

Psychology 257: Psychopathology
Tuesday & Thursday 2:30-3:50pm
Fall 2011

Instructor:

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Course Time & Location:

Tuesday & Thursday 2:30 – 3:50 pm

Davis Centre (DC), Room 1350

Instructor Office Hours:

Instructor office hours are by appointment only. If you would like to set up a meeting with Prof. Moscovitch, please email him at dmosco@uwaterloo.ca. Please make use of the TA office hours and our UW-ACE course discussion forum for course-related and administrative questions (see below).

| <u>Teaching Assistants and Office Hours:</u> | <u>Important Notes About Emailing the TAs:</u> |
|---|---|
| <p>1. <u>Dan Balk</u> <i>Office:</i> PAS 3035 <i>E-Mail:</i> dbalk@uwaterloo.ca <i>Office Hrs:</i> Tuesdays 10-11am & Fridays 1:30-2:30pm</p> <p>2. <u>Alba Shaqiri</u> <i>Office:</i> PAS 4227 <i>E-Mail:</i> ashaqiri@uwaterloo.ca <i>Office Hrs:</i> Mondays 4-5pm & Wednesdays 9-10am</p> <p>3. <u>Anisha Varghese</u> <i>Office:</i> PAS 3203 <i>E-Mail:</i> a5varghe@uwaterloo.ca <i>Office Hrs:</i> Thursdays 12:45-1:45pm</p> <p><u>Summary of Office Hours:</u> Mon 4-5pm (Alba, PAS4227) Tues 10-11am (Dan, PAS3035) Wed 9-10am (Alba, PAS4227) Thurs 12:45-1:45pm (Anisha, PAS3203) Fri 1:30-2:30pm (Dan, PAS3035)</p> | <p>Please do not e-mail TAs directly unless your question is private or personal in nature.</p> <p>There is a “Discussion Forum” on the course website in UW-ACE where your TAs will respond publicly to all course-related questions that are posted.</p> <p>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.</p> |

Required Text:

Barlow, D.H., Durand, M.V., & Stewart, S.H. *Abnormal Psychology: An Integrative Approach, Second Canadian Edition*. Toronto: Nelson Publishing.

This required textbook is available for purchase at the campus bookstore, and it comes packaged with the study guide. If you buy the textbook used from another source, please note that there are also a limited number of study guides available for purchase separately at the bookstore. ***The study guide is optional and is not a required course text.***

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. 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.

Learning Objectives:

1. To develop an informed, critical understanding of abnormal behaviour in the context of current (and historical) conceptualizations of psychological disorders and therapeutic techniques;
2. To gain exposure to current, empirically-supported methods of clinical assessment, diagnosis, and treatment;
3. To gain insight into the experience and phenomenology of human psychological dysfunction.

Course Format and Structure:

Course material will be delivered via lecture and supplemented by clinical case material, film clips, and, occasionally, guest speakers. In addition, it is expected that you will routinely visit, monitor, and participate in the online course "Discussion Forum" on UW-ACE. Thought questions (and, occasionally, additional readings) will be posted on this forum.

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:

1. Everyone has the *right to learn* and the *responsibility* not to deprive others of their right to learn
2. Every student is accountable for his or her own actions
3. 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
 - Please let the instructor know immediately if you have a problem that is preventing you from performing satisfactorily in this class
4. ***Determine whether bringing a laptop to class will facilitate or potentially undermine your learning. This is a personal choice but I have seen how distracting a laptop in class can be***

for student who cannot resist multitasking during class time on tasks unrelated to the course material

Evaluation:

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

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

| | | |
|---------------|---|---|
| Test 1 | - | Tuesday, October 18, 2011 (30%) |
| Test 2 | - | Tuesday, November 22, 2011 (30%) |

2. **Final Exam** – Date/time and location to be announced (administered during the university's final exam period). The final exam, worth 40% of your final grade, will consist of 100 multiple choice questions, 75 of which will be based on the readings and lectures from Nov. 17 to Dec. 1. The other 25 questions will be based on the rest of the course materials - i.e., all the readings and lectures from Sept. 9.

| | | |
|-------------------|---|-------------------------------------|
| Final Exam | - | Date/Time/Location TBA (40%) |
|-------------------|---|-------------------------------------|

Important - please note the following student responsibilities:

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.
2. Students who are requesting accommodation for course requirements (midterm tests, final exams, etc.) due to illness should do the following:
 - Seek medical treatment as soon as possible and obtain a completed UW Verification of Illness Form: http://www.healthservices.uwaterloo.ca/Health_Services/verification.html
 - Submit that form to the instructor within 48 hours.
 - Preferably inform the instructor by the due date for the course requirement that you will be unable to meet the deadline and that documentation will be forthcoming.

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. In the case of a missed midterm test, the instructor will either a) waive the course component and re-weight remaining term work as he deems fit according to circumstances and the goals of the course, or b) provide a make-up test. In the case of bereavement, the instructor will provide similar accommodations to those for illness. Appropriate documentation to support the request will be required.

3. 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.*

4. 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.
5. 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.

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

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.

Plagiarism and Other Academic Offences:

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.

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. For more information, students should read Policy 70 - Student Petitions and Grievances, Section 4: <http://www.adm.uwaterloo.ca/infosec/Policies/policy70.htm>

Discipline: A student is expected to know what constitutes academic integrity, to avoid committing academic offenses, and to take responsibility for his/her actions. A student who is unsure whether an action constitutes an offense, or who needs help in learning how to avoid offenses (e.g., plagiarism, cheating) or about “rules” for group work/collaboration should seek guidance from the course professor, academic advisor, or the Undergraduate Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under Policy 71 – Student Discipline. For information on categories of offenses and types of penalties, students should refer to Policy 71 - Student Discipline: <http://www.adm.uwaterloo.ca/infosec/Policies/policy71.htm>

Appeals: A student may appeal the finding and/or penalty in a decision made under Policy 70 - Student Petitions and Grievances (other than regarding a petition) or Policy 71 - Student Discipline if a ground for an appeal can be established. For more information, students should read Policy 72 - Student Appeals: <http://www.adm.uwaterloo.ca/infosec/Policies/policy72.htm>

Outline of Dates and Topics:

| Date | Topic | Chapter in Text |
|--------------|---|------------------------|
| Sept 13 | Welcome! An Introduction to the Course and Review of the Course Outline | |
| Sept 15 & 20 | Abnormal Behaviour in Historical Context | 1 |
| Sept 22 | An Integrative Approach to Psychopathology | 2 |
| Sept 27 | Clinical Assessment, Diagnosis, and Classification | 3 |
| Sept 29 | NO CLASS | |
| Oct 4 | Research Methods | 4 |
| Oct 6 & 11 | Anxiety Disorders | 5 |
| Oct 13 | NO CLASS | |
| Oct 18 | Test #1 (30%) – 75 multiple choice (covers all material from Sept. 13 - Oct. 11). | |
| Oct 20 | NO CLASS | |
| Oct 25 | Somatoform & Dissociative Disorders | 6 |
| Oct. 27 | Eating Disorders – guest speaker: Dr. Michele Laliberté | 8 |
| Nov 1 & 3 | Mood Disorders | 7 |
| Nov 8 | Sleep Disorders | 8 |
| Nov 10 | VIDEO | |
| Nov 15 | Sexual Disorders & Gender Identity Disorder | 10 |
| Nov 17 | Substance Related Disorders – guest speaker: Andrew Galloway | 11 |
| Nov 22 | Test #2 (30%) – 75 multiple choice questions covering chapters 6, 7, 8, & 10 in the textbook and all lectures from Oct. 25 to Nov. 15. | |
| Nov 24 | Cognitive Disorders – guest speaker: Dr. Morris Moscovitch | 15 |
| Nov 29 | Personality Disorders | 12 |
| Dec 1 | Schizophrenia and Other Psychotic Disorders | 13 |
| TBA | Final Exam (40%) – 100 multiple choice questions (75 questions will cover material from Nov. 17-Dec 1, and 25 q's will cover all other course material). | |

Research Experiences Marks: Information and Guidelines

Experiential learning is considered an integral part of the undergraduate program in Psychology. Research participation is one example of this, article review is another.

This course (Psych257), as well as other undergraduate courses in Psychology at the University of Waterloo, offer opportunities for Psychology students to earn grades while gaining research experience.

Since experiential learning is highly valued in the Department of Psychology, students may earn a **"bonus" grade of up to 4%** in this course through research experience. Course work will make up 100% of the final mark and a "bonus" of up to 4% may be earned and will be added to the final grade if/as needed to bring your final grade up to 100%.

The two options for earning research experience grades (participation in research and article review) are described below. Students may complete any combination of these options to earn research experience grades.

Option 1: Participation in Psychology Research

Research participation is coordinated by the Research Experiences Group (REG). Psychology students may volunteer as research participants in lab and/or online (web-based) studies conducted by students and faculty in the Department of Psychology. Participation enables students to learn first-hand about psychology research and related concepts. Many students report that participation in research is both an educational and interesting experience. Please be assured 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 s/he participated.

Participation is worth 0.5 participation credits (grade percentage points) for each half-hour of participation. Researchers will record student's participation and will advise the course instructor of the total credits earned by each student at the end of the term.

Study scheduling, participation and grade assignment is managed using the SONA online system. All students enrolled in this course have been set up with a SONA account. It is VERY IMPORTANT that you get an early start on your studies. For detailed instructions on when and how access your SONA account and for a list of important dates and deadlines please, as soon as possible, click on:

<http://www.arts.uwaterloo.ca/~regadmin/regparticipant/sonainfo/#SonaSignUp>

**** Please do not ask the Course Instructor or REG Coordinator for information unless you have first thoroughly read the information provided on this website. ****

More information about the REG program is available at:
<http://www.arts.uwaterloo.ca/~regadmin/regparticipant/>

Option 2: Article Review as an alternative to participation 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 submit short reviews (1-2 pages each) of journal articles relevant to Psychopathology or the field of clinical psychology. **Each review article counts as one percentage point.** To receive credit, you must follow specific guidelines, which are described below.

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 ext.35061 or tireland@library.uwaterloo.ca.

Students must receive prior approval from their Teaching Assistants about the appropriateness of the articles they choose to review.

Reviews must:

- Be submitted no later than **December 1, 2011. Late submissions will not be accepted.**
- 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 Barlow et al. textbook that are applicable. Critically evaluate the application or treatment of those concepts in the article and how they related to the study of Psychopathology.
- Please keep a copy of your reviews in the unlikely event we misplace the originals.

Summary of Bonus Credits in Psych 257, Fall 2011

In sum, students may complete any combination of a) participation in research or b) article review up to a total of 4% points. Bonus points accumulated may be applied to students' final grades, for a total maximum grade of 100%