

Section on Mental Health

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MESSAGE FROM THE CHAIR

Greetings. There are just a few more weeks before the ASA meetings begin in San Francisco, August 16–19. Mental Health Section Day is the last day of the meetings when we have five great sessions running from 8:30 in the morning through 4:10 that afternoon (see below for their specifics); but we also have a session assigned a 2:30 slot on Monday, July 18, and a co-sponsored session (with medical sociology) on Sunday, Aug. 17, at 12:30, organized by Heather Turner. We are rich in sessions this year because ASA gives an extra session to all sections with their designated day on the last day and sharing a session with medical sociology.

Besides our section's session, ASA has organized two regular mental health sessions and Rich Carpiano has seven mental health sessions at SSSP at the San Francisco Marriott Marquis. Of particular interest is one entitled "Critical Dialogue: What's Next for the Sociology of Mental Health?" with incoming chair, Jason Schnittker, and three prior chairs, Bruce Link, Bill Avison, and Teresa Scheid. There are also many other sessions at the ASA relevant to mental health, especially those organized by medical sociology.

Please note that the Tuesday 10:30 – 12:10 time slot is broken down by having the Awards Ceremony from 10:30 to 11:30, followed by the business meeting from 11:30 to 12:10.

Note also that our section's reception is not on our scheduled day; but on Saturday, August 16, the first day of the meetings, not Sunday as was announced in the Fall Newsletter. It is a joint reception with the Medical Sociology Section so it will be larger but will benefit from our pooled funds and from the usual support from Wiley-Blackwell (publishers of *Sociology of Health & Illness*) and the Robert Wood Johnson Foundation's New Directions Program.

Our section is sponsoring the sneak preview and panel discussion of the California Newsreel Documentary Series, "The Raising of America: Early Childhood and the Future of Our Nation" with producers Larry Adelman and Rachel Poulain on Monday August 16.

Congratulations to our newly elected officers:

Chair-Elect: Robin Simon, Wake Forest University

Secretary-Treasurer: Eric R. Wright, Georgia State University

Nominations Committee Chair: William R. Avison, University of Western Ontario

Awards Committee Chair: Bruce Link, Columbia University

Student Council Member: Matthew Grace, Indiana University

And thank you to those who agreed to run but were not elected. They were willing to serve as they have been doing for many years (that is one reason they were nominated) and, I'm sure, will continue to do so.

Have a great meeting, Virginia Aldigé Hiday, Mental Health Section Chair



109th ASA Annual Meeting
August 16-19, 2014 | San Francisco, CA |
Hilton San Francisco Union Square and
Parc55 Wyndham Hotel

Mental Health Sessions

Joint Reception with Medical Sociology
Saturday Aug 16th 6:30pm - 8:30pm

Section Business Meeting:
Tuesday Aug 19th 11:30 am - 12:10 pm

Sociology of Mental Health Award
Ceremony: Tue, August 19, 10:30 am to
11:30 am

076. Regular Session: Mental Health

Time: Saturday, Aug 16th 10:30am -12:10 pm
 Session Organizer: Fernando I. Rivera,
 University of Central Florida
 Presider: Fernando I. Rivera, University of
 Central Florida
 Individual Submissions:

Neighborhoods and Mental Health:
Exploring Ethnic Density, Poverty, and
Social Cohesion among Asian Americans
and Latinos: Seunghye Hong, University of
 Hawaii; Wei Zhang, University of Hawaii-
 Manoa; Emily C. Walton, Dartmouth College

Religious Involvement and the Black-White
Paradox in Mental Health: Dawne M.
 Mouzon, State University of New Jersey-
 Rutgers

Social Network Activation: The Role of
Health Discussion Partners in Recovery
from Mental Illness: Bernice A. Pescosolido,
 Indiana University

Using the Residential Life History Profile to
Study Health and Mental Health in Midlife:
 Blair Wheaton, University of Toronto; Marisa
 Christine Young, McMaster University
 Discussant: Fernando I. Rivera, University of
 Central Florida

449 - Section on Sociology of Mental
Health Paper Session. Coping, Recovery
and Mental Health Services

Time: Monday, Aug 18th 2:30 pm-4:10pm
 Session Organizer: Brea Louise Perry, Indiana
 University-Bloomington
 Presider: Carrie B. Oser, University of
 Kentucky
 Individual Submissions:

Sorry, I'm Not Accepting New Patients: An
Audit Study of Access to Mental Health
Care: Heather Kugelmass, Princeton
 University

Stigma and Trust in a Physician's
Confidentiality: An Extension of Modified
Labeling Theory: Celeste Campos-Castillo,
 Dartmouth College; Denise L. Anthony,
 Dartmouth College

Substance Use and Help-Seeking Among
Low-Income African American Women:
Testing the Network Episode Model: Erin
 Leigh Pullen, University of Kentucky; Carrie B.
 Oser, University of Kentucky

Warrior Parents, Social Influence and the
Autism Epidemic: Pech Colatat,
 Massachusetts Institute of Technology
 Discussant: Ann L. McCranie, Indiana
 University-Bloomington

515 - Section on Sociology of Mental
Health Paper Session. The Economy,
Work, and Mental Health

Time: Tuesday, Aug 19th 8:30 am-10:10 am
 Session Organizer: Donald A. Lloyd, University
 of Southern California
 Presider: Donald A. Lloyd, University of
 Southern California
 Individual Submissions:

Economic Stressors and Alcohol-Related
Outcomes: Gender Differences in the
Significance of Somatic Complaints: Robyn
 Lewis Brown, DePaul University; Judith A.
 Richman, University of Illinois-Chicago;
 Kathleen M. Rospenda, University of Illinois-
 Chicago

Insecure People or Places? The Influence of
Regional Unemployment on Workers'
Reactions to Perceived Job Insecurity:
 Paul Glavin, McMaster University; Marisa
 Christine Young, McMaster University

Sexual Orientation, Gender Composition of the Occupation, and Mental Health in Young Adulthood: Koji Ueno, Florida State University; Preeti Mansukh Vaghela, Florida State University

The Great Recession and Health Among Employed Workers: Mark Tausig, University of Akron, Rudy Fenwick, University of Akron
When Getting Less Than You Deserve Hurts Less: Resources and the Consequences of Feeling Underpaid: Scott Schieman, University of Toronto; Atsushi Narisada, University of Toronto

Discussant: Sarah Burgard, University of Michigan

573 - Section on Sociology of Mental Health Paper Session. Law, Crime and Mental Illness

Time: Tuesday, August 19th 12:30 pm to 2:10pm
 Session Organizer: Bradley Ray, Indiana University-Purdue University at Indianapolis
 President: Paul Joseph Draus, University of Michigan

Criminogenic Risk Assessment of Individuals with Severe Mental Illness in a Mental Health Court: Natalie Bonfine, Northeast Ohio Medical University; Mark R Munetz, Northeast Ohio Medical University; Christian Ritter, Northeast Ohio Medical University

Mental Health Services and the Incarceration Stigma: Stephanie W. Hartwell, University of Massachusetts-Boston

Rituals, Stigma and Mental Health Courts: Karen A. Snedker, Seattle Pacific University

Spinning the Revolving Door: The Governance of Resistant Psychiatric Subjects on Community Treatment Orders: Amy Lynn Klassen, University of Toronto

The Micro-Politics of Institutional Bricolage: Gatekeeping and Therapeutic Jurisprudence in Mental Health Courts: Ursula Castellano, Ohio University; Josh Guetzkow, Hebrew University

Section on Sociology of Mental Health Roundtables.

Time: Tuesday, August 19th 2:30 pm to 4:10pm

Table 01. Adolescence and Young Adulthood

Session Organizer: Eric R. Wright, Georgia State University

Table President: Jennifer Lynne Caputo, Indiana University

Gender and Mental Health among Contemporary Young Adults in the United States: Jennifer Lynne Caputo, Indiana University

History of Heavy Drinking and Depressive Symptoms: Gender Differences during Emerging Adulthood: C. Andre Christie-Mizell, Vanderbilt University; Mary Therese Laske, Vanderbilt University

Self-Injury among Adolescents: Gender and Cultural Issues: Martin A. Monto, University of Portland; Frank Deryck, University of California-Irvine; Nick McRee, University of Portland

Table 02. Family

Session Organizer: Eric R. Wright, Georgia State University

Table President: Paul R. Benson, University of Massachusetts-Boston

Individual Submission Summary Networks, Support, and Mental Health in Parents of Children with Autism: An Accelerated Longitudinal Study: Paul R. Benson, University of Massachusetts-Boston

Caring for Family Members with Mental Illness in Singapore: Religious Beliefs, Coping and Healing: Nurliyana Daros, Nanyang Technological University

Understanding Family Stress by Context: The Role of Social Support and Neighborhood Trust: I-Chien Chen, Michigan State University; Tse-Chuan Yang, State University of New York-Albany

Adult Child Stressors, Parent and Adult Child Closeness and Disagreement, and Parents' Mental Health: Deidre L. Redmond, Murray State University

Table 03. Marital Status

Session Organizer: Eric R. Wright, Georgia State University

Table President: Anna Muraveva, The Ohio State University

In Good Times and In Bad: Marital Status, Marital Quality, and Vulnerability to Stress:

Kristi L. Williams, The Ohio State University;
Anna Muraveva, The Ohio State University

The Association between Marital Status and Psychological Well-being across Different Age Groups Using Structural Equational Modeling:

TzeLi Hsu, Florida State University

The Effects of Marital Quality on Cognitive Decline among Older Adults:

Minle Xu, University of Texas-Austin; Patricia A. Thomas, University of Texas-Austin; Debra Umberson, University of Texas-Austin

Table 04. Life Course

Session Organizer: Eric R. Wright, Georgia State University

Table President: Jennifer Tabler, University of Utah

Eating Disorders and Socioeconomic Independence: A Life Course Analysis:

Jennifer Tabler, University of Utah; Rebecca L. Utz, University of Utah

Culture as a Coping Resource: Depression after Parental Death in Japan and United States:

Daisuke Ito, Georgia State University

Table 05. Employment and Work

Session Organizer: Eric R. Wright, Georgia State University

Table President: Autumn Deer McClellan, University of North Carolina-Chapel Hill

Precarious Job Conditions and Symptoms of Anxiety among Employed Women and Men:

Douglas A. Parker, California State University-Long Beach; Autumn Deer McClellan, University of North Carolina-Chapel Hill

(Un)Employment and Mental Health Care Use Assessed by Macro-socioeconomic Context and Change Influences: Veerle Buffel, Ghent University ; Vera van de Straat, Ghent University; Piet Bracke, Ghent University

The Relationships between Unemployment or Job Insecurity, Professional Care Seeking, and the Consumption of Antidepressants :

Veerle Buffel, Ghent University; Rozemarijn Dereuddre, Ghent University; Piet Bracke, Ghent University

Table 06. Religion and Community Attachment

Session Organizer: Eric R. Wright, Georgia State University

Religious (In)stability and Mental and Physical Health: Matthew May, University of Georgia

Rural Community Attachment and Satisfaction Mitigates Mental Health But to What Extent?:

Luma Issa Al Masarweh, Brigham Young University; Robert E.M. Spencer, Brigham Young University

Table 07. Stress and Coping

Session Organizer: Eric R. Wright, Georgia State University

Table President: Struther Van Horn, Kent State University

Childhood Adversity, Stress and Adult Mental Health among Individuals with Severe Mental Illness:

Struther Van Horn, Kent State University; Richard Adams, Kent State University; Natalie Bonfine, Northeast Ohio Medical University; Christian Ritter, Northeast Ohio Medical University

Marital Status and Mental Health: The Role of Marital Dissolution as a Social Stressor:

Allison Reilly McGrath, Vanderbilt University
The Effects of Stress, Support, and Coping on the Mental Health and Illness of Prisoners: *Carolyn Robbins, Emory University.*

Table 08. Medicalization

Session Organizer: Eric R. Wright, Georgia State University

Table President: Dena T. Smith, Goucher College

Resolving Tension through Practice: How Psychiatrists Blur the Boundaries Between Meaning-making and Medicalization:

Dena T. Smith, Goucher College

Risky Brains: The Medicalization of Violent and Aggressive Behavior:

Torsten Heinemann, Humboldt University-Berlin

Table 09. Suicide

Session Organizer: Eric R. Wright, Georgia State University

Table President: Adrienne Dues, University of South Carolina

Mediating Effects of Perceived Belongingness to Suicidal Ideation in Adolescents: Adrienne Dues, University of South Carolina

Reducing Inequality Reduces American Indian and Alaska Native Suicide: Carmela Marie Roybal, University of New Mexico; R. Burciaga Valdez, University of New Mexico

Table 10. Policy and Societal Context

Session Organizer: Eric R. Wright, Georgia State University

Presider: Allison Houston, State University of New York-Albany

Before Affordable Care Act: Health Insurance Coverage and Delayed Health Services Visits Due to Cost: Allison Houston, State University of New York-Albany; Ann-Marie Gomes, State University of New York-Albany

National Minimum Wage, Poverty, and Health: Evidence from a UK Natural Experiment: Aaron Reeves, University of Oxford; Martin McKee, London School of Hygiene and Tropical Medicine; Margaret Whitehead, University of Liverpool; Johan Mackenbach, University of Medical Center-Rotterdam; David Stuckler, Oxford University

Policy and Structure in the U.S. Mental Health System: Who Benefits and Who is Harmed?: Tracy Deyell, University of Colorado-Boulder

Table 11. Racial and Ethnic Disparities

Session Organizer: Eric R. Wright, Georgia State University

Presider: Sirry Alang, University of Minnesota-Twin Cities

Are there Disparities in Causes of Perceived Unmet Need for Mental Health Care?: Sirry Alang, University of Minnesota-Twin Cities

Mental Health in a U.S. Colonia: The Case of Westway, Texas: Guadalupe Marquez-Velarde, Texas A&M University; Sara Elizabeth Grineski, University of Texas-El Paso; Kathleen Staudt, University of Texas-El Paso

A Place Called Treatment: Reconsidering Culturally Competent Approaches to American Indian Healing and Well-being: Jessica Rose Goodkind, University of New

Mexico; Beverly Gorman, University of New Mexico; Julia Meredith Hess, University of New Mexico; Danielle Parker, University of New Mexico

Table 12. Mental Health in China

Session Organizer: Eric R. Wright, Georgia State University

Presider: Lijun Song, Vanderbilt University

Receipt of Unsolicited Job Leads and Depression in Urban China - Lijun Song, Vanderbilt University

Table 13. Mind and Body

Session Organizer: Eric R. Wright, Georgia State University

Presider: Alexandra Lee Tate, University of California-Los Angeles

Mindful Medicine: Symptom Presentations of Mental Health Concerns and Prescribing Patterns in the Primary Care Visit - Alexandra Lee Tate, University of California-Los Angeles

Physiology or Perception in Texas? Assessing Physiological and Attitudinal Measures of Body Weight on Mental Health - Gabriel A Acevedo, University of Texas-San Antonio; Albert Cordova, University of Texas-San Antonio; *Diala Ammar*, American University-Lebanon

Physical Illness, Healthcare Contact, and the Interpersonal Theory of Suicide - William R McConnell, Indiana University-Bloomington

Table 14. Mental Health in the Virtual World

Session Organizer: Eric R. Wright, Georgia State University

Table Presider: Kelly Foster, East Tennessee State University

Melding Worlds: Creating Identity in Virtual Environments and the Impacts on Health: Kelly Foster, East Tennessee State University; Christopher Becker, East Tennessee State University

Meaning of Cancer and Multi-dimensional Examination of (Positive) Reframing in Virtual Appraisal Support Groups: Gul Seckin, University of North Texas

15. Treatment Settings and Utilization

Session Organizer: Eric R. Wright, Georgia State University

Table Presider: Deborah A. Potter, University of Louisville

Staying in My Lane: Situated Motives and Experiences of Certified Peer Support Specialists as Paraprofessionals: Deborah A. Potter, University of Louisville

A System Theory Approach to the Psychiatric System and Some Results from a Case Study: Vibeke Klitgaard, University of Lund

Designed Neglect: Medicare's Neglect of Persons with Alzheimer's Disease: William Dane Cabin, Richard Stockton College

Mental Health Resource Utilization among Graduate Students: Jamie Lynn Oslawski-Lopez, Indiana University; Rachel La Touche, Indiana University; Rebecca Grady, Indiana University; Kristina Fasteson Simacek, Indiana University; Alyssa A. Powers, Indiana University

Table 16. Well-being, Happiness, and Distress

Session Organizer: Eric R. Wright, Georgia State University

Recipes for Happiness: A Fuzzy-set Qualitative Comparative Analysis of Causal Conditions: Mito Akiyoshi, Senshu University

Co-Sponsored Paper Session

282. Trauma, Victimization, and Health

Time: Sunday, Aug 17th 12:30 pm-2:10pm

Session Organizer: Heather A. Turner, University of New Hampshire

Presider: Heather A. Turner, University of New Hampshire

Crime, Delinquency and Mental Health: A Marginal Structural Model: Valerio Bacak, University of Pennsylvania

Perceived Risk, Criminal Victimization, and Community Integration: Mental Health in the Aftermath of Hurricane Katrina: Alexander Lu, Indiana University

The Mental Health Consequences of Exposure to Community Violence Among Serious Adolescent Offenders: Deborah Baskin, Loyola University-Chicago, Ira Sommers, Loyola University-Chicago

Treating Moral Injury: The Experiences of Morally Injured Combat Veterans in an Innovative PTSD Treatment Phillip Noel Fucella, University of California-Berkeley, Shira Maguen, University of California-San Francisco

**Please Encourage
Membership in our Section!**



64th Annual Meeting: August 15-17, 2014
The San Francisco Marriott Marquis, San Francisco, CA

Friday August 15th

Session 13, 10:30 am-12:10 pm: **Disadvantage and Mental Health: Selection and Causation Mechanisms**

Divisional Meeting and Awards 12:30 - 2:10pm

Session 49, 4:30 pm-6:10 pm: **Methodological Issues and Prospects in Advancing Mental Health Research**

Saturday August 16th

Session 69, 8:30 am-10:10 am: **The Body, Body Image, and Mental Health**

Session 78, 10:30 am -12:10pm: **Poverty and Mental Health**

Session 107, 2:30 pm – 4:10 pm: **CRITICAL DIALOGUE: What's Next for the Sociology of Mental Health?**

Sunday August 11th

Session 113, 8:30-10:10am: **Medicalization of Deviance and Juvenile Delinquency**

Session 162, 4:30 pm – 6:10 pm: **Linking Mental Health and Substance Abuse**

**SOCIETY AND MENTAL HEALTH
ANNOUNCES TRANSITION OF
EDITORSHIP**

On January 1, 2015, Elaine Wethington, Cornell University, takes over the editorship of *Society and Mental Health*. In order to facilitate a smooth transition of the editorial function of the journal, new submissions received after August 1, 2014, will be processed by Dr. Wethington. The current editor, William Avison, will continue to process revisions and resubmissions until the end of his term,

December 31, 2014. Gale Cassidy will continue as Managing Editor.

Submissions and resubmissions should continue to be sent through the journal's ScholarOne website at

<http://mc.manuscriptcentral.com/smh> E-mail correspondence will continue at smhasa@uwo.ca through the transition.

ANNOUNCEMENTS

Beginning August 16, 2014, Shelia Cotten will take on two leadership roles at Michigan State University. She will serve as the Interim Director of the MSU/Sparrow Center for Innovation and Research (CFIR). This joint initiative between MSU and Sparrow aims to collaboratively transform the delivery of health care through implementation and evaluation of research promoting innovative approaches to high quality, safe care, improved patient outcomes, and lower costs. To this end, the Center will seek nationally funded projects for the implementation and evaluation of innovative approaches for the delivery of quality, safe care.

Shelia also agreed to serve as the first Director of the Trifecta initiative, a joint effort by the College of Communication Arts and Sciences, the College of Engineering, and the College of Nursing. During the past year, Shelia has participated in the Trifecta Intellectual Leaders (TIL) group and helped shape Trifecta's direction. In her new role, Shelia will facilitate research collaboration among faculty in the participating colleges as well as with community partners.

Dr Martyn Pickersgill, Wellcome Trust Senior Research Fellow at the University of Edinburgh, has been awarded new funds from the Wellcome Trust for the project, 'Epigenetics, ethics and society: accounting for responsibility in the biomedical sciences'. This entails an analysis of the ways in which scientists who are undertaking work in epigenetics - including around mental health - are imagining, articulating and actioning their responsibilities to medicine and society which arise from their investigations.

PERSPECTIVE FROM EUROPE

**Lauren Michelle
Kaplan, Ph.D.**

Research Officer

University of Oxford

laurenkaplan5@gmail.com

As an American researcher living, studying, and now working in Europe I am constantly engaged in a comparative approach to making sense of the strangeness inherently involved in developing a transnational identity. Mental health is a widely used (but evasive) concept in the U.S. in popular culture and in academic circles.

During my time in Frankfurt am Main, Germany, I noticed a few difference in conceptions of mental health and approaches to understanding and treating mental health problems. Unlike in the U.S. where I had remembered Freud being presented as an outdated, historical figure, in Germany he was lauded for his insights. Psychoanalytic thought, while not pervasive, is respected and taken seriously by professionals. Rather than a reliance on psychoactive substances, physicians and scholars turn to walks and doing “biographical work” to overcome the struggles of depression and ongoing psychosocial problems. The basic premise of psychoanalysis can be understood as there “you are repeating a mistake, because of something in the past, something you will never know, and so you must delve within yourself to break this destructive pattern.”

Does this approach lead to less stigma and blame than a more medicalized approach? If we just need to get up and take a walk in the sunshine are we weak for failing to make a move? If we are not able to develop insights powerful enough to unravel the patterns haunting us from the past are we weak

minded? This is an area worth more systematically exploring.

Of course, there is variation throughout Europe and my experiences thus far in Oxford, England have the indication of a bizarre blend of American and more “European” views in the U.K. Unlike Germany, the communication style in England is indirect. Veiled in propriety, even the simplest requests can be quite delicate to navigate. The ideology of social responsibility, which I felt strongly in Germany, seems to be overshadowed in England by individualism. Employers can ask for medical questionnaires that request the disclosure of disabilities. If the disability is seen as disruptive to the position for which one is being hired, it can be used to justify withdrawing a job offer. So what does someone suffering from a mental health problem do then? Risk their employment in hopes of uncertain acceptance and evasive support?

Globally, health care is experiencing historical policy shifts. Researchers are increasingly turning to comparative perspectives in order to develop an evidence-base for policy. Germany is facing increased pressures to integrate health care services with an aging population and administrative and fiscal pressures. The waves of migration from the Middle East have increased the focus on the intersection of migration and health in Europe. In England, the repeated rhetoric of leaving the European Union and the increasingly restrictive migration laws suggests a similar pressure. Such “crises” allow for the opportunity to systematically improve existing mental health services by increasing coordination with primary health care and specialist care of vulnerable groups such as people living with HIV.

At this juncture, sociologists are having a greater impact among physicians and policy makers. In regards to methodology, various tools are utilized with variable emphasis in different nations. Mental health research tends to be more qualitative in nations such as Germany and France whereas in the U.K. there is a greater emphasis on quantitative approaches. Researchers in Europe hold a

great deal of respect for the U.S. in regards to the rigor of the advanced quantitative methodologies used to examine numerous social problems. Despite this awareness of the advanced methodologies used in the U.S., migration laws are difficult and expensive for American migrants to navigate. Such migration policies are a barrier to more continuous and open collaborations between the Old and New World. Have I ever heard anyone in Germany, England, or the U.S. openly admit to their depression or anxiety? Sadly, in not any of the countries in which I have lived have I witnessed such an open declaration of shared humanity. Mental health remains shrouded and disregarded throughout both the U.S., and Europe. Until there is a day when people can disclose their mental health problems in open discourse without fear of discrimination, there remains an ongoing need to use a comparative perspective to understanding mental health. Ironically, there also will remain an unspoken fear of detection and discrimination among those who devote much of their lives to untangling the shadows surrounding mental health.

About the author: Lauren Michelle Kaplan, a US citizen, is a Research Officer at the University of Oxford. She received her Ph.D. from Goethe-Universität Frankfurt am Main Institut für Gesellschafts- und Politikanalyse Germany, Frankfurt am Main. Her areas of research focus on bio-social factors related to living with HIV, deviant behavior, and most recently, the relationship between genetics and human behavior. At Oxford, she is involved in their programme of research projects with AIDS-orphaned and AIDS-affected children and adolescents in South Africa. Currently, she is transitioning to a postdoctoral fellowship at the University of California, Berkeley, where she plans to integrate her work on HIV with mental health and alcohol research.

GRADUATE STUDENT PERSPECTIVES

Graduate Student Mental Health

Lora A. Phillips Lassus

Many perusing this newsletter would agree that good mental health is of the utmost

importance. Nonetheless, all too often, graduate student training does not include systematic attention to mental health. This is especially surprising given pervasive anecdotal evidence that graduate school is a very challenging time. I personally have lost track of the number of conversations I've been a party to that include sound bites like "Don't worry, it gets better," or "Graduate school is going well—*this week*." Until more graduate programs choose to explicitly incorporate mental health into the curriculum, what can we, as graduate students, do to manage challenges and bolster our mental health?

One important aspect of maintaining good mental health is recognizing that you are not alone! Most, if not all, of the graduate students I know have experienced some challenge to mental health over the course of their studies. Drawing upon conversations with others and reflecting upon my own personal experience, below is a list of some common challenges to mental health for graduate students:

- Managing stress and anxiety, especially in the face of obligations, deadlines, expectations, and frequent negative feedback
- Judging one's own performance honestly and objectively, without being unreasonably critical
- Striking a healthy work/life balance despite pressures to work longer and harder, either because doing so is preferable or because personal obligations demand it
- Maintaining an identity that includes, but transcends, "graduate student"
- Facing frequent challenges and changes with a positive, open attitude
- Integrating into a program and discipline where the dominant identity(ies) may be very different from your own

An additional aspect of maintaining good mental health in graduate school is devising coping strategies for when challenges inevitably arise. While these coping strategies should be effective they should also, ideally, be healthful. Some strategies employed by my colleagues and me include:

- Reaching out to other graduate students, who are in the same position and are experiencing many of the same challenges
- Concertedly making time for oneself, even if it must be formally scheduled or if solid boundaries must be erected
- Organizing time effectively, which includes realistic prioritizing
- Reeling in perfectionism by identifying the point at which greater effort yields diminishing returns
- Maintaining hobbies and friendships that extend beyond graduate school
- Establishing or maintaining good nutrition and a regular physical fitness routine
- Getting enough sleep
- (Re)Finding meaning in the degree you are pursuing
- Seeking professional mental health assistance, if necessary

Although graduate school presents many challenges, we were all recommended by undergraduate mentors and accepted into graduate programs because of others' confidence in our resilience and potential for success. If good mental health is successfully fostered, graduate school can truly be a rewarding and developmental experience.

I am indebted to graduate student colleagues for open and honest conversations about their experiences in graduate school.



About the author:

Lora A. Phillips Lassus is a Ph.D. student and NSF graduate research fellow in the Department of Sociology at The Ohio State University.

Her research and teaching interests include stratification and mobility, life course, culture, and urban and community.

LEONARD I. PEARLIN

I'm sorry to report the death of Leonard Pearlman--a true giant in the field and a friend to many of us--but heartened to post this touching

memorial from Bill Avison and Carol Aneshensel – Jason

Leonard I. Pearlman, whose work on the social origins of mental illness shaped sociological research on the stress process, passed away Wednesday, July 23, after a brief illness at the age of 89. He is survived by his wife Gerrie, daughters Susan and Gena, and grandson Derrick. Len also leaves behind a small army of colleagues who also count him as a cherished friend.

Len's contributions to the field have been monumental. His ideas about the ways in which the social organization of society shapes the psychological well-being of its members form the intellectual roots for a vast body of research on stress and mental health. The publication of "The Structure of Coping" in 1978 and "The Stress Process" in 1981 propelled forward sociological research on how enduring stressors encountered in ordinary daily life lead to the depletion of the very social and psychological resources that might otherwise offset the damaging emotional impact of these stressors. Both of these papers are Citation Classics on the Web of Science. This emphasis on everyday life stood in contrast to the dominant paradigm at the time on eventful change. It also opened the door to the further conceptual elaboration of the universe of stressors to encompass a much wider array of challenges and obstacles that impinge on people's mental health.

His 1989 article, "The Sociological Study of Stress," chastised sociologists for the prevailing tendency to reduce social phenomena to intra-individual processes. This critique reoriented sociological research toward the ways in which social stratification generates differences in risk for psychological distress by socioeconomic status, race/ethnicity, gender, and age. The agenda set forth in this paper is still being actualized.

In addition to his theoretical contributions to the field, his empirical research spanned a broad spectrum of social life including work

and the family, aging and the life course, and caregiving. His research has a lasting legacy.

This extraordinary record of scholarly achievement garnered Len a lengthy list of accolades. He was the 1991 recipient of the Leo G. Reeder Award for Distinguished Scholarship in Medical Sociology from the American Sociological Association. In 1992, he received the award for Distinguished Contributions to Psychiatric Sociology from the Society for the Study of Social Problems. That same year, he received a MERIT Award from the National Institute of Mental Health. In 1998, he was named recipient of the Distinguished Career Award for the Practice of Sociology by the American Sociological Association. Leonard Pearlman also received an honorary doctorate from the University of Ghent in Belgium in recognition of his international stature as a gerontological researcher. He was the 2004 recipient of the Distinguished Career Contribution Award of the Behavior and Social Sciences Section of the Gerontological Society of America.

His service in other capacities is also noteworthy. He was a special grants consultant for a host of U.S. National Institutes of Health review committees for over 40 years. Len also served on the Advisory Committee of the National Institute on Aging and on the Medical and Scientific Advisory Committee of the Alzheimer's Association. He served on the National Board of the Alzheimer's Disease and Related Disorders Association as well as the Advisory Committee of the Herczeg Institute on Aging in Israel.

Len also has been one of the finest mentors in the discipline. He trained a number of outstanding doctoral students who have gone on to have excellent careers. He has always had time to encourage and support the work of new researchers. He helped to launch the careers of a number of people who have gone on to make important contributions to the field in their own work. Len has been a helpful and approachable colleague whose efforts have resulted in a stronger and more vibrant field.

As much as Len is esteemed by his colleagues, this regard is surpassed by their affection for him.

MESSAGE FROM THE NEWSLETTER EDITOR

As usual, I want to remind everyone that I am always interested in ideas that you have which will improve either the Section's newsletter or website. Although most of you have probably read the obituary from Carol and Bill, I wanted to include it in the newsletter, since Len was very important to the formation of this section.

Please take a moment to visit the Section's website. If we have missed your department in our listings of those with a mental health specialization, or if you see other problems with the website, please send me an email and I'll correct the issue as soon as possible. Struther and I are still working to add datasets to the Resources directory that might be of interest to sociologists of mental health and illness. We should have them in place sometime this fall. Please send me links to datasets that should be included on the webpage.

I'm still interested in submissions about works in progress, preliminary findings, new or emerging research problems, links to publically available data sets, emerging issues with Institutional Review Boards, or other topics of interest to members issues. We ask that you keep submissions brief (no more than 500 words).

Graduate students and post-doctoral fellows, who will be on the market this coming year, please send me your profiles to be included in the Fall newsletter. They should be no more than 300 words.

Good luck to Ginnie in her recovery from surgery. Thanks to everyone for their contributions to this issue and see you in San Francisco.

SOCIETY AND MENTAL HEALTH

The Journal of the ASA Section on the Sociology of Mental Health

New Editor: Elaine Wethington, Cornell University
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Deputy Editors Carol S. Aneshensel, UCLA; Carol A. Boyer, Rutgers University; Scott Schieman, University of Toronto
Editorial Scope of SMH: Society and Mental Health publishes original articles that apply sociological concepts and methods to the understanding of the social origins of mental health and illness, the social consequences for persons with mental illness, and the organization and financing of mental health services and care. Its editorial policy favors manuscripts that advance the sociology of mental health and illness, stimulate further research, inform treatments and policy and reflect the diversity of interests of its readership.

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