课程详述
COURSE SPECIFICATION

以下课程信息可能根据实际授课需要或在课程检讨之后产生变动。如对课程有任何疑问，请联系授课教师。

The course information as follows may be subject to change, either during the session because of unforeseen circumstances, or following review of the course at the end of the session. Queries about the course should be directed to the course instructor.

1.	课程名称 Course Title	文化与精神健康 Culture and Mental Health
2.	授课院系 Originating Department	社会科学中心 Center for Social Sciences
3.	课程编号 Course Code	SS069
4.	课程学分 Credit Value	2
5.	课程类别 Course Type	通识选修课程 General Education (GE) Elective Courses
6.	授课学期 Semester	秋季 Fall
7.	授课语言 Teaching Language	英文 English
8.	授课教师、所属学系、联系方式（如属团队授课，请列明其他授课教师）Instructor(s), Affiliation& Contact（For team teaching, please list all instructors）	Amir Hampel 南方科技大学人文社会科学荣誉学会 Society of Fellows in the Liberal Arts, SUSTech hampel@mail.sustech.edu.cn
9.	实验员/助教、所属学系、联系方式 Tutor/TA(s), Contact	无 NA
10.	选课人数限额(可不填) Maximum Enrolment（Optional）	

11.	授课方式 Delivery Method	讲授 Lectures	习题/辅导/讨论 Tutorials	实验/实习 Lab/Practical	其它(请具体注明) Other（Please specify）	总学时 Total
	学时数 Credit Hours	32				32

	先修课程、其它学习要求	
12.	Pre-requisites or Other Academic Requirements	无 NA
13.	后续课程、其它学习规划 Courses for which this course is a pre-requisite	无 NA
14.	其它要求修读本课程的学系 Cross-listing Dept.	无 NA

教学大纲及教学日历 SYLLABUS

15. 教学目标 Course Objectives

我们的精神世界强烈地受到社会文化因素的影响。本课中，我们将揭示这些因素如何造成精神困境，如何影响我们对精神病的解读和治疗。通过环游世界，着重思考文化因素如何影响精神病患者的体验，现代医学研究以及医药怎样改变我们对精神病的理解。我们还会探讨经济结构、社会变迁与精神健康的密切关系，跟精神疾病有关的伦理和哲学问题也将贯穿整个课程。除了获得对精神与文化更丰富的理解，学生在课程中也会练习一些学术技巧，包括准备英文小品文以及口语报告，搜索以及引用学术资源，以利于将来更有效地融入国际学术环境。学生会进行一个基于采访的研究，进一步探索精神健康。Our minds are powerfully shaped by social and cultural forces. In this course, we will ask how these forces create psychological distress, and how they shape the way in which we understand and treat mental illness. We will travel around the world, seeing how cultural forces affect how people interpret and experience mental illness. We will think about how modern medical research and pharmaceuticals have changed our view of mental illness. We will think about the connection between economic forces, social change, and psychological stress. Throughout, we will engage with ethical and philosophical issues related to mental health. In addition to learning about cultural and social issues in psychology and psychotherapy, students will also practice academic skills that will help them to participate effectively in an international academic environment. These skills include preparing brief English language essays and oral presentations, searching for academic sources, and citing sources in written work. Students will complete an interview-based research project, in which they will investigate an issue related to mental health.

16. 预达学习成果 Learning Outcomes

本课程预期让学生掌握以下知识和技能：
- 用英文做简短报告
- 英文小短文写作
- 搜索学术资源
- 引用学术资源
- 进行研究性采访

Upon successful completion, students will be able to:
- Give brief presentations in English
- Compose brief reports in English
- Search for academic sources
- Cite sources in an academic essay
- Conduct research interviews

17. 课程内容及教学日历 （如授课语言以英文为主，则课程内容介绍可以用英文；如团队教学或模块教学，教学日历须注明主讲人）
Course Contents (in Parts/Chapters/Sections/Weeks. Please notify name of instructor for course section(s), if this is a team teaching or module course.)

Lecture 1: Introductions / 介绍 (2-credit hours)

What is mental health?

Goals of the course

Self-introductions

We will begin by asking what students know about mental health, and how they think it may be influenced by social and

cultural forces. Afterwards, I will explain the goals of the course. Finally, we will each introduce ourselves.

Lecture 2: Interpreting Experience / 经验的解读 (2-credit hours)

Magic, ritual, and the placebo effect

Rationality and cultural logics

Healers have existed long before contemporary medicine was developed. In many societies, medicine, ritual, and magic are closely connected. In this class, we will discuss what the degree to which this kind of healing is 'rational'. We will also discuss the healing power of ritual.

Lecture 3: Psychosis and Experience / 精神病的体验 (2-credit hours)

The placebo effect

Belief and efficacy

The experiences of mentally ill people are greatly shaped by their cultural and social contexts. Focusing on the example of schizophrenia, we will see how people use cultural symbols to interpret their own emotions, thoughts, and relationships, and how this interpretive work shapes mental health. In addition, we will ask how social stresses can produce mental illness.

Lecture 4: What's Normal? / 什么是正常？ (2-credit hours)

Normality and disease

Interpreting illness

While some kinds of illness are recognized as disease, others may be seen as moral tests, individual difference, or even as gifts from the gods. By looking at examples of physical and mental suffering from around the world, we will examine how people in different societies have defined illnesses in different ways.

Lecture 5: Psychotherapy / 精神治疗 (2-credit hours)

What is healing?

Narratives and the self

We will learn about the history of psychiatric and psychological treatment. We will then ask how speaking to a psychologist is supposed to produce a healing effect. Finally, we will think about how psychotherapy changes the way in which people understand themselves.

Lecture 6: Psychiatric Power / 精神医学的权力 (2-credit hours)

Psychological expertise

Deviance and control

Psychologists and psychiatrists have great power to tell us who we are. In fields such as law, education, and social work, their opinions can affect people's lives. How should we think about the nature of psychological knowledge, and its social uses?

Lecture 7: Biomedicine and Epistemology / 生物医学与认识论 (2-credit hours)

Reductionism

Disease models

Contemporary medicine presents itself as a highly scientific system. However, scientific knowledge is itself shaped by

cultural and social forces. We will discuss how medical research, theory, and practice are shaped by these forces.

Lecture 8: Medicalization / 医疗化 (2-credit hours)

Psychopharmaceuticals

Drug marketing

Problems in many areas of life are now considered medical issues. When they make decisions about nutrition, exercise, parenting, and relationships, many people today see themselves as patients and seek advice from medical experts. Companies selling medical treatment also encourage people to believe that medicine can cure not only current diseases, but also be used to manage future risks and to seek happiness.

Lecture 9: Family, Social Support, and Stress / 家庭，社会支持，与压力 (2-credit hours)

Culture and family structure

Developmental psychology

Children's cognitive and emotional development is shaped by their parents. How do different kinds of families, and different forms of parenting, affect mental health? We will read about how parents in different cultures have very different ideas about how children should be educated.

Lecture 10: Economics, History, and the Self / 经济，历史，与自我 (2-credit hours)

Structural violence

Social support, social enabling

The social contexts in which we live shape our mental health. We will think about how large social structures affect the stresses that people face in their daily life. We will also discuss how small social groups, such as families or local communities, can promote mental health, or exacerbate distress.

Lecture 11: Depression / 抑郁 (2-credit hours)

Self-actualization

Genes and environments

Depression has become a major epidemic. But scholars are not sure how to define what it is. We will see how psychiatrists, psychologists, medical researchers, and social scientists have analysed depression from very different perspectives.

Lecture 12: Culture and Personality / 文化与人格 (2-credit hours)

What is culture?

Culture and identity

We will look at research from North America and East Asia that shows that culture profoundly shapes our psychology. Turning to statistical research, we will see that rates of mental disorder differ worldwide. Finally, we will examine theories about the connection between culture and mental health.

Lecture 13: Personality and Social Change / 人格与社会变迁 (2-credit hours)

Individualization

Life Projects

We will discuss the concept of 'individualization': this describes a process by which people have become less connected to particular social groups, and more responsible for determining their own identity. Under these conditions, people often

identify themselves by their choices and their projects: this can be a very stressful situation.

Lecture 14: Technology, Identity, and Mental Health / 科技，个人身份，与精神健康 (2-credit hours)

Therapy devices and apps

The internet and the self

The internet has become a major influence on our mental life. How does this technology shape our identity? What dangers does it pose to our mental health, and what opportunities does it give us to find treatment?

Lecture 15: Wellness / 整体健康 (2-credit hours)

Lifestyle politics

Technologies of the self

Many people today are interested not only in treating mental illness, but also in promoting mental health. What ways do we have to stay healthy and happy in our everyday lives?

Lecture 16: Reflections / 反省 (2-credit hours)

Each student will have a few minutes to explain their research projects: their research question, what group of people they interviewed, and what they learned. Then, we will summarize and review the course contents. We will ask how social science perspectives can affect the practice of mental health care.

18. **教材及其它参考资料 Textbook and Supplementary Readings**

Books 图书

Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V). Washington, DC: American Psychiatric Publishing.

Selected Articles and Chapters 精选文章和章节

Elliott, Carl. 2003. "The Tyranny of Happiness." In Better Than Well: American Medicine Meets the American Dream. New York: Norton, 295-304.

Hacking, Ian. 1999. "Madness: Biological or Constructed?" In The Social Construction of What? Cambridge, MA: Harvard University Press, 100-124.

Harrington, Anne. 2008. "Broken by Modern Life." in The Cure Within: A History of Mind-Body Medicine. New York: Norton, 139-174.

Lane, Christopher. 2006. "How Shyness Became an Illness: A Brief History of Social Phobia." Common Knowledge 12, 3 (October): 388-409.

Lemelson, Robert. 2003. "Obsessive-Compulsive Disorder in Bali: The Cultural Shaping of a Neuropsychiatric Disorder." Transcultural Psychiatry 40, 3: 377–408.

Luhrmann, Tanya M., R. Padmavati, H. Tharoor, and A. Osei. 2015. "Differences in Voice-Hearing Experiences of People with Psychosis in the USA, India, and Ghana: Interview-Based Study." The British Journal of Psychiatry 206 (1): 41–44.

Scheper-Hughes, Nancy. 2007 [1992]. "Nervoso." In Beyond the Body Proper. Ed. Margaret Lock and Judith Farquhar. Durham: Duke UP, 459-467.

Tocqueville, Alexis de. 2004. "On Individualism in Democratic Countries" and "Why Americans Seem So Restless in the Midst of Their Well-being." Tocqueville: Democracy in America. Trans. Arthur Goldhammer. New York: Library of America, 585-587, 625-628.

Film 电影

Lemelson, Robert. Afflictions: Culture and Mental Illness in Indonesia.

课程评估 ASSESSMENT

19.	评估形式 Type of Assessment	评估时间 Time	占考试总成绩百分比 % of final score	违纪处罚 Penalty	备注 Notes
	出勤 Attendance				More than 2 absences will affect grade
	课堂表现 Class Performance		15%		Participation in discussion and in-class exercises
	小测验 Quiz				
	课程项目 Projects				
	平时作业 Assignments		15%		One five-minute in-class presentation
	期中考试 Mid-Term Test		30%		One 750-word essay
	期末考试 Final Exam				

期末报告 Final Presentation		40%		A 1000-word research report
其它（可根据需要改写以上评估方式） Others (The above may be modified as necessary)				

20. 记分方式 GRADING SYSTEM

☑ A. 十三级等级制 Letter Grading
☐ B. 二级记分制（通过/不通过）Pass/Fail Grading

课程审批 REVIEW AND APPROVAL

21. 本课程设置已经过以下责任人/委员会审议通过
This Course has been approved by the following person or committee of authority