



University of Kerala

Discipline	COMMUNICATIVE ENGLISH
Course Code	UK3VACENG202
Course Title	LITERATURE, MEDIA AND MENTAL HEALTH
Type of Course	VAC
Semester	III
Academic Level	200 - 299

Course Details	Credit	Lecture Per week	Tutorial per week	Practical per week	Total Hours/Week
	3	2 hours	-	2 hours	4
Pre-requisites					
Course Summary	This course offers an interdisciplinary exploration of how literature and media shape, reflect, and influence public understanding of mental health. Students will engage with literary texts, films, news media, and advertising to examine representations of mental illness, stigma, and self-worth, while also considering the psychological effects of digital culture, including social media.				

Module	Unit	Content	Hrs
I		Introduction: Mental Health and Popular Discourses	12 Hrs
	1	Stoler, Diane Roberts. "How Is Your Mental Health?" <i>Psychology Today</i> , 2022.	

		https://www.psychologytoday.com/us/blog/the-resilient-brain/202205/how-is-your-mental-health	
	2	“Rethinking the representation of mental illness” Blake Ochoa TEDxLakeTravisHigh https://www.youtube.com/watch?v=Jg4ZlgsjTfU	
		Suggested Readings: <ul style="list-style-type: none"> ● “Media and mental health” https://pmc.ncbi.nlm.nih.gov/articles/PMC6198586/ ● Wahl, Otto. Media Madness: Public Images of Mental Illness. Rutgers University Press, 1995 	
II	Mental Health in Literature		12 Hrs
	3	Poe, Edgar Allan. “The Tell-Tale Heart.” <i>Poe Museum</i> , https://poemuseum.org/the-tell-tale-heart/	
	4	Plath, Sylvia. “Tulips.” <i>The Poetry Foundation</i> , https://www.poetryfoundation.org/poems/49013/tulips-56d22ab68fdd0	
		Suggested Readings: <ul style="list-style-type: none"> ● Gilman, Charlotte Perkins. “The Yellow Wallpaper.” https://www.nlm.nih.gov/exhibition/theliteratureofprescription/exhibitionAssets/digitalDocs/The-Yellow-Wall-Paper.pdf ● Shakespeare, William. <i>The Tragedy of Macbeth</i> - Act 5, Scene 1, https://myshakespeare.com/macbeth/act-5-scene-1 	
III	Mass Media and Mental Health		12 Hrs
	5	How Mass Media Contributes to Mental Health Stigma “Understanding mental health in the media” https://www.verywellmind.com/mental-health-stigmas-in-mass-media-4153888	
	6	“Picture Imperfect: Malayalam Cinema must do Homework on Mental Health Issues” https://www.newindianexpress.com/entertainment/malayalam/2022/Aug/24/picture-imperfect-malayalam-cinema-must-do-homeworkon-mental-health-issues-2490686.html	

		<p>Suggested Viewing/Readings:</p> <ul style="list-style-type: none"> ● A Beautiful Mind. Directed by Ron Howard ● Anantaram(1987). Directed by Adoor Gopalakrishnan ● “Depictions of Mental Health Topics in Malayalam Cinema” https://kjponline.com/index.php/kjp/article/view/53/html ● Shutter Island. Directed by Martin Scorsese ● Stuart, Heather. “Media Portrayal of Mental Illness and its Treatments.” <i>Journal of Social Psychiatry</i>, 2006. ● Thaniyavarthanam. Directed by Sibi Malayil 	

IV		Strategies for a Healthier Relationship with Social Media	12 Hrs
	7	<p>“How Social Media can Harm your Body Image” https://health.clevelandclinic.org/social-media-and-body-image</p>	
	8	<p>“Digital Detox 2025: Take Some Time Off from Social Media And Screen Time” https://www.netmeds.com/health-library/post/digital-detox-2025-take-some-time-off-from-social-media-and-screen-time?srsltid=AfmBOoPqabBfXv3alKXwxh-iSd88wTGgpXlcu7sM2RKfZbg2STdBip-F</p>	
		<p>Suggested Reading:</p> <p>Practical techniques for reducing media-induced stress</p> <p>“Managing Social Media Stress with Mindfulness” https://childmind.org/article/social-media-stress-mindfulness/#:~:text=Mindfulness%20techniques%20for%20reducing%20stress,awareness%20when%20they're%20offline</p> <p>Practicum</p>	
V			12 Hrs
		Identify advertisements that perpetuate a negative body image and point out reasons for thinking so.	

		<p>Prepare a list of popular and academic articles on mental health issues.</p> <p>Write a review of a movie which deals with mental health issues.</p> <p>Write a story/poem which sensitively portrays mental health concerns.</p>	
		<p>Suggested Reading:</p> <p>Mindset Media Guide: Reporting on Mental Health. Mindset Media, 2020</p> <p>Responsible journalism and reporting on mental health crises</p> <p>Why is journalism important for mental health literacy?</p> <p>https://www.psinove.com/english/psychology-blog/why-is-journalism-important-for-mental-healthliteracy#:~:text=Sharing%20stories%2C%20examples%20of%20clinical,that%20makes%20it%20for%20everyone.</p> <p>Suggested Viewing:</p> <p>TED Talk “Is Social Media Hurting Your Mental Health?” Bailey Parnell TEDxRyersonU</p> <p>https://www.youtube.com/watch?v=Czg_9C7gw0</p>	

Course Outcomes

No.	Upon completion of the course, the graduate will be able to	Cognitive Level	PSO Addressed
CO-1	Identify how media representations influence public attitudes toward mental health.	U	3
CO-2	Evaluate the psychological effects of social media use.	U, Ap, An	2
CO-3	Analyse the portrayal of mental health in news, advertisements, and entertainment media.	E, An	5

No.	Upon completion of the course, the graduate will be able to Understand the role of media in mental health awareness and advocacy.	e Cognitive Level	PSO Addressed
CO-4	Develop strategies for responsible media consumption to	Ap, C	15
CO-5	support mental well-being and develop the ability to write sensitively about mental health concerns.	An, E, C	12,14

Name of the Course: Credits: 2:0:1 (Lecture:Tutorial: Practical)

CO No.	CO	PO/PSO	Cognitive Level	Knowledge Category	Lecture (L)/Tutorial (T)	Practical (P)
1	Identify how media representations influence public attitudes toward mental health.	3	U	F	L	
2	Evaluate the psychological effects of social media use.	2	U, Ap, An	C	L	
3	Analyse the portrayal of mental health in news, advertisements, and entertainment media.	5	E, An	C	L	P
4	Understand the role of media in mental health awareness and advocacy.	15	Ap, C	F,C	L	P

5	Develop strategies for responsible media consumption to support mental well-being and develop the ability to write sensitively about mental health concerns.	12,14	An, E, C	P,M	L	P
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F-Factual, C- Conceptual, P-Procedural, M-Metacognitive

Mapping of COs with PSOs and POs :

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PO1	PO2	PO3	PO4	PO5	PO6
CO 1	1						1					
CO 2		1					2					
CO 3		2	1					2	1			
CO 4				1				2			1	
CO 5					2	2			3	1	1	1

Assessment Rubrics

- Quiz / Assignment / Discussion / Seminar
- Midterm Exam
- Case Study Analysis
- Final Exam

Mapping of COs to Assessment Rubrics:

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO1	✓	✓	✓	✓
CO2	✓	✓	✓	✓
CO3	✓	✓	✓	✓
CO4	✓	✓	✓	✓
CO5	✓	✓	✓	

Course Activities

1. Case Study Analysis: Examine media portrayals of mental health in films, news, and social media.
 2. Media Literacy Workshop: Acquire strategies for the critical analysis of mental health messages.
 3. Group Discussions: Debate ethical considerations in mental health reporting.
 4. Reflection Journals: Assess personal media consumption and its effects on mental well-being.
 5. Project: Create a mental health awareness campaign using ethical media strategies.
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