

**University of Waterloo**  
**Department of Psychology**  
**Psychology 257**  
**Psychopathology**  
**Fall 2018**  
**Tuesdays & Thursdays at 1:00-2:20pm**  
**J.R. Coutts Engineering Lecture Hall (RCH), Room 101**

**Instructor and T.A. Information**

Instructor: David A. Moscovitch, Ph.D., C. Psych.

Office: PAS 3010

Office Phone: 519-888-4567, EXT. 32549

Office Hours: By appointment

Email: [dmosco@uwaterloo.ca](mailto:dmosco@uwaterloo.ca)

To set up a meeting with Prof. Moscovitch, please email him at the address above. Your course TAs are Chantal Gautreau, Olivia Merritt, and Aleece Katan, both graduate students in the Clinical Psychology Doctoral Training Program at UW. Their contact information and office hours are listed below. If you have specific course-related and administrative questions, please visit the TA office hours and/or post your questions directly on our LEARN Discussion Board, which both Prof Moscovitch and the TAs and will monitor daily.

In addition to the Discussion Forum on LEARN, the TAs represent your first point of contact for any course-related questions you have, including assistance you may need with the course material. To meet with any of the TAs, please visit them in their offices during one of their listed office hours or email them to make an appointment outside their dedicated office hour times. Office hours and email addresses are listed in the Table below.

Teaching Assistant	Email Address	Office	Office Hours
1. Chantal Gautreau	<a href="mailto:chantal.gautreau@uwaterloo.ca">chantal.gautreau@uwaterloo.ca</a>	PAS 3214	Mondays 1-2 Wednesdays 10-11
2. Olivia Merritt	<a href="mailto:oamerritt@uwaterloo.ca">oamerritt@uwaterloo.ca</a>	PAS 3213	Tuesdays 2:30-3:30pm Thursdays 3-4pm.
3. Aleece Katan	<a href="mailto:akatan@uwaterloo.ca">akatan@uwaterloo.ca</a>	PAS 3035	Tuesdays 11:30-12:30 Fridays 12-1

## **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. 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 evidence-based practice.

## **Course Goals and Learning Outcomes**

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

- A. Articulate an informed, critical understanding of abnormal behaviour in the context of current (and historical) conceptualizations of psychological dysfunction and therapeutic techniques
- B. Understand the scientist-practitioner model of clinical psychology and identify a range of empirically-supported clinical assessment and treatment methods
- C. Begin to evaluate the relative strengths and weaknesses of new developments in research and practice within the field of clinical psychology
- D. Appreciate, with greater insight than before, the experiential phenomenology of human psychological health and suffering

## **Required Text**

Barlow, D.H., Durand, M.V., Hofmann, S.G., & Lalumiere, M.L. (2018). *Abnormal Psychology: An Integrative Approach*, Fifth Canadian Edition. Toronto: Nelson Publishing

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. The fourth Canadian edition of this textbook is compatible with our course material and students are welcome to use it instead. The third and earlier Canadian editions of the text are incompatible with current course material. 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 textbook are also available on short-term reserve at Dana Porter Library.

## **Readings Available on LEARN**

Optional extra readings may occasionally be posted on our LEARN Discussion Forum, with notes to contextualize the learning objective(s) associated with them

## Course Requirements and Assessment

Course material will be delivered via lecture and supplemented by clinical case material, film clips, videos, 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 will be based on (a) 2 midterm tests (worth 30% each) – both noncumulative and consisting of 75 multiple-choice questions; and (b) final exam – cumulative and consisting of 100 multiple-choice questions.

<b>Assessment</b>	<b>Date of Evaluation</b>	<b>Weighting</b>
Midterm Test #1	Tuesday October 16	30%
Midterm Test #2	Tuesday November 13	30%
Cumulative Final Exam	To Be Announced	40%
Total		100%

Both midterm tests and the final exam will consist of multiple choice questions based on a combination of both textbook and lecture material (see details, below).

### **Midterm Test #1: Tuesday October 16**

Midterm test #1 will take place in RCH 101 during class time. It will cover textbook chapters 1-5 and all class/lecture/video material from September 6 up to and including October 11.

### **Midterm Test #2: Tuesday November 13**

Midterm test #2 will take place in RCH 101 during class time. It will cover only textbook chapters 6, 7, 8, and 10 and all class material from October 18 up to and including Nov 8.

### **Final Exam**

The final exam will be administered during the final exam period. The exam will cover textbook and class material from the entire course, but there will be a relatively greater emphasis on textbook chapters 12, 13, and 15, and class material from Nov 15-29.

### **Opportunity for Bonus Grades**

See Research Experience Grades, below.

## Course Outline

Date	Topic	Readings Due
Sept 6	Welcome! Course Overview & Requirements	None required
Sept 11	NO CLASS (Professor away)	N/A
Sept 13	Abnormal Behaviour in Historical Context, P1	Textbook Chapter 1
Sept 18	Abnormal Behaviour in Historical Context, P2	Textbook Chapter 1
Sept 20	An Integrative Approach to Psychopathology	Textbook Chapter 2
Sept 25	Clinical Assessment, Diagnosis, & Classification	Textbook Chapter 3
Sept 27	Research Methods (Lecture provided by course TAs)	Textbook Chapter 4
Oct 2	Anxiety, Trauma-Related, & Obsessive-Compulsive Disorders, Part 1	Textbook Chapter 5
Oct 4	Anxiety, Trauma-Related, & Obsessive-Compulsive Disorders, Part 2	Textbook Chapter 5
Oct 9	NO CLASS (Fall Reading Week)	None required
Oct 11	Midterm review and preparation – Q/A	Textbook Chapters 1-5
Oct 16	<b>Midterm Test #1</b>	<i>Details in course outline</i>
Oct 18	Video: Why Do We Dream?	Textbook Chapter 8 (sleep disorders only)
Oct 23	Sleep-Wake Disorders	Textbook Chapter 8 (sleep disorders only)
Oct 25	Mood Disorders & Suicide, Part 1	Textbook Chapter 7
Oct 30	Mood Disorders & Suicide, Part 2	Textbook Chapter 7
Nov 1	Somatic Symptom & Dissociative Disorders	Textbook Chapter 6
Nov 6	Sexual Dysfunctions, Paraphilic Disorders, & Gender Dysphoria	Textbook Chapter 10
Nov 8	Eating Disorders (Guest Speaker: Dr. Michele Laliberté, St. Joseph's Healthcare Hamilton)	Textbook Chapter 8 (eating disorders)
Nov 13	<b>Midterm Test #2</b>	<i>Details in course outline</i>
Nov 15	Video: The Woodsman	None required
Nov 20	Personality Disorders	Textbook Chapter 12
Nov 22	Substance-Related Disorders (Guest Speaker: Andrew Galloway, Intervention Canada)	None required
Nov 27	Neurocognitive Disorders (Guest Speaker: Dr. Morris Moscovitch, UofT)	Textbook Chapter 15
Nov 29	Schizophrenia Spectrum & Other Psychotic Disorders	Textbook Chapter 13
TBA	<b>Final Exam</b>	<i>Details in course outline</i>

## Academic Integrity

**Academic Integrity:** In order to maintain a culture of academic integrity, members of the University of Waterloo are expected to promote honesty, trust, fairness, respect and responsibility. See the [UWaterloo Academic Integrity webpage](#) and the [Arts Academic Integrity webpage](#) for more information.

**Discipline:** A student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for his/her actions. 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 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](#). For typical penalties check [Guidelines for the Assessment of 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 (Richard Eibach) is available for consultation and to mediate a resolution between the student and instructor: Email: [reibach@uwaterloo.ca](mailto:reibach@uwaterloo.ca); Ph 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](#), Section 4. When in doubt, please be certain to contact Richard Eibach, the Associate Chair for Undergraduate Affairs who will provide further assistance; [reibach@uwaterloo.ca](mailto:reibach@uwaterloo.ca).

**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 he/she has a ground for an appeal should refer to [Policy 72 - Student Appeals](#).

## Accommodation for Students with Disabilities

**Note for students with disabilities:** The [AccessAbility Services](#) office, located on the first floor of the Needles Hall extension (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 the AS office at the beginning of each academic term.

## Accommodation for course requirements

- Students requesting accommodation for course requirements (assignments, midterm tests, final exams, etc.) due to illness should do the following:
  - Consult the University's [examination regulations](#) for information about procedures and policies for requesting accommodations
  - seek medical treatment as soon as possible
  - obtain documentation of the illness with a completed uWaterloo [Verification of Illness Form](#)
  - submit that form to the instructor within 48 hours. Students in Centre for Extended Learning (CEL) courses must submit their confirmation of the illness to CEL.
  - (if possible) 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 assignment deadline, midterm test, or quiz, the instructor will either:
  - waive the course component and re-weight remaining term work as he/she deems fit according to circumstances and the goals of the course, or
  - provide an extension.
- 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](#).

## 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.

## 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 six miles on each side of the Grand River.

## **Mental Health Services**

Mental Health Services 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 problems with 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.

### **Contact Health Services**

[Health Services Building](#)

Call 519-888-4096 to schedule an appointment

Call 1-866-797-0000 for free 24/7 advice from a health professional

### **Contact Counselling Services**

[Needles Hall Addition, NH 2401](#)

Call 519-888-4567 x 32655 to schedule an appointment

[counserv@uwaterloo.ca](mailto:counserv@uwaterloo.ca)

Another useful on-campus resource:

### **The UW Centre for Mental Health Research and Treatment (CMHRT)**

[Centre for Mental Health Research and Treatment](#)

Call 519-888-4567 x33842 or email [cmhrtintake@uwaterloo.ca](mailto:cmhrtintake@uwaterloo.ca) to schedule an appointment

Note: Located on the first floor of the Psychology Department, the CMHR provides evidence-based mental health services, but does not provide crisis service to those who require an immediate appointment.

## 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 to benefit most from 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 as soon as possible if you have a problem that is preventing you from performing satisfactorily in this class
4. Please consider carefully whether using a laptop in class will facilitate or potentially undermine your learning. For example, while a laptop can be helpful for efficient note-taking and filing, it may also hamper deeper encoding of lecture material and significantly undermine learning for individual students who cannot resist multitasking during class time on tasks unrelated to the course material.
5. It is the student's responsibility to check the LEARN 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 address. Please see [uWaterloo polices about official student email address](#) for university policies and information about using your official UW email address.
6. Students who are experiencing extenuating circumstances that may reasonably affect their performance in this class should inform the instructor as well as their academic advisors regarding their personal difficulties at the earliest possible date. The sooner Dr. Moscovitch is informed about these potential difficulties, the easier it will be for him to help accommodate the student's needs around these difficulties. If you cannot write one of the midterm tests because of compelling medical, religious, or compassionate (e.g., family emergency) reasons, and you require a makeup test date, you must contact the instructor directly prior to the date of the test. Make-up tests and exams will not be considered in the absence of a documented reason, submitted within 48 hours following the due date, **with no exceptions**. The instructor maintains full discretion in assessing whether reasons qualify as compassionate or not.



## **Research Experience Grades: 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. A number of undergraduate courses have been expanded to include 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 as needed to bring your final grade up to a maximum of 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 Psychology Department. Participation enables students to learn first-hand about psychology research and related concepts. Many students report that participation in research is 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.

### Important Note

Participation in LAB studies is worth 0.5 participation credits (grade percentage points) for each 30-minutes of participation. Participation in ONLINE studies is worth .25 credits for each 15-minutes 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.

### How to participate?

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. You must get started early in the term.

[INSTRUCTIONS/DATES/DEADLINES: How to log in to Sona and sign up for studies](#)

*\*\*\* 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:

[REG Participants' Homepage](#)

### 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 (1½ - 2 pages each) of journal articles relevant to Psychopathology or the field of clinical psychology. **Each review article counts as 1.0 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 or Scopus 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, Liaison Librarian for Psychology at ext.35061 or [tireland@library.uwaterloo.ca](mailto:tireland@library.uwaterloo.ca). Students are encouraged to seek prior approval from their Teaching Assistants about the appropriateness of the articles they choose to review.

**Note that for Option 2, Article Reviews Must:**

- Be submitted before **Dec 3, 2018 at 11:59pm**. **Late submissions will not be accepted.**
- Be typed, single-spaced, in 12pt Times font, with 1-inch margins all around
- Include article title, author, and source. **A copy of the article must be attached.**
- Identify the psychological concepts in the article and indicate the pages in the textbook that are applicable.
- Critically evaluate the application or treatment of those concepts in the article and how they relate to the study or field 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 2018**

In sum, in order to earn up to a total of 4% 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, for a total maximum grade of 100%.