Psych 257 – Winter 2023
Psychopathology
4:00 pm – 5:20 pm Tuesday and Thursday, Arts Lecture Hall (AL) 116

## INSTRUCTOR AND T.A. INFORMATION

Instructor: Dr. Jennifer Boyd, C.Psych. (she/her/hers)

Email: jboyd@uwaterloo.ca

Office Hour: Thursday 2:30 pm – 3:30 pm PAS 3237

**Teaching Assistants:**

Eleenor Abraham Michelle Korlacka

Email: ehabraha@uwaterloo.ca Email: makorlac@uwaterloo.ca

Office Hour: Wed. 8:30 – 9:30 am PAS 3204 Office Hour: Thurs. 11 am – 12 pm PAS 3209

Celina Bowman-Smith

Email: ckbowman@uwaterloo.ca

Office Hour: Mondays 12 – 1 pm PAS 3203 (starting Jan. 23)

## Course Description

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.

## Course Goals and Learning Outcomes

Upon completion of this course, students should be able to:

1. List the symptom criteria for various disorders and differentiate between diagnoses on the basis of symptoms
2. Describe methods used to assess and diagnose mental disorders
3. Understand the biological, psychological, and social influences on behaviour and dysfunction
4. Identify which evidence-based treatments are most commonly used for a given disorder, and be able to briefly describe the nature of the treatment and evidence for and against its utility
5. Appreciate with greater insight and empathy than before, the experience of individuals living with mental disorders

## Required Text

Barlow, D.H., Durand, V.M., Stewart, S.H., & Lalumiere, M.L (2021). Abnormal
Psychology: An Integrative Approach. (Canadian Edition) 6th edition. Toronto: Nelson Education, Ltd.

Important note: The required textbook is available for purchase at the campus bookstore. When purchased at the bookstore, the textbook automatically comes with access to MindTap, the online study guide and resources. This edition of the textbook is required as a mandatory text for this course. MindTap is optional and is not a required course resource. Students wishing to save some money may opt to purchase only the e-book from the bookstore, which also comes packaged with MindTap. Copies of the e-textbook are also available on short-term reserve at Dana Porter Library.

## Readings Available on LEARN

Optional extra readings may occasionally be posted on LEARN.

## Course Requirements and Assessment

Course material will be delivered via lecture and supplemented by clinical case material, video clips, and guest speakers. It is also expected that you will routinely visit, monitor, and participate in the Discussion Forum on LEARN. 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. This includes video material watched in class, which will not be made available to students to view outside class time. Class participation and discussion are strongly encouraged. Your final grade for the course will be based on three non-cumulative, multiple choice exams:

| *Assessment*  | *Date of Evaluation (if known)* | *Weighting* |
| --- | --- | --- |
| Midterm test 1 | Tuesday, Jan 31 (in class) | 30% |
| Midterm test 2 | Tuesday, March 7 (in class) | 30% |
| Final exam | TBA (final exam period) | 40% |
| BONUS | Research Participation (SONA) or article reviews | 3 % |
| Total |  | 100% |

| **Week** | **Date** | **Topic** | **Readings Due** |
| --- | --- | --- | --- |
| 1 | January 10 | Welcome and Introduction to Course | N/A |
| January 12 | Abnormal Behaviour in Historical Context | Chapter 1 |
| 2 | January 17 | An Integrative Approach to Psychopathology | Chapter 2 |
| January 19 | Clinical Assessment and Diagnosis | Chapter 3 |
| 3 | January 24 | Research Methods | Chapter 4 |
| January 26 | Anxiety Disorders | Chapter 5 (pp 121- 141) |
| 4 | January 31 | **MIDTERM # 1 (30 %)** | N/A |
| February 2 | Somatic and Related Disorders | Chapter 6 |
| 5 | February 7 | **Guest Lecturer:** Dr. Anna Polotskaia, C. Psych. Topic: Neurodevelopmental Disorders | Chapter 15 |
| February 9 | Obsessive-Compulsive and Related Disorders | Chapter 6 |
| 6 | February 14 | Mood Disorders (Part 1) | Chapter 8 |
| February 16 | Mood Disorders (Part 2) | Chapter 8 |
| N/A | February 21 | **NO CLASS - Reading Week** | N/A |
| February 23 | **NO CLASS - Reading Week** | N/A |
| 7 | February 27 | Trauma and Stressor-Related Disorders | Chapter 7 (pp 189 –198) |
| March 1 | Eating Disorders | Chapter 9 |
| 8 | March 7 | **MIDTERM #2 (30%)** | N/A |
| March 9 | **Guest Lecturer:** Dr. Dubravka Gavric, C.Psych.Topic: Specific Phobia and Social Anxiety | Chapter 5 (pp 141 – 155)  |
| 9 | March 14 | Sleep Disorders | Chapter 10 |
| March 16 | Sex and Gender | Chapter 11 (pp 308-334) |
| 10 | March 21 | Substance Use & Impulse Control | Chapter 12 |
| March 23 | Personality | Chapter 13 |
| 11 | March 28 | Personality  | Chapter 13 |
| March 30 | Schizophrenia and Other Psychotic Disorders | Chapter 14 |
| 12 | April 4 | Transdiagnostic Approaches Part 1 | TBA on LEARN |
| April 6 | Transdiagnostic Approaches Part 2 | TBA on LEARN |

### Course Outline

### Midterm test 1

Multiple choice questions covering chapters 1, 2, 3, 4, and 5 (pp 121- 141) in the textbook, and all lecture material including guest lectures from January 10 to January 26 inclusive.

### Midterm test 2

Multiple choice questions covering chapters 6, 15, 7 (pp 189 –198), 8, and 9 in the textbook, and all lecture material, including guest lectures, from February 2 to March 1 inclusive.

### Final Exam

Multiple choice questions covering the rest of chapters 5 (pages 141-155), 10, 11 (pp 308 – 334), 12, 13, and 14 in the textbook, all lecture material including guest lectures from March 9 to April 6 inclusive, AND any additional readings assigned during this time frame.

Bonus: You can earn up to a total of 3% bonus credits toward your grade in the course by participating in psychology research studies or completing article reviews. Please consult SONA related information posted on the website. Instructor is to be notified by Feb 28th, if you prefer to provide article reviews in place of SONA. To earn up to a total of 3% bonus points students may complete any combination of: a) participation in research, and/or b) article review. Bonus points accumulated will be applied to students’ final grades, up to a total maximum grade of 100% in the course. Please refer to the handout entitled “**Sona Participation and Research Experience Marks Information and Guidelines**” posted on LEARN for more information and on the SONA website.

## Cross-listed course (requirement for all Arts courses)

Please note that a cross-listed course will count in all respective averages no matter under which rubric it has been taken. For example, a PHIL/PSCI cross-list will count in a Philosophy major average, even if the course was taken under the Political Science rubric.

ACCOMMODATIONS:

The Psychology Department’s General Policies regarding accommodations for illness, disabilities, religious/cultural grounds, bereavement and other extenuating circumstances can be found here: <https://uwaterloo.ca/psychology/accommodations-course-requirements-assignments-tests-quizzes>

**Absences:**

You can [self-declare](https://uwaterloo.ca/quest/help/students/how-do-i/self-declare-my-illness) an absence on Quest for pandemic-related reasons or short-term reasons. Self-declarations do not require supporting documentation.

This website provides more information about self-declaring an absence on Quest, as well as on when and how to submit a verification of illness form (VIF):

<https://uwaterloo.ca/arts/undergraduate/student-support/accommodations-illness-or-extenuating-circumstances>

Note this change from previous terms: VIFs are now to be submitted to VIF.uwaterloo.ca for verification, rather than to the instructor.

However, you should also contact your instructor should your absence mean that you miss an assessment so that they can provide accommodation.

### Missing a Midterm Test or Final Exam:

In the case of a missed midterm test, the instructor will either:
1. Waive the course component and re-weight remaining term work as she deems fit according to circumstances and the goals of the course, or
2. Provide an extension.

In the case of a missed final exam, the instructor and student will negotiate an extension for the final exam which will typically be written as soon as possible, but no later than the next offering of the course.

#### Missing a test or exam due to bereavement or other extenuating circumstances

In the case of bereavement, the instructor will provide similar accommodations to those for illness. Appropriate documentation to support the request will be required.

Students who are experiencing extenuating circumstances should also inform their academic advisors regarding their personal difficulties.

Elective arrangements such as travel plans are NOT acceptable grounds for granting accommodations to course requirements per the uWaterloo Examination Regulations and Related Matters.

**Note for students with disabilities:**[AccessAbility Services](https://uwaterloo.ca/accessability-services/), located in Needles Hall, Room 1401, 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 AccessAbility Services at the beginning of each academic term.

**If you miss a lecture:**

Lecture slides will be uploaded to LEARN prior to every in-person class meeting. You may also ask another student to share their lecture notes; the LEARN message board would be an ideal place to post such a request.

Please visit the [University of Waterloo Coronavirus website](https://uwaterloo.ca/coronavirus/) to stay informed and get the most recent updates for students and instructors.

**Alternate arrangements in case there is a short-term (e.g., one-week) cancellation of in-person classes, whether for the particular course or University-wide**

If there is a need for a short-term (e.g., 1-2 week) cancellation of in-person classes, then the classes will be held online at the officially scheduled date and time. A backup recording of any online-delivered lectures will also be provided through LEARN. Details for how to access the course online will be provided if this situation arises.

**Alternate arrangements in case there is a longer-term cancellation of in-person classes, whether for the particular course or University-wide**

If there is a need for a longer-term cancellation of in-person classes, then the course will shift back to online class sessions and recordings of these sessions will be provided through LEARN. In this case, the classes will be delivered online at their officially scheduled dates and times. A backup recording of any online classes will also be provided through LEARN. Details for how to access the course online will be provided if this situation arises.

Intellectual Property

Students should be aware that this course contains the intellectual property of their instructor, TA, and/or the University of Waterloo.  Intellectual property includes items such as:

* Lecture content, spoken and written (and any audio/video recording thereof);
* Lecture handouts, presentations, and other materials prepared for the course (e.g., PowerPoint slides);
* Questions or solution sets from various types of assessments (e.g., assignments, quizzes, tests, final exams); and
* Work protected by copyright (e.g., any work authored by the instructor or TA or used by the instructor or TA with permission of the copyright owner).

Course materials and the intellectual property contained therein, are used to enhance a student’s educational experience.  However, sharing this intellectual property without the intellectual property owner’s permission is a violation of intellectual property rights.  For this reason, it is necessary to ask the instructor, TA and/or the University of Waterloo for permission before uploading and sharing the intellectual property of others online (e.g., to an online repository).

Permission from an instructor, TA or the University is also necessary before sharing the intellectual property of others from completed courses with students taking the same/similar courses in subsequent terms/years.  In many cases, instructors might be happy to allow distribution of certain materials.  However, doing so without expressed permission is considered a violation of intellectual property rights.

Please alert the instructor if you become aware of intellectual property belonging to others (past or present) circulating, either through the student body or online.  The intellectual property rights owner deserves to know (and may have already given their consent).

<https://uwaterloo.ca/secretariat-general-counsel/faculty-staff-and-students-entering-relationships-external>

**Academic integrity**: In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. [Check [the Office of Academic Integrity](https://uwaterloo.ca/academic-integrity/) for more information.]

**Discipline:**A student is expected to know what constitutes academic integrity to avoid committing an academic offence, and to take responsibility for their actions. [Check [the Office of Academic Integrity](https://uwaterloo.ca/academic-integrity/) for more information.] A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about “rules” for group work/collaboration should seek guidance from the course instructor, academic advisor, or the undergraduate associate dean. For information on categories of offences and types of penalties, students should refer to [Policy 71, Student Discipline](https://uwaterloo.ca/secretariat/policies-procedures-guidelines/policy-71). For typical penalties, check [Guidelines for the Assessment of Penalties](https://uwaterloo.ca/secretariat/guidelines/guidelines-assessment-penalties).

Concerns About a Course Policy or Decision

**Informal Stage**: We in the Psychology Department take great pride in the high quality of our program and our instructors. Though infrequent, we know that students occasionally find themselves in situations of conflict with their instructors over course policies or grade assessments. If such a conflict arises, the Associate Chair for Undergraduate Affairs (Dr. Richard Eibach) is available for consultation and to mediate a resolution between the student and instructor: Email: reibach@uwaterloo.ca; Telephone: 519-888-4567 ext. 38790

**Grievance:** A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. Read [Policy 70 - Student Petitions and Grievances](https://uwaterloo.ca/secretariat/policies-procedures-guidelines/policy-70), Section 4. When in doubt, please be certain to contact Richard Eibach, the Associate Chair for Undergraduate Affairs who will provide further assistance.

**Appeals:** A decision made or penalty imposed under Policy 70 - Student Petitions and Grievances (other than a petition) or Policy 71 - Student Discipline may be appealed if there is a ground. A student who believes they have a ground for an appeal should refer to [Policy 72 - Student Appeals](https://uwaterloo.ca/secretariat/policies-procedures-guidelines/policy-72)

Mental Health Services

All of us need a support system. The faculty and staff in Arts encourage students to seek out mental health support if they are needed.

[Mental Health Services](https://uwaterloo.ca/campus-wellness/) aim is to provide holistic programming and services to help you lead a healthy and balanced life. We strive to provide a secure, supportive environment for students of all orientations and backgrounds.

Students suffering from anxiety, depression, problems with sleep, attention, obsessions or compulsions, relationship difficulties, severe winter blues, etc., may make an appointment by phone or in person. Appointments are usually available within two days of initial contact with one of our medical doctors. All contacts are completely confidential.

On Campus

* Health Services Building: located across the creek from Student Life Centre
	+ Call 519-888-4096 to schedule an appointment
* Telehealth Ontario: call 1-866-797-0000 for free 24/7 advice from a health professional
* Counselling Services (Needles Hall Addition, NH 2401)
	+ Call 519-888-4567 x 32655 to schedule an appointment
	+ counserv@uwaterloo.ca
* [MATES](https://wusa.ca/services/uw-mates): one-to-one peer support program offered by Federation of Students (FEDS) and Counselling Services
* [Glow Centre](https://uwaterloo.ca/campus-wellness/services/glow-centre): support services for sexual and gender diversity
* [Empower Me](https://wusa.ca/services/empower-me): 24/7 mental health and wellness service for students (telephone)

Off campus, 24/7

* [Good2Talk](http://www.good2talk.ca/): Free confidential help line for post-secondary students. Phone: 1-866-925-5454
* Grand River Hospital: Emergency care for mental health crisis. Phone: 519-749-433 ext. 6880
* [Here 24/7](http://www.here247.ca/): Mental Health and Crisis Service Team. Phone: 1-844-437-3247
* [OK2BME](https://ok2bme.ca/): set of support services for lesbian, gay, bisexual, transgender or questioning teens in Waterloo. Phone: 519-884-0000 ext. 213

Campus Wellness list of resources: <https://uwaterloo.ca/campus-wellness/get-mental-health-support-when-you-need-it>

Download [UWaterloo and regional mental health resources (PDF)](https://uwaterloo.ca/arts/sites/ca.arts/files/uploads/files/counselling_services_overview_002.pdf)

Download the [WatSafe app](https://uwaterloo.ca/watsafe/) to your phone to quickly access mental health support information

ACADEMIC FREEDOM AT THE UNIVERSITY OF WATERLOO

[Policy 33, Ethical Behaviour](https://uwaterloo.ca/secretariat/policies-procedures-guidelines/policy-33) states, as one of its general principles (Section 1), “The University supports academic freedom for all members of the University community. Academic freedom carries with it the duty to use that freedom in a manner consistent with the scholarly obligation to base teaching and research on an honest and ethical quest for knowledge. In the context of this policy, 'academic freedom' refers to academic activities, including teaching and scholarship, as is articulated in the principles set out in the Memorandum of Agreement between the FAUW and the University of Waterloo, 1998 (Article 6). The academic environment which fosters free debate may from time to time include the presentation or discussion of unpopular opinions or controversial material. Such material shall be dealt with as openly, respectfully and sensitively as possible.” This definition is repeated in Policies 70 and 71, and in the Memorandum of Agreement, Section 6.

Territorial Acknowledgement

We acknowledge that we are living and working on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe and Haudenosaunee peoples. The University of Waterloo is situated on the Haldimand Tract, the land promised to the Six Nations that includes 10 kilometres (six miles) on each side of the Grand River.

The Official Version of the Course Outline

If there is a discrepancy between the hard copy outline (i.e., if students were provided with a hard copy at the first class) and the outline posted on LEARN, the outline on LEARN will be deemed the official version. Outlines on LEARN may change as instructors develop a course, but they become final as of the first class meeting for the term.