

**SOC330: Mental Health and Well-Being**  
MWF @ 3:00–3:50 in 106 Tarbutton Hall

Professor Corey L. M. Keyes

203 Tarbutton Hall, 404-727-7894 (office hours are 3:50-4:50 on Monday or by appointment)

Assistant: Barret Michalec, MA degree and ABD, 234 Tarbutton Hall (office hrs. 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 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:** Midterm exam on March 7<sup>th</sup> and Non-Comprehensive Final on May 6<sup>th</sup>.

**Optional Paper:** Students can earn up to 5 extra credit points toward computation of final grade (download the instructions for this paper from our Learnlink 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 at the class Learnlink site.

**Schedule:**

January 16: Introductory class: Are you normal?

January 18: Labeling Deviant Behavior as Mental Illness

January 21: MLK DAY (NO CLASS)

January 23: Guest Lecture by Michalec on Medicalization of Deviant Behavior and Mental Illness  
**Read** "Selling Sickness: The Pharmaceutical Industry and Disease Mongering" by Moynihan et al. (2002)

January 25: Incidence, Prevalence, Rates: Do We Have a Mental Illness Epidemic?  
**Read** "The Epidemic in Mental Illness: Clinical Fact or Survey Artifact?" by Allan Horwitz and Jerome Wakefield (2006)

January 28: History of Societal Reactions to Madness, Insanity, and Mental Illness

January 30: Why 1996 Was Historic for Mental Illness: The Global Burden of Disease Study

February 1: Palliative Care for Mental Illness; Why Normal and the Same Old Thing Isn't Good Enough: The Two Continua Model

February 4: Biological Basis of Mental Health and Illness: The Discovery of Stress

February 6: The Neurotransmission Deficiency Explanation

February 8: The Hypothalamus-Pituitary-Adrenal Axis Dysregulation Explanation

February 11: The Stress-Diathesis Explanation or Gene-Environment Explanation

February 13: Life Events and Social Readjustment as Causes of Mental Illness

February 15: Just Manageable Difficulties and Flow as Causes of Mental Health

February 18: Guest Lecture by Michalec on Socioeconomic Status (SES): The Social Gradient Explanation

**Read** "The Health Divide" by Lisa Berkman (2004)

- Read** “Inequalities” by Robert Max Jackson (2007)
- February 20: Why Britain’s Lowest Social Class Has Better Health Outcomes than the United States’ Highest Socioeconomic Group
- February 22: Social Drift or Social Causation? What Sapolsky’s Baboons Tell Us
- February 25: Work and SES: Occupational Complexity and Decision Latitude
- February 27: Balancing Work and Family: The Spillover Explanation
- Read** “The Work-Home Crunch” by Kathleen Gerson and Jerry Jacobs (2004)
- February 29: Gender and Internalizing Disorders: The Double Shift Explanation
- March 3: Gender and Internalizing Disorders: Confluence of Puberty and Socialization
- March 5: Pre-midterm session for review, questions, and discussion**
- March 7: MIDTERM EXAM**
- March 10-14: WEEK OF SPRING BREAK**
- March 17: Has Growing Up Become Harder to Do?
- Read** “Growing Up is Harder to Do” by Furstenberg et al. (2004)
- March 19: Mental Health on College Campuses
- March 21: Is Emory University Salutogenic or Pathogenic? The *Healthy Minds Study*
- March 24: Guest Lecture by Mark McLeod, Director of Counseling Services at Emory, on the Presidential Taskforce on Mental Health at Emory
- March 26: Racial Inequality and Health Disparities
- March 28: The Paradox of Race and Mental Health
- March 31: Resilience: Ordinary, Extraordinary?
- April 2: Durkheim’s Theory of Social Integration
- April 4: Religion and Mental Health: Was Marx Correct After All?
- April 7: Marriage and Well-Being
- April 9: Declining Social Capital and the Internet Paradox as Explanations
- Read** “Connecting Communities: On and Offline” by Barry Wellman (2004)
- April 11: Social Networks and Health: The Case for Variety Being Better
- April 14: Lecture by Michalec on Socioemotional Selectivity, Aging, and Mental Health
- April 16: Lecture by Michalec on The Paradox of Choice and Well-Being: Are You an Optimizer or Satisficer?
- April 18: Income, Materialism, and the Hedonic Treadmill
- April 21: Learned Helplessness and Cognitive Rumination
- April 23: Do We Become What We Believe? Positive Illusions in Mental Health
- April 25: What Sociologists Believe Can Improve Our Mental Health: Greater Equality
- Read** “Is Equality Feasible” by Lane Kenworthy (2007)
- April 28: **Pre-final session for review, questions and discussion**
- May 6: FINAL EXAM from 12:30 to 3:00pm**