

COURSE OUTLINE

Course Code / Title : HS4038 Sociology of Mental Health

Pre-requisites : HS1001 Person and Society
HS2001 Classical Social Theory
HS2002 Doing Social Research
HS3001 Contemporary Social Theory
HS3002 Understanding Social Statistics

No. of AUs. : 4

Contact Hours : 52

Course Aims

This course is designed to help you obtain comprehensive and critical knowledge of the relationship between mental health and society. Readings and lectures deal with a variety of theories and empirical research of sociology of mental health. In particular, this course examines a range of topics related to sociology of mental health from a private area of family and gender to a public area of work and policies. While the course materials draw mostly from sociological theory and research, we will also draw from the richness of other disciplines—especially psychological research on stress and mental health. This course will underscore the ways that social inequality manifests itself in the area of mental health, focusing on social patterns, processes, and outcomes, as well as the relevance of social contexts for contributing to disparities in mental health.

Intended Learning Outcomes (ILO)

By the end of this course, you should be able to:

1. Explain the concepts, theories, and methods of sociology of mental health
2. Evaluate and critique the major theoretical perspectives on stress and mental health
3. Facilitate group discussions to lead other students to deeper understanding of specific topics

Course Content

Introduction to Sociology of Mental Health

- What is sociology of mental health?
- A brief history
- The state of sociology of mental health and its relation to other fields

Social Context of Mental Health: Socioeconomic Status

- A discussion of the accumulated evidence on the social patterns of mental health outcomes
- The role of SES in this process
- Implications of patterns for general vs. specific explanations

Social Context of Mental Health: Gender and Sexuality

- Gender differences in mental health
- Theories explaining gender disparities in mental health
- The role of gender norms in society in this process

Social Context of Mental Health: Race and Ethnicity

- Racial/ethnic differences in mental health
- Theories explaining racial/ethnic disparities in mental health
- A discussion of the minority status and mental health

Social Context of Mental Health: Age and cohort

- Ageing and mental health
- Early origins of adult mental health outcomes
- Mental health among older adults

Social Context of Mental Health: Social Stress

- Stress process model
- The role of personal resources in the stress process model
- Expansions of the stress universe and implications for stress research

Social Context of Mental Health: Family and Work Interface

- Job stress and mental health
- Work-family conflict and mental health
- The implications of research on family-work interface

Social Context of Mental Health: Neighborhood

- Neighborhoods as a template for the study of social contexts

- Theoretical understandings of neighborhood effects
- Cross-level dependence of effects of social inequalities

Social Context of Mental Health: Social Relationship and Network

- Social integration and mental health
- The dual aspects of social network in affecting mental health
- Theoretical understandings of the effects of social ties and networks

Social Context of Mental Health: Religion

- The role of religion
- The interplay of religion, stress, and mental health
- Variations in the effects of religion across indicators of social stratification

Social Context of Mental Health: Immigration, Terrorism, and Stigma

- A specific consideration of the impact of immigration on mental health
- The role of terrorism in shaping mental health
- Stigmatization and mental health

Social Context of Mental Health: Cross-National Perspective

- The importance of cross-national perspective
- Explaining variations in mental health outcomes across countries
- The theoretical logic of the multilevel model

Course Assessment

CA1 : 50%

CA2 : 25%

CA3 : 10%

CA4 : 15%

Total **100%**