

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

**Instructor:**

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**Instructor Office Hours:**

Tuesdays 9-10am

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**Important Note About E-mailing the TAs:**

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

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.

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 113

**Required Text:**

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

**N.B.:** There is a new *second edition* of this textbook now on the market, which is virtually identical to the first edition. Either edition is fine for this class.

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.***

### 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. 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 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.

### 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.

<b>Test 1</b>	-	<b>October 14, 2008 (30%)</b>
<b>Test 2</b>	-	<b>November 11, 2008 (30%)</b>

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. 6 to Nov. 27. 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(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. 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.
4. 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.

**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:**

<b>Date</b>	<b>Topic</b>	<b>Chapter in Text</b>
Sept 9	Welcome! An Introduction to the Course and Review of the Class Syllabus	
Sept 11 & 16	Abnormal Behaviour in Historical Context	1
Sept 18	An Integrative Approach to Psychopathology	2
Sept 23	Clinical Assessment, Diagnosis, and Classification	3
Sept 25	Research Methods	4
Sept 30	<b>No class</b>	
Oct 2 & 7	Anxiety Disorders	5
Oct 9	<b>No class</b>	
Oct 14	<b>Test #1 (30%) – 75 multiple choice (covers all material from Sept. 9 - Oct. 7).</b>	
Oct 16	Somatoform & Dissociative Disorders	6
Oct 21 & 23	Mood Disorders	7
Oct 28	Sleep Disorders (and introduction to Eating Disorders)	8
Oct 30	Eating Disorders – guest speaker: Dr. Michele Laliberté	8
Nov 4	Sexual Disorders & Gender Identity Disorder	10
Nov 6	Substance Related Disorders – guest speaker: Andrew Galloway	11
Nov 11	<b>Test #2 (30%) – 75 multiple choice questions covering chapters 6, 7, 8, &amp; 10 in the textbook and all lectures from Oct. 16 to Nov. 4 (excluding Nov. 6).</b>	
Nov 13	<b>No class</b>	
Nov 18	Personality Disorders	12
Nov 20	Schizophrenia and Other Psychotic Disorders	13
Nov 25	Cognitive Disorders – guest speaker: Dr. Morris Moscovitch	15
Nov 27	Final lecture: summary, special treats, odds and ends	
TBA	<b>Final Exam (40%) – 100 multiple choice questions (75 questions will cover all material from Nov. 6-27, while 25 questions will cover all other course material).</b>	

## 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 4 percentage points towards their final mark in Psychology 257 by participating in Psychology studies conducted by students and faculty in the Department of Psychology.** Participation is worth 0.5 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 4% by participating in these experiments. **This 4% bonus can boost your final grade substantially, but only up to a maximum possible final grade of 100%.**

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?*

Once you are registered in the course, you will get an account on SONA (our web-based Study Sign-Up system) at <http://uwaterloo.sona-systems.com>. User ID is your Quest ID (e.g., j2smith), temporary password is your Student ID (e.g., 2001234). Log in to your account, read/acknowledge the ORE "Human Subjects/Privacy Policy" then complete a very brief (10 minute) "Pre-screen Questionnaire" to provide basic demographic information. You won't receive a credit for this and you may decline if you wish; **however, completing the pre-screen questionnaire will increase your eligibility for other studies.** Once you have completed (or declined) the pre-screen 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.

### ***When should I sign up?***

Right away, the sooner the better!!! **The On-line study “Mass Testing Survey F08” (one full credit) will only be offered for a few weeks and you should complete this study as soon as possible.**

Researchers often select participants based on their responses and completing this survey increases your eligibility for other studies. Note that you can only complete this Mass Testing Survey if you have completed the Pre-screen Questionnaire. Completing both the Pre-screen Questionnaire and the Mass Testing Survey helps you (by allowing you to qualify for more studies) and helps 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 4 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. 1 but you can participate for pay until Dec. 19.**

### ***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](mailto: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 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.** You should contact your TA to get approval before writing the review. 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](mailto: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 by November 27, 2007. **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.

**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%**