



CURRICULUM GUIDE: OFFICIAL COURSE OUTLINE

Course Code	HSCI 214	Course Title	Perspectives on Mental Health and Illness			
Credit Value	3	Department	Mathematics and Science			
No. of weeks	14	Hrs. per week	<i>Lecture</i>	<i>Tutorial</i>	<i>Laboratory</i>	<i>Total</i>
			3	1	0	4
Course Description	Grounded in the field of public health, this course will take an interdisciplinary approach to mental health and mental illness among populations, including biological, psychological, and socio-economic perspectives. Students will examine the distribution and risk factors of mental illnesses, as well as the historical and cultural contexts of their definition and development.					
Prerequisite(s)	ENGL 100, HSCI 130, BIOL 101					
Initial Articulation Targets	<i>UBC</i>	<i>SFU</i>	<i>UVic</i>	<i>UNBC</i>	<i>TRU</i>	
	ELEV 1st (3)	HSCI 214 (3)	HINF 2XX (3)	HHSC 2XX (3)	HLTH 2XXX (3)	
	For updated information on the transferability of this course, please consult the BC Transfer Guide, www.bctransferguide.ca					
Learning Outcomes	<p>Upon successful completion of this course, the student will be able to:</p> <ul style="list-style-type: none"> • Explain mental health, mental illness, substance-use disorders, and addiction from a broad range of perspectives • Describe the occurrence and distribution of mental health and substance-use disorders in diverse populations • Explain common risk factors and preventative strategies related to mental health and harmful substance use throughout the lifespan. • Assess public health approaches to promote mental health in populations. • Compare and analyze the international structure and organization of health and social services, policies, and legislation developed to deal with mental illness and harmful substance use • Analyze scientific publications that discuss mental health, mental illness, and substance use • Interpret the concepts of mental illness and/or substance-use disorders from the perspectives of those with personal experience of such conditions. 					



Content	<p>Core topics – all of the following will be covered:</p> <ul style="list-style-type: none"> • A comparative history of mental health and illness across cultures • Conceptualizing mental health and illness from current biological, psychological, and socio-economic perspectives • Mental health and harmful substance use among diverse populations today, with an emphasis on Canada • Anxiety, mood, and eating disorders, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD) • Neurodevelopmental disorders • Common risk factors and vulnerable populations • Preventative strategies and treatments throughout the lifespan • Public health and the promotion of well-being among populations • Global approaches to health and social services, and to related policies and legislation • Personal narratives of people living with mental illness and substance-use disorders <p>Additional topics may also be covered, at the discretion of the instructor.</p>														
Methods of Instruction	Lectures and tutorials. Contact time will involve demonstrations, small group discussions and activities, case study analysis, concept mapping, and internet research.														
Required Textbook(s)	The following textbook(s) is/are required, or approved equivalent(s). Savelli, M., Gillett, J., & Andrews, G.J. (2020). An Introduction to Mental Health and Illness: Critical Perspectives. Oxford University Press.														
Required Equipment and Technology	Students are required to have a computer with internet access. The following resources are provided by the College: <ul style="list-style-type: none"> • Office 365 • Student email 														
Homework Hours	At minimum, students can expect one hour of homework for every hour of instructional time.														
Evaluation	<table border="1"> <thead> <tr> <th style="text-align: left;"><i>Component</i></th> <th style="text-align: left;"><i>% Value</i></th> </tr> </thead> <tbody> <tr> <td>Quizzes and assignments</td> <td>10-20%</td> </tr> <tr> <td>Group work</td> <td>10-20%</td> </tr> <tr> <td>Peer-reviewed journal presentation</td> <td>10-20%</td> </tr> <tr> <td>Midterm examination</td> <td>20-30%</td> </tr> <tr> <td>Comprehensive final examination</td> <td>25-35%</td> </tr> </tbody> </table>			<i>Component</i>	<i>% Value</i>	Quizzes and assignments	10-20%	Group work	10-20%	Peer-reviewed journal presentation	10-20%	Midterm examination	20-30%	Comprehensive final examination	25-35%
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Completion Requirements	The minimum grade to pass this course is D (50%). Unless otherwise stated, a minimum grade of C- (55%) is required for this course to fulfil a prerequisite.														
Course Designer(s)	Mitra Panahi, Ph.D., Biology Instructor, Alexander College	Consultant(s), if applicable	Carol Pollock, Ph.D., Professor Emerita, University of British Columbia Bahman Najarian, Ph.D., Psychology Instructor, Alexander College												



Dean's Approval	Steven Roe, PhD., Dean of Arts and Sciences, Alexander College	Dean's Approval Date	January 17, 2023
Curriculum Committee Approval Date	January 17, 2023	First Term Offered	
Last Review Date	January 17, 2023	Next Review Date	January 17, 2028
Revision History	January 2, 2025 – English prerequisite increased to ENGL 100, effective Winter 2025		