

Psychology 257: Psychopathology
Tuesday & Thursday 2:30-3:50pm
Winter 2008

Instructor:

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Course Time & Location

Tuesday & Thursday 2:30 – 3:50 pm

Arts Lecture Hall (AL), Room 116

Required Text:

Sue, D., Sue, D.W., and Sue, S. (2005). *Essentials of Understanding Abnormal Behavior, Eighth Edition*. Houghton Mifflin Company: Boston.

This required textbook is available for purchase at the campus bookstore. Study guides are also available at the bookstore. ***Please note that the study guide is optional and is not a required course text. The decision to purchase the study guide is completely up to you.***

Course Content:

This course offers an introduction to understanding, defining, assessing, and treating mental illness from a psychological perspective. Course material will focus primarily on adult disorders, although there will be some discussion of disorders of childhood. We will examine various categories of abnormal behaviour (e.g., anxiety, mood, and eating disorders) as well as clinical methods including assessment, diagnosis, and intervention. In the tradition of the scientist-practitioner model, *empirically-supported* models of psychopathology and treatment will be emphasized, as will the interplay between clinical research and practice.

Important Note About E-mailing the TAs:

Please do not e-mail TAs unless your question is private or personal in nature.

There will be a discussion forum on the course website in UW-ACE where your TAs will respond publicly to all course-related questions that are posted.

It is your responsibility to check the "Announcements" page and previous posts in the discussion forum before posting a question, as your question may have already been addressed in the forum.

Primary Learning Outcomes:

- Students will be able to define abnormal behavior and mental disorders in multiple ways and students will be able to describe with increased empathy the experience of living with a mental disorder.
- Students will be able to list symptomatic criteria for diagnosis of mental disorders, including anxiety disorders, dissociative disorders, somatoform disorders, personality disorders, substance related disorders, sexual and gender identity disorders, mood disorders, schizophrenia, cognitive disorders, disorders of childhood and adolescence, and eating disorders.
- Students will be able to analytically differentiate between disorders based on presentation of symptomatic criteria.
- Students will be able to compare and contrast origins of mental disorders from multiple theoretical perspectives, as well as discussing the empirical evidence for each perspective.
- Students will be able to list and describe treatments commonly used for mental disorders, and will be able to discuss the empirical evidence for and against different treatments' utility.
- Students will be able to compare and contrast the psychological factors that influence medical conditions.
- Students will be able to define ethical and legal aspects of treatment of mental disorders.

Course Format and Structure:

Course material will be delivered via lecture and supplemented by clinical case material, film clips, and, occasionally, guest speakers. While some portion of the lecture material will be drawn from the textbook, each lecture will also include a range of material that is not in your textbook – material which you will be responsible to know and upon which you will be evaluated. *Class participation and discussion are strongly encouraged.*

Learning Contract:

- Every student has the *right to learn* as well as the *responsibility* not to deprive others of their right to learn
- In order for you to get the most out of this class, please consider the following:
 - Attend all scheduled classes and arrive on time
 - Late arrivals and early departures are very disruptive and violate the first basic principle
 - Please let the instructor know immediately if you have a problem that is preventing you from performing satisfactorily in this class.

Evaluation:

Your grade for the course will be based on the following:

1. **Two Midterm Tests** - all non-cumulative and entirely multiple choice – will be administered during class time. Each midterm is worth 30% of your final grade.

Test 1	-	February 5, 2008 (30%)
Test 2	-	March 4, 2008 (30%)

2. **Final Exam** – Date/time and location to be announced (administered during the university's final exam period). Additional information about the final exam will be given in the class. The final exam is worth 40% of your final grade.

Final Exam	-	Date/Time/Location TBA (40%)
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Important Administrative Details:

1. If you cannot write one of the midterm tests because of compelling medical, religious, or compassionate reasons, and you require a makeup test date, you must contact the instructor directly prior to the date of the test(s).
2. Make-up tests will not be considered in the absence of a documented medical, religious or compassionate (i.e. family emergency) reason, submitted within one week following the due date, with no exceptions. The instructor maintains full discretion in assessing whether reasons qualify as compassionate or not. Please note that make-up tests may be in essay format rather than multiple choice format.
3. **Note on avoidance of academic offences:** All students registered in the courses of the Faculty of Arts are expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for their actions. When the commission of an offence is established, disciplinary penalties will be imposed in accord with Policy #71 (Student Academic Discipline). For information on categories of offences and types of penalties, students are directed to consult the summary of Policy #71 which is supplied in the Undergraduate Calendar (on the Web at http://www.ucalendar.uwaterloo.ca/0405/UW/policy_71.html). If you need help in learning what constitutes an academic offence; how to avoid offences such as plagiarism, cheating, and double submission; how to follow appropriate rules with respect to “group work” and collaboration; or if you need clarification of aspects of the discipline policy, ask your TA and/or your course instructor for guidance. Other resources regarding the discipline policy are your academic advisor and the Undergraduate Associate Dean.
4. Students who believe that they have been wrongfully or unjustly penalized have the right to grieve; refer to Policy #70, Student Grievance, <http://www.adm.uwaterloo.ca/infosec/Policies/policy70.htm>.
5. **Note for students with disabilities:** The Office for Persons with Disabilities (OPD), located in Needles Hall, Room 1132, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the OPD at the beginning of each academic term.
6. It is the student's responsibility to check the UW-ACE website and email regularly for important or time-sensitive messages. Students should use their UW accounts for all email correspondence to UW personnel for reasons such as identification, reliability and security. If an alternate account is used, change your email address on QUEST to the one that you want posted on the University Directory, or activate your UW account and forward your email from your UW account to your alternate email address.
7. In the event that minor revisions are made to the Course Outline after hard copies have been printed but prior to the first class, the official Course Outline will be the one posted on UW-ACE. If any revisions are made, an announcement will be posted on UW-ACE to this effect.

Outline of Dates and Topics:

Date	Topic	Textbook Chapter
Jan 8	Introduction to Course	
Jan 10	Abnormal Behaviour	1
Jan 15	Models of Abnormal Behaviour	2
Jan 17	Assessment and Classification	3
Jan 22	The Scientific Method	4
Jan 24	Anxiety Disorders	5
Jan 29	Dissociative and Somatoform Disorders (Note: you will be tested on this chapter in Midterm 2, not Midterm 1)	6
Jan 31	Psychological factors affecting medical conditions (Note: you will be tested on this chapter in Midterm 2, not Midterm 1)	7
Feb 5	Test #1 (30%) – Multiple choice questions covering chapters 1-5 in the textbook and all lectures from Jan 8 to Jan 24 (inclusive)	
Feb 7	Personality Disorders	8
Feb 12	Substance-Related Disorders	9
Feb 14	Sexual and Gender Identity Disorders	10
Feb 19	No Class –Reading Week	
Feb 21	No Class –Reading Week	
Feb 26	No Class	
Feb 28	Mood Disorders (Note: you will be tested on this chapter in the Final Exam, not Midterm 2)	11
Mar 4	Test #2 (30%) – Multiple choice questions covering chapters 6-10 in the textbook and all lectures from Jan 29 to Feb 14 (inclusive)	
Mar 6	Mood Disorders and Suicide	11 & 12
Mar 11	No Class – Campus day	
Mar 13	Schizophrenia	13
Mar 18	Video: TBA	
Mar 20	Disorders of Childhood and Adolescence	15
Mar 25	Eating Disorders	16
Mar 27	Abnormal Psychology and the Family	TBA
Apr 1	Legal and Ethical Issues	18
Apr 3	Exam Review	
	Final Exam (40%) – Multiple choice exam	

Participation in Psychology Research: Guidelines for Psychology 257, Winter 2008

Experiential learning is considered an integral part of the undergraduate program in Psychology. Participation in research is one example of this. A number of undergraduate courses have been expanded to include opportunities for Psychology students to volunteer as research participants enabling them to learn first-hand about psychology research and related concepts. Many students report that participation in research is both an educational and interesting experience.

Student participants may earn up to 5 percentage points towards their final mark in Psychology 257 by participating in studies conducted by students and faculty in the Department of Psychology. Participation is worth .5 participation credits (percentage points) for each half hour session. Researchers will record student's participation and will advise the course instructor of the total points earned by each student at the end of the term. Students who do not wish to participate in research may choose an alternative approach to earning the same number of points; this is explained below in "Alternative to participating in research".

Since experiential learning is highly valued in the Department of Psychology, students can earn a "bonus" of 5% by participating in these experiments (i.e., the maximum possible final grade is 105%).

Please note that all Psychology studies have undergone prior ethics review and clearance through the Office of Research Ethics.

Educational focus of participation in research

To maximize the educational benefits of participating in research, students will receive feedback information following their participation in each study detailing the following elements:

- Purpose or objectives of the study
- Dependent and independent variables
- Expected results
- References for at least two related research articles
- Provisions to ensure confidentiality of data
- Contact information of the researcher should the student have further questions about the study
- Contact information for the Director of the Office of Research Ethics should the student wish to learn more about the general ethical issues surrounding research with human participants, or specific questions or concerns about the study in which sh/he participated.

How do I sign up?

REG has created an account for you on SONA (our web-based Study Sign-Up system) at <http://uwaterloo.sona-systems.com> . User ID is your Quest ID (eg. j2smith), temporary password is your Student ID (eg 2001234). Log in to your account, read/acknowledge the ORE "Human Subjects/Privacy Policy" then complete a very brief (5-10 minute) "Prescreen" questionnaire to provide basic demographic info. You won't receive a credit for this and you may decline if you wish however completing it will increase your eligibility for other studies. Once you have

completed (or declined) the Prescreen questionnaire you should go to “My Profile” and enter your preferred (Alternate) email address. Then you can go to “Study Sign-Up” and select a Psych 257-eligible study that interests you and a day/time that fits your schedule. You’ll receive a confirmation email and a reminder the day before the study. Upon completion of the study you are granted your Study Credit and given feedback about the study hypothesis, design and predictions. You can use this to complete the Experimental Write-Up (the professor will explain this).

When should I sign up?

Right away, the sooner the better!!! The On-line study “Mass Testing Survey W08” (one full credit) will only be offered for a few weeks and you should do this study as soon as possible. Researchers often select participants based on their responses and doing this survey increases your eligibility for other studies. Note that you can only do this survey if you have completed the Prescreen questionnaire. Doing both Prescreen and Mass Testing Survey helps you (by providing more qualifying studies and researchers (by identifying more qualified participants) so we would greatly appreciate it if you would do both.

Are there any restrictions to the studies I can sign up for?

Yes ... i) the study must be eligible for a credit in this class (as noted in the study description) ii) only 2 of your 5 credits can be for On-line studies and iii) you should try to spread your participation out over the term. The last day to participate for credit is April 7 but you can participate for pay until April 24.

Where can I get more information, instructions, help with login problems etc?

REG website: <http://www.arts.uwaterloo.ca/~regadmin/regparticipant>

REG Coordinator: regadmin@watarts.uwaterloo.ca

Alternative to participating in research

Students are not required to participate in research, and not all students wish to do so. As an alternative to participation in research, students may opt to review articles relevant to psychology and write a short 1 page review. Each review articles counts as one percentage point. Articles must be chosen from the empirical psychological literature (i.e., from a PsychINFO database search) and relate to psychopathology or some aspect of the Psych257 course content. Students wishing help accessing and searching scientific databases, or with other library resources, should contact Tim Ireland, Liason Librarian for Psychology at tireland@library.uwaterloo.ca or x35061. **Students must receive prior approval from their Teaching Assistants about the appropriateness of the articles they choose to review.** Reviews must:

- Be submitted by April 1.
- Be typed, single-spaced, in 12pt Times New Roman font, with 1-inch margins all around
- Include title, author, source and date of the article. A copy of the article must be attached.
- Identify the psychological concepts in the article and indicate the pages in the text that are applicable.
- Clearly evaluate the application or treatment of those concepts in the article.

Students may complete any combination of a) participation in research or b) article review up to a total of 5% points.