

Syllabus for HBEH 893: Global Mental Health

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3 credits

Intended audience: Masters and Doctoral students, Fellows, and Upper-Level Undergraduates
No prerequisites

Fall Semester, 2016: Mondays and Wednesdays, 10:10-11:40 am; Stone Center - Rm 0209

Scope: Global Fundamentals, Characteristics, Public Health Impacts, Prevention, and Management of Mental Health and Mental Illness¹

Key Concepts/Learning objectives: At the end of the course, students will understand the following concepts:

- I. Multidimensional Nature of Mental Health – Biological, psychological, cultural, economic, community, and organizational dimensions are central to understanding and addressing mental health and mental illness
- II. Major individual, clinical, community and population approaches to preventing, treating and managing mental illness
- III. Mental Health is **always** cultural – there is no mental illness without cultural influence on its expression (e.g., paranoia is not expressed through delusions of “being Jesus Christ” in Muslim and Buddhist societies). Thus, understanding cultural difference is a key part of understanding mental health.
- IV. Global perspective is central to understanding mental health

Texts:

Craighead, W.E., Miklowitz, D.J., & Craighead, L.W. (Editors). *Psychopathology: History, Diagnosis, and Empirical Foundations* (2nd Ed.). John Wiley, 2013.

Patel, V., Minas, H., Cohen, A., & Prince, M.J. (Editors). *Global Mental Health: Principles and Practice*. Oxford, 2014.

Both texts available through Amazon and other sellers and **available online through UNC libraries – see notes at end of syllabus.**

CLASS TOPICS:

Basics

Optional Pre-Read: Before the first class on August 24, please try to read, review or watch **ONE** of the following:

- *King Lear* by Shakespeare
- Jamison, K.R. *An Unquiet Mind*. New York: Knopf, 1995. A memoir of bipolar disorder by a Johns Hopkins psychologist.
- *One Flew Over the Cuckoo's Nest* – either the book by Ken Kesey (New American Library, 1965) or the movie directed by Milos Forman, starring Jack Nicholson (1975).
- *The Soloist* (2009 movie about a Julliard-trained violinist who develops schizophrenia, directed by Joe Wright, starring Jamie Foxx, Robert Downey Jr., and Catherine Keener)

Aug. 24: What is mental health, mental illness, “madness,” “craziness”? Discussion of students’ reactions to pre-read materials.

Aug. 29: Fundamentals: Interplay of biological, psychological, cultural, community, economic, organizational influences in mental illness

¹ “Mental illness” and “mental health” are used as summary terms for the broad range of phenomena referred to by a variety of terms such as “psychopathology,” “abnormal behavior,” “psychiatric disorder,” etc. They are not intended to convey or privilege any conceptual model as to the nature, causes, or fundamental characteristics of this broad range of phenomena.

Fisher, E.B., Zhong, X., Kowitt, S., & Nan, H. (2015). The Importance of Contexts and the Roles of Community and Peer Support Programs in Bridging Gaps among Contexts, Self-Management Interventions, and Clinical Care. In J. Rodriguez-Saldana (Ed.), *Quality of Health Care: Challenges, Evidence and Implementation*. **Assigned are pp. 1-7.**

Walker, E. F., Trotman, H. D., Goulding, S. M., Holtzman, C. W., Ryan, A. T., McDonald, A., et al. (2013). Developmental mechanisms in the prodrome to psychosis. *Dev Psychopathol*, 25(4 Pt 2), 1585-1600.

Aug. 31: Epidemiology of mental illness worldwide

Readings: Kessler et al., Ch. 5 in Patel et al.

Sept. 5 – Labor Day – No Class

Sept. 7: Critical theory, concepts of mental illness and mental health (e.g., Foucault, Laing, Szasz, Fanon, Collomb) and the anticolonization of mental health treatments

Watters, E. (2010). *Crazy Like Us: The Globalization of the American Psyche*. Simon and Schuster
Read Introduction, pp. 1-7. Read and come to class prepared to discuss **your choice of one of**
Ch. 1 – Anorexia in Hong Kong; Ch. 2 – PTSD in Sri Lanka; Ch. 3 – Schizophrenia in Zanzibar;
Ch. 4 – Depression in Japan.

Or: Watters, E. (2010, January 8). The Americanization of Mental Illness. *New York Times Magazine*.

Laing, R.D. (1967). *The Politics of Experience*. New York: Ballantine. Interpersonal Experience and Behavior, Normal Alienation from Experience, (pp. 22-30); The Negation of Experience (pp. 33-37); The Schizophrenic Experience (pp. 100-130).

Summerfield, D. (2012). Afterword: against "global mental health". *Transcult Psychiatry*, 49(3-4), 519-530.

Varieties and Major Types of Mental Illness

Sept. 12: "Serious mental illness" – schizophrenia, depression, bipolar disorder

Readings: Chs 8, 10, 11 in Craighead et al.

Wisconsin Department of Health Services, Division of Care and Treatment Services. Definition of Serious Mental Illness (SMI). (<http://www.odmhsas.org/eda/advancedquery/smi.htm>)

Summerfield, D. (2006). Depression: epidemic or pseudo-epidemic? *J R Soc Med*, 99(3), 161-162.

Sept. 14: Case studies in Schizophrenia, depression and bipolar disorder

Readings: Cameron, N. *Personality Development and Psychopathology*. (1963). Boston: Houghton Mifflin. Pp. 528-538, 564-567, 590-601.

Optional: Basset, T. & Stickle, T. (Eds). *Voices of Experience: Narratives of Mental Health Survivors*. 2010. Chichester, West Sussex, UK: Wiley-Blackwell

Sept. 19: Anxiety disorders, including PTSD. Guest Lecturer: Kaitlyn Brodar

Readings: Chs. 4 and 7 in Craighead et al.

Sept. 21: Substance use disorder

Readings: Ch. 15 in Craighead

Daughters, S.B., & Cohen, M. (2014). Psychoactive Substance Use Disorders: Drugs. In Beidel, D.C., Frueh, C., & Hersen, M., Editors. *Adult Psychopathology and Diagnosis*, 7th Edition. Hoboken, NJ: Wiley. Pp. 673-703.

Sept. 26: Developmental disorders; Mental health and illness in children and families

Readings: In Michael Lewis, M & Rudolph, K.D. (Editors), *Handbook of Developmental Psychopathology* (Third Edition). New York: Springer, (available online through library), **read your choice of 2 of:**

- Campbell, S.B., Halperin, J.M., Sonuga-Barke, E.J.S. *A Developmental Perspective on Attention-Deficit/Hyperactivity Disorder* (ADHD) (Ch. 22)
- Garber, J., & Rao, U. *Depression in Children and Adolescents* (Ch. 25)
- Tager-Flusberg, H. *Autism Spectrum Disorder: Developmental Approaches from Infancy through Early Childhood* (Ch. 33)

Sept. 28: Psychopathy, Personality disorders, Narcissism and leadership and evil

Readings: Chs. 14 and 16 in Craighead

Carey, B. The Psychiatric Question: Is It Fair to Analyze Donald Trump From Afar? *New York Times*, August 16, 2016. <http://www.nytimes.com/2016/08/16/health/analyzing-donald-trump-psychology.html>

Oct. 3: Mental health and physical illness – public health burden

Reading: Prince et al., Ch. 6 in Patel et al.

Determinants

- Oct. 5: Biology, genetics, epigenetics, neurotransmitters, neurological systems
Oct. 10: Psychology, development, family, social influences
Oct. 12: Cultural influences
 Reading: Kirmayer & Swartz, Ch. 3, and Lund et al., Ch. 7 in Patel et al.
Oct. 17: Economic, organizational, and policy influences
Oct. 17: ~~Methodology in diagnosis and research on mental illness and interventions~~
 Reading: ~~Prince, Ch. 4, and Collins et al., Ch. 19 in Patel et al.~~

Interventions and Systems of Mental Health Care

- Oct. 19: Biological approaches in psychiatry
Oct. 24: Psychotherapy and its descendants
 Summerfield, D., & Veale, D. (2008). Proposals for massive expansion of psychological therapies would be counterproductive across society. *Br J Psychiatry*, 192(5), 326-330.
Oct. 26: Beyond the "Gender Paradox": Ethnographic accounts of Women's Suicide and Deliberate Self-Harm in Kerala, India. Jocelyn Chua, Ph.D., Assistant Professor, Department of Anthropology.
 Waters, A. (1999). Domestic Dangers: Approaches to Women's Suicide in Contemporary Maharashtra, India. *Violence Against Women*, 5: 525-547.
 Halliburton, M. (1998). Suicide: A Paradox of Development in Kerala. *Economic and Political Weekly*, 33: 2341-2345
Oct. 31: Community Mental Health;
Nov. 2: Peer support, Community Health Workers
Nov. 7: Mental health and the criminal justice system. Guest lecturer: Gary Cuddeback, M.S.W., M.P.H., Ph.D., Associate Professor, School of Social Work (Date subject to change).
Nov. 9: Adaptation of Cognitive Behavior Therapy to Maternal and Child Health and Southern Asia. Guest lecturer: Joanna (Asia) Maselko, SC.D., Associate Professor, Department of Epidemiology
Nov. 14: Health in All Policies; Advocacy in mental health and among/for those with mental illness; and Ethics in Mental Health Care
~~Nov. 16: Prevention~~

Global Examples

- Nov. 21: Regional examples: Mental health in China. Guest lecturer: Kate Muessig, Ph.D., Assistant Professor, Department of Health Behavior
Nov. 23: No class, Thanksgiving
Nov. 28: Model systems of care: Mental health in northern Europe
Nov. 30: Regional examples: Mental health in Sub-Saharan Africa; Collomb and "healing villages" in Senegal. Guest lecturer: Jim Herrington, Ph.D., M.P.H., Executive Director, Gillings Global Gateway™, Professor of the Practice, Department of Health Behavior
Dec. 5: The possibility of an integrative model?? Future directions
 Reading: Caldas de Almeida et al., Ch. 20 in Patel et al.
Dec. 7: Discussion of final versions of group projects

Term Project: Work groups develop reports, recommendations around key topics of their choosing, e.g., PTSD among Iraq/Afghanistan veterans, post-partum depression, mental health and homelessness, chronic disease among those with serious mental illness, suicide, etc. Class time will be allocated weekly for work groups to discuss their projects.

Work groups will be organized in first weeks of semester around shared interests. Projects may take the form of a position paper, policy brief, program plan or other "product" to guide or assist the field. The work group products will be presented through posters and/or brief oral/powerpoint presentations in the last class on December 7.

Term Paper: Individual critical reflections on key concepts in the course and how they were illustrated by or important in developing the Term Project on which the student worked. Max = 8 pages, double spaced.

Brief Reaction Papers: At a specific date of the student's choosing during each of August 29 – September 21, September 26 – October 24, and October 26 – November 30, students will submit a brief paper describing their reaction to a finding or issue raised in or suggested by the readings and class discussion. Papers will address the following questions: 1) What is the finding or issue on which the Brief Reaction

Paper focuses (maximum = 100 words), 2) What are the implications of the finding or issue for our understanding of mental health (maximum = 150 words), and 3) What are the implications of finding or issue for our interventions or public health approaches to prevention, management, or care of mental illness or enhancement of mental health (maximum = 150 words).

Course Grade: Term Paper – 35%; Aggregate of Brief Reaction Papers – 30% (10% each); Term Project – 20%; Class Participation – 15%

Individual Chapters of Assigned Texts Available Online at University Libraries.

- 1) Go to “Libraries” at “Connect Carolina”
- 2) Under “Research Tools,” click on “Catalogue”
- 3) In “Search for books & more...” paste the title, “*Psychopathology: History, Diagnosis, and Empirical Foundations.*” Hit “Search”
- 4) You will go to the screen below

The screenshot shows a library search interface. At the top, there are navigation tabs: "Search", "Browse New Titles", "Browse by Call Number", and "Added (0)". A search bar contains the text "Psychopathology: History, Diagnosis, and Empiric" and a dropdown menu is set to "Anywhere". A "Search" button is visible. To the right, a "WE'RE OFFLINE" notification says "click to email". Below the search bar, there are two "Expand Your Search" options: "View 11 results at Triangle research libraries (UNC plus Duke, NCCU & NCSU)" and "View 4+ results at libraries worldwide".

On the left side, there are two panels: "You've searched for:" with an RSS icon and a search history entry, and "Refine Your Search" with filters for Availability (7 available, 1 checked out), Location (All Locations, Davis Library (5), Electronic Book (2), Health Sciences Library (2)), and Format (All Formats, Book (7), Online (2)).

The main results area shows "Results 1 - 7 of 7" sorted by "Relevance". The first result is a physical book: "Psychopathology : history, diagnosis, and empirical foundations" by John Wiley & Sons, c2008. It is available at Davis Library (8th floor) with call number RC454 .P7865 2008. The second result is an electronic resource: "Psychopathology [electronic resource] : history, diagnosis, and empirical foundations" by Craighead, W. Edward, published by John Wiley & Sons, Inc., 2013. It is available via UNC-Chapel Hill Libraries with full text access and limited preview via Google Book Search.

Click on “Full text available via the UNC-Chapel Hill Libraries – Online Access” and follow directions for downloading individual copies of assigned chapters.

Similarly, paste in the title: “*Global Mental Health: Principles and Practice*” and you will see the following screen:

The screenshot shows a library search interface for "Global Mental Health: Principles and Practice". The search bar contains the title and the dropdown menu is set to "Anywhere". The results area shows "Results 1 - 20 of 53" sorted by "Relevance".

The first result is a physical book: "Global mental health : principles and practice" published by Oxford University Press, [2014]. It is available at Library Service Center – Use Request Form with call number RA790.5 .G552 2014 and a 90 Day Loan Period. The second result is an electronic resource: "Global mental health [electronic resource] : principles and practice" published by Oxford University Press, 2014. It is available via UNC-Chapel Hill Libraries with full text access and limited preview via Google Book Search.

On the left side, there are two panels: "You've searched for:" with an RSS icon and a search history entry, and "Refine Your Search" with filters for Availability (52 available, 1 checked out), Location (All Locations, Electronic Book (22), Health Sciences Library (12), Davis Library (11), Science Library Annex (3), Davis Library Reference (2), Southern Historical Collection (1), and TRLN (2)).

Clicking on “Full text available via the UNC-Chapel Hill Libraries – Online Access” will take you through somewhat different steps than for the other text, including entering Onyen and password, but you will come to a page through which you can download individual chapters.