

Psychology 257: Psychopathology
Tuesday & Thursday 2:30-3:50pm
Fall 2007

Instructor:

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Instructor Office Hours:

Tuesdays 9-10am

Teaching Assistants and Office Hours:

Elizabeth Orr

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Office Hours: Thursday 1-2pm

Andrea Nelson

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E-Mail: a3nelson@uwaterloo.ca

Office Hours: Tuesday 11-12pm

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 called **“Ask Your TAs,”** 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.

Course Time & Location:

Tuesday & Thursday 2:30 – 3:50 pm

Arts Lecture Hall (AL), Room 116

Required Text:

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

This required textbook is available for purchase at the campus bookstore. A limited number of study guides – published by Nelson and corresponding with the textbook - 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.

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. 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. Every student has the *right to learn* as well as 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 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	-	October 16, 2007 (30%)
Test 2	-	November 13, 2007 (30%)

2. **Final Exam** – Date/time and location to be announced (administered during the university's final exam period). The final exam will consist of 100 multiple choice questions, 75 of which will be based on the readings and lectures from Nov. 8 to Nov. 29. The other 25 questions will be based on the rest of the course (i.e., all the readings and lectures from Sept. 11). The final exam is worth 40% of your final grade.

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 (section 1; on the Web at www.adm.uwaterloo.ca/infosec/Policies/policy71.htm). 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
Sept 11	Introduction to Course	
Sept 13	No class	
Sept 18 & 20	Abnormal Behaviour in Historical Context	1
Sept 25	An Integrative Approach to Psychopathology	2
Sept 27	Video: TBA	
Oct 2	Clinical Assessment, Diagnosis, and Therapy	3
Oct 4	Research Methods	4
Oct 9 & 11	Anxiety Disorders	5
Oct 16	Test #1 (30%) – 75 multiple choice questions covering chapters 1-5 in the textbook and all lectures from Sept. 11 to Oct. 11	
Oct 18	Eating Disorders – guest speaker: Dr. Michele Laliberte	8
Oct 23 & 25	Mood Disorders	7
Oct 30	Somatoform and Dissociative Disorders	6
Nov 1	Sleep Disorders; Physical Disorders & Health Psych	8, 9
Nov 6	Sexual Disorders and Gender Identity Disorder	10
Nov 8	Substance Related Disorders – guest speaker: Andrew Galloway	11
Nov 13	Test #2 (30%) – 75 multiple choice questions covering chapters 6-10 in the textbook and all lectures from Oct. 18 to Nov. 6	
Nov 15	Personality Disorders	12
Nov 20 & 22	Schizophrenia and Other Psychotic Disorders	13
Nov 27	Developmental Disorders – guest speaker: Elizabeth Orr	14
Nov 29	Summary, exam review, and course evals	
TBA	Final Exam (40%) – 100 multiple choice questions. Seventy five percent of the questions will cover chapters 11-14 in the textbook and all lectures from Nov. 8 to Nov. 29, while 25% of the questions will cover all the other readings and lectures from this course.	

Participation in Psychology Research: Guidelines for Psychology Undergraduate Courses

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 s/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 F07” (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. We'd appreciate it if you'd 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 Dec 3. You can participate for pay anytime.

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 article 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 November 27, 2007
- 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.

In sum, students may complete any combination of a) participation in research or b) article review up to a total of 5% points. Bonus points accumulated may be applied to students' final grades, for a total maximum grade of 100%