

Women's Mental Health
GS/ NURS 5155 (3.0) Summer 2018
Course Outline

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Calendar Course Description

This hybrid course focuses on women's mental health and wellbeing. Women's mental health will be considered at international and national (Canada) levels. Focus will be on the intersections of social determinants of health with identity markers influencing women's mental health.

Pre-requisites: NURS 5100, NURS 5200, NURS 5300 or permission of the instructor.

Expanded Course Description

The overall goal of this course is to develop students' critical awareness of diverse perspectives on women's mental health and wellbeing. Early in the course underlying perspectives constructing representations of women's mental health will be considered. The course will be influenced by a mental health promotion approach to women's mental health with a particular exploration of the concept of resilience. Research and policy literature from Canada and international organizations will be considered. The focus will be on the intersections of social determinants of health (e.g., socioeconomic status, social support and networks, social inclusion) with women's identity markers (e.g., ability, life stage, migrant status) influencing women's mental health.

This **hybrid course** will be offered through a 36-hour equivalent hybrid forum in a 12-week format with a combined face-to-face (4 in-classes) and online meetings (8 on-line classes) schedule. Please note that in-class attendance is a requirement for this hybrid course and scheduled to take place on-campus. Dates and location of in-class will be provided via course's Moodle to students registered in the course.

Learning Outcomes

Upon successful completion of the course students will be able to:

1. To recognize underlying perspectives (e.g., psychiatric, eco-systemic, mental health promotion) influencing research, practice and policy approaches on women's mental health.
2. To understand overall women's mental health status at international and national levels.
3. To recognize influence of social determinants of health (e.g., socioeconomic status, social support and networks, social inclusion) on women's mental health.
4. To recognize influence of intersections of identity makers (e.g., ability, life stage, migrant status) with social determinants of health on women's mental health.
5. To understand the role of prejudice and stigmatization (e.g. of social position, cultural and racialized background) on women's mental health.

6. (For each student) to formulate an area of focus in women's mental health education, research, practice, policy, or advocacy.

Evaluation

1. Outline for paper (20%)

The purpose of this assignment is to provide students with the opportunity to identify an area of interest in women's mental health. The area of focus will be further developed, leading to the final term paper (assignment 3: Final term paper).

2. On-line group presentation (20%)

The purpose of this assignment is to provide students with the opportunity to present their critical review of the literature based on one of the course themes. In addition to presentation of material, the seminars will entail a discussion component.

3. Final term paper (40%)

The purpose of this paper is to provide students with the opportunity to write a scholarly paper on their selected area of focus on women's mental health.

4. Participation and Self-reflection (20%)

Students are expected to participate in in-class and on-line discussions, and to support their ideas with references to assigned or other relevant readings. Upon completion of the course, students will submit a critical self-reflection of their participation in the course.