

SOC330: Mental Health and Well-Being
Tuesday 5:30–8:00 in 321 Tarbutton Hall

Professor Corey L. M. Keyes
203 Tarbutton Hall (office hours are 3:00-4:00 on Wednesday)
Assistant: Anne Kronberg (email: anne.kronberg@emory.edu)

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. We examine 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:**
- (1) First exam on March 3rd (25% toward final grade)
 - (2) Second exam on April 14th (25% toward final grade)
 - (3) Well-Being Project/Paper (25% toward final grade)
 - (4) Classroom Reflection Pieces (25% toward final grade)
- Optional Paper:** Students can earn up to 5 extra credit points that can be applied to the computation of the midterm or final exam grade (download the instructions from Blackboard site).
- Grading Scale:** A = 100-93; A- = 92-90; B+ = 88-89; B = 83-87; B- = 80-82; C+ = 78-79; C = 73-77; C- = 70-72; 60-69 = D; < 60 = F.
- Course Readings:** All readings can be accessed through the class Blackboard site.

Schedule

- January 20: Setting the Stage: Mental Health Comes of Age in the “Age of ?”
- (1) Introduction and Ch. 1 from Paul Stiles, 2005, “Is The American Dream Killing You?”
- January 27: Role and Central Challenges of Identifying and Quantifying Mental Disorder
- (1) Wakefield, Jerome C. 1999. “The Measurement of Mental Disorder.” Pp. 29-57 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems*, edited by Allan V. Horwitz and Teresa L. Scheid. New York: Cambridge.
 - (2) “The Epidemic in Mental Illness: Clinical Fact or Survey Artifact?” by Allan Horwitz and Jerome Wakefield (2006)
- February 3: Social Experience and Reactions to Being Mental Disordered

- (1) Pp. 196-217 from Rose Weitz, 2007, *The Sociology of Health, Illness, and Health Care*. Belmont, CA: Thomson Wadsworth.
- (2) Chs. 1 and 8 from E. Fuller Torrey, 2008. *The Insanity Offense*. NY: WW Norton.

February 10: Happiness, Well-Being and the Dual Continua Model of Mental Health

- (1) Keyes, Corey L. M. 2002. "The Mental Health Continuum: From Languishing to Flourishing in Life." Pp. 601-617 in *Foundations of Psychological Thought: A History of Psychology*, 2008, edited by Barbara F. Gentile and Benjamin O. Miller. Sage Publishing.
- (2) Keyes, Corey L. M. 2007. "Promoting and Protecting Mental Health as Flourishing: A Complementary Strategy for Improving National Mental Health." *American Psychologist* 62:95-108.

February 17: Stress and Emotion

- (1) Chs. 1 and 2 from Robert Sapolsky, 2004. *Why Zebras Don't Get Ulcers*. NY: Holt and Co.
- (2) Fredrickson, B. L. (1998). What good are positive emotions? *Review of General Psychology*, 2, 300-319.

February 24: The Psychology of Mental Health and Well-Being

- (1) Taylor, Shelley E. and Jonathon D. Brown. 1994. "Positive Illusions and Well-Being Revisited: Separating Fact from Fiction." *Psychological Bulletin* 116:21-27.
- (2) Diener, Ed., Richard E Lucas and Christine Napa Scollon. 2006. "Beyond the Hedonic Treadmill: Revising the Adaptation Theory of Well-Being." *American Psychologist* 61:305-314.

March 3: The Sociological Lens and its Insight Mental Health and Well-Being

- (1) Ch.2, "The Social Sources of Illness" from Rose Weitz, 2007, *The Sociology of Health, Illness, and Health Care*. Belmont, CA: Thomson Wadsworth.
- (2) Pearlin, Leonard I. 1999. "Stress and Mental Health: A Conceptual Overview." Pp. 161-175 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems*, edited by Allan V. Horwitz and Teresa L. Scheid. New York: Cambridge.

March 10: **FALL BREAK**

March 17: Social Epidemiology and Stratification in Health and Illness

- (1) Ch. 5, "The Social Meanings of Illness" from Rose Weitz, 2007, *The Sociology of Health, Illness, and Health Care*. Belmont, CA: Thomson Wadsworth.
- (2) Ch. 5 from Marmot, Michael. 2004. *The Status Syndrome: How Social Stranding Affects our Health and Longevity*. New York: Owl Books.

March 24: Gender and Racial Disparities in Mental Health and Well-Being

- (1) Rosenfield, Sarah. 1999. "Gender and Mental Health: Do Women Have More Psychopathology, Men More, Or Both the Same (and Why)?" Pp. 348-360 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems*, edited by Allan V. Horwitz and Teresa L. Scheid. New York: Cambridge.
- (2) Keyes, Corey L. M. (2009 preprint). "The Black-White Paradox in Health: Flourishing in the Face of Inequality" *Journal of Personality*.

March 31: Work and Family: Social Roles and Well-Being

- (1) Lennon, Mary Clare. 1999. "Work and Unemployment as Stressors." Pp. 284-294 in *The Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems*, edited by Allan V. Horwitz and Teresa L. Scheid. New York: Cambridge.
- (2) "The Work-Home Crunch" by Kathleen Gerson and Jerry Jacobs (2004)

April 7: Social Ties, Integration, and Mental Illness and Well-Being

- (1) Ornish, Dean. *The Healing Power of Love and Intimacy*. Read Pp. 23-71.

April 14: Growing Up, Growing Older: Mental Health and Well-Being in the Lifespan

- (1) Arnett, J. J. 2000. "Emerging Adulthood: A Theory of Development from the Late Teens through the Twenties. *American Psychologist* 55(5):469-80.
- (2) Lockenhoff, C., and Laura Carstensen. 2004. "Socioemotional Selectivity Theory, Aging, and Health: The Increasingly Delicate Balance Between Regulating Emotions and Making Tough Choices." *Journal of Personality* 72:1395-1424.

April 21: Resilience, Prevention and Promotion

- (1) Masten, A. 2001. "Ordinary Magic: Resilience Processes in Development." *American Psychologist* 56:227-238.
- (2) Cuttili, J.J. et a. 2006. "Preventing Co-Occurring Depression Symptoms in Adolescents with Conduct Problems: The Penn Resiliency Program" *Annals of New York Academy of Sciences* 1094:282-286.