are: what you learned that surprised you and required you to deal with some preconceptions; questions that you have about what you've read or heard; connections between the material from this class and what you've learned in other classes. You must complete your journal entry by noon on Tuesday.

Quiz scores: **20% of your grade.** There is an on-line quiz that must be completed **prior to** most class meetings. Quizzes must be completed before the class for which the material is assigned. The quizzes are designed to provide you with information about the degree to which you have been able to understand and remember what was argued/documented/stated in the assigned material. They are also designed to make sure that you don't fall behind in your work.

Each quiz has 10 questions. You have 15 minutes in which to answer these questions. You will take the quizzes on-line. The software will draw them randomly from a pool of questions. You can take them in an on-campus computer lab or at home. You cannot take them using a tablet, as Blackboard doesn't yet play well with tablets.

Each quiz makes up less than 2% of your grade but they do add up: your average quiz score will be 20% of your grade.

I strongly urge you to prepare for the quizzes and for class by using the viewing/reading guides when they are available.

Tests: **30% of your grade.** This class has three in-class multiple-choice/short answer tests. Each is equally weighted. These check your understanding of the content of the assignments and lectures.

Essays: **40% of your grade.** This class has three essay assignments (16.67% each). These check your ability to apply the ideas that we will study in the class.

These essays are weighted equally. I will give you two or three questions to choose from. You will submit your response through Blackboard. The essays should be no less than 500 words. I will not enforce a maximum, but I strongly suggest that you should be able to write a very good answer in no more than 1000 words. (For those of you who still think in terms of pages, 250 words is about two double-spaced pages.)

The essay questions ask you to integrate the material from the preceding section of the course to answer "big picture" questions. You will be (a) developing a thesis or position and (b) using course material to provide evidence for your position/argument.

Read more about the essays' requirements in the Essays item of the menu.

Each of the four averages will then be averaged (with the weights as given above) to yield an overall percentage for the course. (Note: I round up, so an 89.52 rounds up to a 90.) The grading scale is the following:

A	94 – 100%
A-	90-93%
B+	87-89%
B	83-86%



B-	80-82%
C+	75-79%
C	70-74%
D	60-70%
F	59% and below

If you need accommodation as a consequence of a disability, you should register with the Office for Students with Disabilities (OSD) – in Boca Raton, SU 133 (561-297-3880; in Davie, MOD I (954-236-1222); in Jupiter, SR 117 (561-799-8585); or at the Treasure Coast, CO 128 (772-873-3305) – and follow all OSD procedures. OSD will work with me to ensure that you have the necessary accommodations. <http://www.osd.fau.edu/>

### **Policy on Late Work**

Students have advance notice of when their assignments must be submitted. If you will not be able to complete a quiz within the time allotted because of religious observances, please let me know. To the best of my knowledge, though, there is enough time for each quiz that it can be done either before or after days of religious observation.

If you have a documentable reason for failing to complete the quiz (i.e., you were in a car accident, etc.), you may contact me and ask for an extension. “I had to work” and “I had to take a test in another class” and “it was my birthday” are not legitimate reasons to ask for an extension.

Essays must be completed on time except under exceptional circumstances: a family emergency, an illness, etc. In the case of such exceptional circumstances, students should make every effort to contact me by email (appleton@fau.edu) **prior** to the assignment’s due date to inform me of the emergency or to request an extension. If you do not have access to email, telephone me at my office and follow up with an email as soon as possible. You may be required to provide documentation of any claims of such circumstances. Extensions are given for a limited period of time and, if work is not completed by the extension’s deadline, it earns a failing grade.

### **Policy on Incompletes**

If circumstances beyond your control make it impossible for you to complete required work by the end of the term, I will consider giving you an incomplete *if* you have completed more than 50% of the exams and assignments in the course with an average grade of ‘C’ or better. Only a small set of circumstances will be considered as the basis for a request for an incomplete: for example, severe illness or some equally grave and on-going family crisis. Incompletes must be completed soon after the course ends.

In many cases, students who are unable to do the work of the course should consider whether they should withdraw from the class. All students can withdraw from classes and receive a grade of W as specified by the university (see <http://www.fau.edu/registrar/policy.php> for more information). After that point, withdrawals are granted only under a limited range of circumstances: information about medical/emergency withdrawal can be found through the office of the Dean of Students at <http://www.fau.edu/dean/exceptionalwithdrawal.php>.

## **Policy on honesty and integrity**

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Any student in this class who is found to have committed a breach of this code of academic integrity will receive an appropriately severe penalty.

The FAU Code of Academic Integrity prohibits dishonesty and requires a faculty member, student, or staff member to notify an instructor when there is reason to believe dishonesty has occurred in a course/program requirement. The instructor must pursue any reasonable allegation, taking action where appropriate. Examples of academic dishonesty include, but are not limited to, the following:

### **(A) Cheating**

1. The unauthorized use of notes, books, electronic devices, or other study aids while taking an examination or working on an assignment.
2. Providing unauthorized assistance to or receiving assistance from another student during an examination or while working on an assignment.
3. Having someone take an exam or complete an assignment in one's place.
4. Securing an exam, receiving an unauthorized copy of an exam, or sharing a copy of an exam.

### **(B) Plagiarism**

1. The presentation of words from any other source or another person as one's own without proper quotation and citation.
2. Putting someone else's ideas or facts into your own words (paraphrasing) without proper citation.
3. Turning in someone else's work as one's own, including the buying and selling of term papers or assignments.

### **(C) Other Forms of Dishonesty**

1. Falsifying or inventing information, data, or citations.
2. Failing to comply with examination regulations or failing to obey the instructions of an examination proctor.
3. Submitting the same paper or assignment, or part thereof, in more than one class without the written consent of both instructors.
4. Any other form of academic cheating, plagiarism, or dishonesty

For more information, see the Code of Academic Integrity in the University Regulations at [http://www.fau.edu/regulations/chapter4/4.001\\_Code\\_of\\_Academic\\_Integrity.pdf](http://www.fau.edu/regulations/chapter4/4.001_Code_of_Academic_Integrity.pdf).

Students should be aware that **all** work submitted in this course may be submitted to the University's plagiarism detection software. This software compares all submissions to a huge database of other writing and detects overlaps.

## **SUPPORT SERVICES**

### **Office of Students with Disabilities (OSD)**

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodation due to a disability to properly execute course work must register with the Office for Students with Disabilities (OSD) – in Boca Raton, SU 133 (561-297-3880; in Davie, MOD I (954-236-1222); in Jupiter, SR 117 (561-799-8585); or at the Treasure Coast, CO 128 (772-873-3305) – and follow all OSD procedures. <http://www.osd.fau.edu/>

### **Office of Information Technology**

Students who confront computing, network, or other technological difficulties during this course may seek assistance from the University's OIT Department. Visit the IRM site at [www.fau.edu/irtm/index.php](http://www.fau.edu/irtm/index.php) for information and resources; questions not addressed by existing resources on the IRM website can be directed to OIT's online "Helpdesk" at [www.fau.edu/helpdesk/](http://www.fau.edu/helpdesk/). The helpdesk provides an online ticket submission system to help resolve any technological difficulties you may have throughout the course. If unable to login to the FAU website, you may call the helpdesk at (561) 297-3999.

### **University Center for Excellence in Writing (UCEW)**

The University Center for Excellence in Writing is a valuable resource for any student interested in improving writing skills. The Center provides one-on-one consultation with trained consultants to enhance writing skills and address problem areas. As I grade written work throughout the semester, I will recommend seeking consultation from the UCEW to any student who might benefit from its services. The Center has walk-in locations on all campuses; see [www.fau.edu/UCEW/WC](http://www.fau.edu/UCEW/WC) for further information and for all center locations. The Center also provides on-line consultations through telephone or Skype; contact the Center for more information and to schedule a consultation.

### **Library Resources**

Students in this course will be required to make use of the university's library services for some assignments. The library's website is <http://www.fau.edu/library>. From this website, students may gain access to online articles and databases; these may be directly accessed from any computer on any FAU campus, but they may also be accessed from home or elsewhere by logging into Off Campus Connect (EZ Proxy). (You will need the number on your Owl Card in order to log in to Off Campus Connect.) The link to Off Campus Connect can be found on the library's homepage. Students unskilled in use of the library's resources may seek help from the Reference Department. From the library's homepage, click on "Ask a Librarian"; from this site, you may initiate contact with a librarian through chat, text, email, phone, or in-person. From this "Ask a Librarian" page, you

may also click on Reference Department where you will find an array of resources that will guide you in the effective use of library resources.

**The Center for Teaching and Learning (CTL)**

The University's Center for Teaching and Learning (CTL) offers resources that students may find helpful in improving their study skills and facilitating academic success. Their website is <http://www.fau.edu/ctl> . I strongly encourage students to visit this website and to make use of its many valuable resources, including especially "Tips for Success and Academic Resources"

(<http://www.fau.edu/ctl/TipsForSuccessAndAcademicResourcesStudentResources.php>).

## TOPICS and Deadlines

8/18: Course introduction. The current state of mental illness and mental healthcare in Western societies, with particular emphasis on the US.

8/25 Defining and identifying “mental illness.” Social responses to “madness.” The rise and fall of the asylum system  
Quiz #1 must be completed before class  
Journal entry must be completed by noon

Before class, you must also post an introduction to your Journal. I would like to know a bit about you, including why you are taking this class and what you hope to get out of it. I would also like you to embed a picture of yourself to help me to associate your name and interests with your face.

9/1 The modern era: deinstitutionalization. Intended and unintended consequences of policy leaps.  
Quiz #2 must be completed before class  
Journal entry must be completed by noon

9/8 Personal responsibility: the competing ideologies of “mental health” and “criminal action”  
Quiz #3 must be completed before class  
Journal entry must be completed by noon

9/15 Disability and mental illness. Policy challenges.  
Quiz #4 must be completed before class. It will be open by noon on Saturday, 9/12, so that those who observe Rosh Hashanah can complete it before the holiday.  
Journal entry must be completed by noon

9/22 **Test #1.** Introduction to medicalization. Case study: ADHD  
**9/24 Essay #1 is due by midnight**

9/29 Medicalization continued. ADHD. Diagnostic inflation. Measurement and validity.  
Quiz#5 must be completed before class.  
Journal entry must be completed by noon

10/6 Creating and sustaining medical authority. How are experts invented?  
Quiz #6 must be completed before class  
Journal entry must be completed by noon

10/13 Anti-medicalization arguments and responses to them  
Quiz #7 must be completed before class  
Journal entry must be completed by noon

10/20 Case studies: depression and social anxiety disorder  
Quiz #8 must be completed before class  
Journal entry must be completed by noon

10/28 **Test #2.** Epidemiology, causation, and a look back at schizophrenia and other severe forms of mental illness.

***Essay #2 is due by midnight on October 30. Boo!***

11/4 Stress: real, perceived, and constructed.  
Quiz #10 must be completed before class  
Journal entry must be completed by noon

11/10 Inequality and mental illness  
Quiz #11 must be completed before class  
Journal entry must be completed by noon

11/17 Race, class, gender and mental illness  
Quiz #12 must be completed before class  
Journal entry must be completed by noon

11/24 War and damage. Case study: PTSD.  
Quiz #13 must be completed before class  
Journal entry must be completed by noon

12/1 The “psy complex”: the expansion of authorities on the mind. The future of mental health professions and mental healthcare in the American healthcare system.  
Quiz #14 must be completed before class  
Journal entry must be completed by noon

***12/6 Essay #3 is due by midnight***

12/8 **Test #3** (4 p.m.)

ASSIGNMENTS will be posted in a separate module of the Syllabus and Assignments item of the course menu.

There will be an assignment for each class meeting, starting with 8/25. Assignments are stored in units without the three course modules. Assignments will be identified by author and title and also by their module and their unit within it. There are three modules. Each module has multiple units within it. You are not going to be assigned to read/watch/listen to everything in a unit.