

PSY-401 Social and Cultural Foundations (3 CHs)

Pre requisite: Introduction to Social Psychology

Course Description

1. This course focuses on conceptual knowledge thus facilitate students to understand the linkages between individual, organization, community and the society in the context of the ecological model and role of cultural factors. Students will develop understanding of cultural context in mental health by comprehending the interplay of social factors i.e. gender, age, race, religious preferences, sexual orientation, beliefs & practices etc. There will be special focus on helping students to understand the dynamics of mental health at individual, familial and societal level in low and middle-income societies which are more vulnerable due to issues like less stable economic conditions, poor infra-structure, violence, frequent natural and man-made disasters and displaced populations.

Course Objectives

2. The course is designed to:
 - a. Impart conceptual knowledge about social and cultural foundations of mental health
 - b. Promote an attitude among students to be more sensitive about role of several factors at individual and community level (gender, age, race, religion, local traditions etc.) while working as a team on community based mental health program
 - c. Teach the dynamics of mental health in low and middle-income societies by referring to specific problems (poverty, violence, natural and man-made disasters etc.) in these countries

3. Course Learning Outcomes

- a. Demonstrate their understanding about the cultural and social differences that influence mental well-being
- b. Demonstrate their knowledge about the relationships between social stratification, access to resources and mental well-being
- c. Demonstrate their understanding about the role of individual, social network, organizational, community, and policy-maker behaviors associated with the planning, implementation, evaluation, and maintenance of community-based mental health care programs with reference to broad situation in low and middle-income countries and specifically in Pakistan.

4. Course Contents

- a. The social and cultural context of health, The ecological model
- b. Theories and models of individual behavior
- c. The household as a basic health unit
- d. Social support systems
- e. Social change theories
- f. The concept of community
- g. Community Mental health in low and middle-income countries
- h. Empowerment: the process of community organization
- i. Organizing through local groups
- j. Organizational change and adaptation
- k. Community management of mental health programs
- l. Levels and strategies of policy change for mental health program development with reference to Pakistan and other developing countries

5. Text Books

- a. Rosenberg, J., & Rosenberg, S.(2012). *Community Mental Health: Challenges for the 21st century*.
- b. Schmidt, J. J. (2006). *Social and cultural foundations of counseling and human services: Multiple influences on self-concept development*. Allyn & Bacon.

6. Reference Books

- a. Glanz, K., Rimer, B. K., &Viswanath, K. (Eds.). (2008). *Health behavior and health education: theory, research, and practice*. John Wiley & Sons.
- b. Rappaport, J., &Seidman, E. (2006). *Handbook of Community Psychology*. Springer. ISBN-10: 0306461609 | ISBN-13: 978-0306461606.
- c. Schneider, F. W., Gruman, J. A., & Coutts, L. M. (2011). *Applied social psychology: Understanding and addressing social and practical problems*. Sage.
- d. Coreil, J. (Ed.). (2010). *Social and behavioral foundations of public health*. SAGE Publications Inc.
- e. Patel, V., &Thara, R. (Eds.). (2003). *Meeting the mental health needs of developing countries: NGO innovations in India*. Sage Publications India.