

**SYLLABUS**  
**CULTURE & MENTAL HEALTH**  
**PSY 366, 4 credits**  
**Spring 2023**

**Course Information**

CRN: 35816

Day(s): Tuesdays & Thursdays

Time: 2:00pm-3:20pm

Location: Fenton 110

**Instructor**

Name: Alayna Park, Ph.D.

Email: [alaynap@uoregon.edu](mailto:alaynap@uoregon.edu)

Office Hours: Tuesdays 3:30pm-5:30pm (Straub 288) and by appointment

**Graduate Employees**

Name: Ben Pfingston

Email: [bentleyp@uoregon.edu](mailto:bentleyp@uoregon.edu) (Last names A-N)

Office Hours: Fridays 1:00pm-2:00pm (<https://uoregon.zoom.us/j/96352044247>)

Name: Ana Hernandez

Email: [ahernand@uoregon.edu](mailto:ahernand@uoregon.edu) (Last names O-Z)

Office Hours: Wednesdays 11:00am-12:00pm (Straub 206 or via Zoom) and by appointment

**Course Description**

This course introduces you to the role of cultural and sociocultural influences on mental health and psychopathology. You will learn about research and clinical implications of culture, race, and ethnicity, on diagnosis, psychological assessment, and psychotherapy, and on mental health issues specific to ethnic groups of color in the United States. Although there will be some attention to international research, the focus will be on the U.S. because of the large amount of research on U.S. populations and because most students will live and work in the U.S.

**Course Objectives**

By the end of the course, students should be able to:

1. Evaluate the adequacy of the mainstream mental health literature in addressing cultural diversity and identify gaps in this literature.
2. Identify major theories, research findings, and methodological approaches in culture and mental health and apply research findings to human behavior in everyday life.

**Course Materials**

1. Hall, G. C. N. (2022). *Multicultural Psychology, 4<sup>th</sup> ed.* New York: Routledge.
2. Select readings posted to the Canvas site.

## **ASSIGNMENTS**

### **Class Participation**

Class meetings are intended to promote understanding of and engagement with the course material beyond what you can achieve by completing the assigned readings. Class participation will be worth 25% of your grade. Class meetings will consist of lectures and self-reflection activities. Accordingly, class participation will be evaluated in two ways: (1) lecture attendance; and (2) self-reflection summaries.

**Lecture attendance (15%):** In each class meeting, we will ask you to respond to one or more multiple-choice or short-answer questions. This will allow us to assess your understanding of the material and track attendance. Your responses to the questions do not need to be correct to receive credit. If a significant number of students do not answer correctly, then we will review the question further. Per our absence policy, students who attend at least 85% of class meetings will receive full credit for lecture attendance.

**Self-reflection summaries (10%):** Developing multicultural competence as a psychologist requires continual self-reflection. To build this practice, we will ask you to engage in self-reflection during class meetings. Within one week after each class meeting, you should post a brief (2-4 sentences) summary of your self-reflection to the Canvas course site.

### **Examinations**

There will be three examinations. These exams are designed to assess your understanding and to facilitate learning and retention of the material. Each exam will be 25 multiple-choice questions. The third exam will cover the last section of the course and will not be cumulative. Each exam will be worth 25% of your grade.

Examples of possible exam questions will be reviewed in class. Exam questions will be based on all of the material in the lectures as well as content from the textbook and readings. Exam questions will be split evenly between the lectures and textbook/readings. Students must answer from memory and cannot use notes, outlines, papers, etc.

You will have the whole class period for the examinations. There will not be a lecture on the days of the examinations.

Students who experience extenuating circumstances at the time of an exam can make alternative arrangements before the exam. Make-up exams may be essay questions.

### **Extra Credit**

There will be two opportunities to earn extra credit. You can earn 0.5% extra credit to your final grade if at least 90% of the class completes the midway student experience survey. You can earn another 1% extra credit to your final grade if at least 90% of the class completes the end-of-term student experience survey.

## GRADING

Class participation	25%
Exam 1 (4/25)	25%
Exam 2 (5/18)	25%
Exam 3 (6/8)	25%
(Extra credit)	(1.5%)
<hr/> Total	<hr/> 100%

Grades will be distributed as follows:

Grade	F	D	C-	C	C+	B-	B	B+	A-	A
%	0-59	60-69	70-72	73-76	77-79	80-82	83-86	87-89	90-92	93-100

## COURSE SCHEDULE

Week	Date	Topic	Readings
1	4/4	Introduction	Hall Chapter 1
	4/6	Culture, race, ethnicity, and acculturation	Hall Chapter 2
2	4/11	Research methods	Hall Chapter 3
	4/13	Health disparities	Hall Chapter 4
3	4/18	Stereotypes, prejudice, and discrimination	Hall Chapter 6
	4/20	Ethnic-racial socialization	Hall Chapter 5
4	4/25	Exam 1	
	4/27	Mental health disparities	Hall Chapter 7
5	5/2	Structural realities	Plaut 2010
	5/4	Mental illness stigma	Corrigan et al. 2014
6	5/9	Mental health literacy	Jorm 2012
	5/11	Psychological assessment	Zane et al. Chapter 3
7	5/16	Cultural concepts of distress	DSM Culture and Diagnosis
	5/18	Exam 2	
8	5/23	Cultural competence	Hayes Chapter 1
	5/25	Evidence based treatments	Evidence-Based Practice Report
9	5/30	Culturally adapted treatments	Huey et al. 2023
	6/1	Personally relevant treatments	Hall et al. 2020
10	6/6	Minority stress and intersectionality	Meyer 2003
	6/8	Exam 3	

## **COURSE POLICIES**

### **Course Modality**

This is an in-person course: which means that, unlike asynchronous online/ASYNCR WEB courses, we will meet during scheduled class meeting times in Fenton 110. I will accommodate absences as described in the “Absences” policy below. If you need additional flexibility, UO encourages you to consider ASYNCR WEB courses. If you need an accommodation related to a medical or other disability, you can request those by working with the Accessible Education Center.

### **Student Engagement Hours**

Under the UO quarter system, each undergraduate credit reflects approximately 30 hours of student engagement. Therefore, a 4-credit course would entail approximately 120 hours of activities in which students are actively engaged in learning over the course of the term.

### **Classroom Behavior**

*Participate and Contribute:* Students are expected to participate by sharing ideas and contributing to the collective learning environment. This entails preparing, following instructions, and engaging respectfully and thoughtfully with others. Together, we will establish more specific participation guidelines and criteria for contributions in the first weeks of the term.

*Expect and Respect Diversity:* All classes at the University of Oregon welcome and respect diverse experiences, perspectives, and approaches. What is not welcome are behaviors or contributions that undermine, demean, or marginalize others based on race, ethnicity, gender, sex, age, sexual orientation, religion, ability, or socioeconomic status. We will value differences and communicate disagreements with respect. We may establish more specific guidelines and protocols to ensure inclusion and equity for all members of our learning community.

*Help Everyone Learn:* Part of learning together is by learning from one another. To do this effectively, we need to be patient with each other, identify ways we can assist others, and be open-minded to receiving help and feedback from others. Don't hesitate to contact me to ask for assistance or offer suggestions that might help us learn better.

### **Absences**

Students may miss three class meetings this term for any reason without penalty. Please stay home and use one of these absences if you are sick. Your success is genuinely important to us. If challenges arise for you this term around attendance, please contact us as soon as possible. Together we can identify what resources or strategies might be available to support you and your learning.

### **How will we communicate with you?**

Our class will communicate through our Canvas site. Announcements and emails are archived there, automatically forwarded to your UO email, and can even reach you by text. Check and adjust your settings under Account > Notifications.

When we need to get in touch with individual students, we will do so through email.

Grades and any feedback on assignments will be posted to Canvas, and the turnaround time is generally one week.

## **How can you communicate with us?**

If your question (or comment) is about:

1. Lecture material, readings, or assignments, please post your question on the Discussion thread titled “Class Questions and Answers.”
2. Technical challenges with Canvas or another technology, please contact the [UO Service Portal](#).
3. Something personal or something else that doesn’t feel like it fits above, please email your graduate employees or attend any of our office hours. Students with last names that start with A-N should contact Ben Pfingston at [bentleyp@uoregon.edu](mailto:bentleyp@uoregon.edu), and students with last names that start with O-Z should contact Ana Hernandez at [ahernand@uoregon.edu](mailto:ahernand@uoregon.edu).

We will try to respond to questions within one business day.

## **Technical Requirements**

Canvas is the place to go for course information and engagement outside of class time. To access our course Canvas site, log into [canvas.uoregon.edu](https://canvas.uoregon.edu) using your DuckID. If you have questions about using Canvas, visit the [Canvas support page](#). Canvas and Technology Support also is available by phone (541-346-4357) or by [live chat on the Live Help webpage](#).

## **Artificial Intelligence Use**

All work you submit for this course toward completion of course requirements must be your original work done specifically for this course and without substantive assistance from others, including artificial intelligence systems (e.g., ChatGPT). Work you've completed for previous courses or are developing for other courses this term should not be submitted for this course. Please note that your work may be submitted to AI or plagiarism detection tools to ensure all work is human-created and original. Please also carefully read the academic integrity policy concerning plagiarism.

## **UNIVERSITY POLICIES**

### **Access and Accommodations**

The University of Oregon and your instructor and graduate employees are dedicated to fostering inclusive learning environments for all students and welcomes students with disabilities into all of the University's educational programs. The Accessible Education Center (AEC) assists students with disabilities in reducing campus-wide and classroom-related barriers. If you have or think you have a disability (<https://aec.uoregon.edu/content/what-disability>) and experience academic barriers, please contact the AEC to discuss appropriate accommodations or support. Visit 360 Oregon Hall or [aec.uoregon.edu](https://aec.uoregon.edu) for more information. You can contact AEC at 541-346-1155 or via email at [uoaec@uoregon.edu](mailto:uoaec@uoregon.edu).

### **Accommodations for Religious Observances**

The University of Oregon respects the right of all students to observe their religious holidays and will make reasonable accommodations, upon request, for these observances. If you need to be absent from a class period this term because of a religious obligation or observance, please fill out the [Student Religious Accommodation Request fillable PDF form](#) and send it to your graduate employees within the first weeks of the course so we can make arrangements in advance.

## **Your Wellbeing**

Life at college can be very complicated. Students often feel overwhelmed or stressed, experience anxiety or depression, struggle with relationships, or just need help navigating challenges in their life. If you're facing such challenges, you don't need to handle them on your own--there's help and support on campus.

University Health Services helps students cope with difficult emotions and life stressors. If you need general resources on coping with stress or want to talk with another student who has been in the same place as you, visit the Duck Nest (located in the EMU on the ground floor) and get help from one of the specially trained Peer Wellness Advocates.

University Counseling Services (UCS) has a team of dedicated staff members to support you with your concerns, many of whom can provide identity-based support. All clinical services are free and confidential. Find out more at [counseling.uoregon.edu](http://counseling.uoregon.edu) or by calling 541-346-3227 (anytime UCS is closed, the After-Hours Support and Crisis Line is available by calling this same number).

## **Basic Needs**

Any student who has difficulty affording groceries or accessing sufficient food to eat every day or who lacks a safe and stable place to live and believes this may affect their performance in the course is urged to contact the Dean of Students Office (346-3216, 164 Oregon Hall) for support.

This [UO Basic Needs Resource Guide webpage](#) includes resources for food, housing, healthcare, childcare, transportation, technology, finances, and legal support.

## **Respect for Diversity**

You can expect to be treated with respect in this course. Both students and your instructor(s) enter with many identities, backgrounds, and beliefs. Students of all racial identities, ethnicities, genders, gender identities, gender expressions, national origins, religious affiliations, sexual orientations, citizenship statuses, abilities, and other visible and non-visible differences belong in and contribute to this class and this discipline. All students are expected to contribute to a respectful, welcoming, and inclusive environment for every other member of the class.

Class rosters are provided to instructors with students' legal names. Please let me know if the name or pronouns we have for you are not accurate. It is important to us to address you properly.

Please let me know if aspects of the instruction, course design, or class activities undermine these principles in any way. For additional assistance and resources, you may also consider contacting the [Division of Equity and Inclusion through their website](#) or by phone (at 541-346-3175), or the [Center for Multicultural Academic Excellence through their website](#) or by phone (at 541-346-3479).

## **Academic Integrity**

The University Student Conduct Code (available on the [Student Conduct Code and Procedures webpage](#)) defines academic misconduct. Students are prohibited from committing or attempting to commit any act that constitutes academic misconduct. By way of example, students should not give or receive (or attempt to give or receive) unauthorized help on assignments or examinations without express permission from the instructor. Students should properly acknowledge and document all sources of information (e.g., quotations, paraphrases, ideas) and use only the sources and resources authorized by the instructor. If there is any question about whether an act constitutes academic

misconduct, it is the students' obligation to clarify the question with the instructor before committing or attempting to commit the act. Additional information about a common form of academic misconduct, plagiarism, is available at the Libraries' [Citation and Plagiarism page](#).

### **Mandatory Reporter Status**

We are assisting employees. For information about our reporting obligations as employees, please see [Employee Reporting Obligations](#) on the Office of Investigations and Civil Rights Compliance (OICRC) website. Students experiencing sex or gender-based discrimination, harassment or violence should call the 24-7 hotline 541-346-SAFE [7244] or visit [safe.uoregon.edu](http://safe.uoregon.edu) for help. Students experiencing all forms of prohibited discrimination or harassment may contact the Dean of Students Office at 541-346-3216 or the non-confidential Title IX Coordinator/OICRC at 541-346-3123. Additional resources are available at [UO's How to Get Support webpage](#).

We are also mandatory reporters of child abuse. Please find more information at [Mandatory Reporting of Child Abuse and Neglect](#).”

### **Inclement Weather**

It is generally expected that class will meet unless the University is officially closed for inclement weather. If it becomes necessary to cancel class while the University remains open, this will be announced on Canvas. Updates on inclement weather and closure are also communicated as described on the Inclement Weather webpage.