



ST. JEROME'S UNIVERSITY

St. Jerome's University in the University of Waterloo
Department of Psychology
PSYCH 257 - PSYCHOPATHOLOGY
Spring 2018
Mondays 6:30 – 9:20pm, HH 1101

Instructor and T.A. Information

Instructor: Meagan MacKenzie, PhD

Office: SH 2109

Office Hours: Mondays 4:30 – 5:30pm or by appointment

Email: meagan.mackenzie@uwaterloo.ca – preferred method of communication

Please consult LEARN and/or refer to the Course Outline before contacting me with questions. Students can expect a response to a legitimate inquiry within 48 hours, not including weekends. If you don't receive a reply in this time period, please re-send your message. E-mail should not be used as a mechanism to receive private tutorials (especially prior to tests) or to explain material that was covered in lectures you missed.

T.A.	Serena McDiarmid	Alex Huynh
Email	sdmcdiar@uwaterloo.ca (For students with last names from A-LAL)	alex.huynh@uwaterloo.ca (For students with last names from LAM-Z)

Office hours with Serena are for ALL students regardless of last name.

Office Hours Tuesdays 2:30-3:30pm

Office PAS 4244 - Enter through research area.

Course Description

This course offers an introduction to understanding, assessing, and treating mental illness from a psychological perspective. Course material will focus on various categories of abnormal behaviour, including personality, anxiety, and mood disorders, schizophrenia, and substance abuse. Clinical methods of assessment, diagnosis, and intervention will also be considered.

Course Goals and Learning Outcomes

1. Develop familiarity with the DSM-5 classification system and major disorders described within it.
2. Gain an appreciation of the complexities and consequences inherent in labeling human behaviors and experiences as “abnormal.”
3. Name and describe methods of scientific inquiry utilized in assessing and diagnosing mental disorders.
4. Articulate the contributions of various perspectives—psychological, biological, sociocultural—to the study of disordered behavior.
5. Demonstrate sensitivity to the human struggle to live with psychological problems and show respect for the dignity of individuals with psychological disorders.
6. Describe the general ethical and legal issues relating to psychiatric diagnosis and treatment.
7. Identify the evidence-based treatments of many mental health disorders.
8. Gain practice in critically evaluating scientific research in clinical psychology.

Required Text

- Barlow, D.H., Durand, V.M., Hofmann, S. G., & Lalumiere, M.L (2018). *Abnormal Psychology: An Integrative Approach*. (Canadian Edition) 5th edition. Toronto: Nelson Education, Ltd.
 - *4th edition will be fine, but earlier editions NOT recommended*
- LEARN will also be used to communicate with students, and to provide copies of course material (course outline, lecture outlines, etc.). Please also check LEARN for important announcements.

Course Requirements and Assessment

Assessment	Material	Date of Evaluation (if known)	Weighting
Test 1	Chapters 1, 3, 4, 11	May 28	25%
Test 2	Chapters 5, 6, 7	July 9	25%
Assignment		June 25	25%
Final Exam	Chapters 8, 12, 13	TBA	25%
SONA Research Experience	Research Participation	The last day of lectures	BONUS 4%
Total			100%

Test 1

2 hours. Multiple choice and short answer questions covering chapters 1, 2, 3, 4, 11 in the textbook and all lecture material from May 7 to May 22 inclusive. Alternative formats (i.e., essay) are not available.

Test 2

2 hours. Multiple choice and short answer questions covering chapters 5, 6, 7 in the textbook and all lecture material from June 4 to June 25 inclusive. Alternative formats (i.e., essay) are not available.

Written Assignment

Written assignments should be submitted electronically through LEARN. Essays submitted for other courses cannot be used in this course. APA format is required. Assignment guidelines will be distributed by the third week of classes.

Final Exam

2 hours. Multiple choice and short answer questions covering chapters 8, 12, 13 in the textbook and all lecture material from July 16 to July 25 inclusive. Alternative formats (i.e., essay) are not available. The date and time of the final exam will be published in the Final Examination Schedule (July 28 – Aug. 11). I will announce in class and on LEARN when the date/time is known. Student travel plans are not acceptable grounds for granting an alternative final examination time (see Exam Regulations: <http://ugradcalendar.uwaterloo.ca/group/uWaterloo-Academic-Regulations-Tests-Exams>).

Research Experience

Experiential learning is considered an integral part of the undergraduate program in Psychology. In this class, you have the opportunity to earn up to 4 bonus credits by participating in research. Please review the research participation guidelines at the end of this document.

Assessment Notes

It is my policy not to "bump" students' grades up or provide extra assignments to help raise your grade. It's an issue of fairness to all students in the course. All students are judged using the same evaluations, and grades that are earned are the grades that are granted.

Course Outline

Unless otherwise specified, reading assigned for a given class meeting must be completed before arriving in class. Thus, I will assume that you have completed the reading for that day. The material presented in class will be a review of the most important points from the book and incorporation of new material.

Week	Date	Topic	Readings
1	May 7	Welcome and Introduction to the Course Abnormal Behaviour in Historical Context Integrative Approach	Chapter 1 Chapter 2
2	May 14	Clinical Assessment and Diagnosis Research Methods	Chapter 3 Chapter 4
3	TUESDAY May 22	Substance-Related, Addictive, and Impulse-Related Disorders	Chapter 11
4	May 28	Test 1: Chapters 1-4 – 2 hours (no lecture afterwards)	
5	June 4	Anxiety, Trauma-and Stressor-Related, and Obsessive-Compulsive and Related Disorders	Chapter 5
6	June 11	Anxiety, Trauma-and Stressor-Related, and Obsessive-Compulsive and Related Disorders	Chapter 5
7	June 18	Mood Disorders and Suicide	Chapter 7
8	June 25	Somatic Symptom and Related Disorders Dissociative Disorders ** Assignment Due **	Chapter 6
NO CLASS WEEK OF July 2-6			
9	July 9	Test 2: Chapters 5-7 – 2 hours (no lecture afterwards)	
10	July 16	Eating and Sleep-Wake Disorders	Chapter 8
11	July 23	Personality Disorders	Chapter 12
12	WEDNESDAY July 25	Schizophrenia Spectrum and Other Psychotic Disorders	Chapter 13
	TBA	Final Exam: Chapters 8, 12,13 – 2 hours	

Learning about Abnormal Psychology: This course focuses on psychological conditions and aims to provide you with a rich understanding of the various forms of abnormal mental behaviour. One thing to mention as we start is the phenomenon called *Medical Student Syndrome*—in which learning about symptoms of disorders makes someone more likely to see symptoms in others or themselves. You shouldn't be alarmed if you begin to recognize some of these symptoms in someone you know; this often happens when students first learn about abnormal psychology, and you should always keep in mind that symptoms are only part of what constitutes a psychological disorder. However, if you (or someone you care about) are experiencing symptoms that are causing distress or getting in the way of daily life, it may be helpful to make an appointment at [Mental Health Services](#).

Important Information

Email Policy

Students are responsible for all e-mail that is sent to the official uWaterloo email address. Check e-mail regularly for important and time sensitive messages. See [Statement on official student e-mail address](#) for further details e.g., procedures and warnings regarding forwarding e-mail to other accounts.

Electronic Device Policy

The use of electronic devices may not be used in class. All electronic devices must be silenced during class. Laptops may be used for note taking only. Unless headphones are being used for academic accommodations, they are not to be worn. Students who fail to comply with these guidelines will be asked to leave the classroom.

Attendance Policy

Regular attendance is expected. If a student misses a class, it is his/her responsibility to obtain notes from a classmate. All students must be present for the final exam.

Late Submission of Written Assignment

Unless there are legitimate, extenuating circumstances (that can be supported by documentation), **no extensions will be granted**. A penalty of 10% of the total value of the paper will be imposed for every day that it is late (including weekends). Requests for an extension for papers will be granted only for legitimate medical or compassionate circumstances. Job-related circumstances will not be considered.

Release of Grades

Grades are not released over email or telephone. Do not send email to the instructor or TA asking "When will the grades be posted?". Grades are released on LEARN as soon as possible.

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; 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.

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](#).

Retention Policy

Graded final examination papers as well as unclaimed graded assignments, essays, and midterm tests for this course will be kept in storage in the Psychology Department for a maximum of 16 months after term grades become official in Quest. After that time, these documents will be destroyed in compliance with UW's [confidential shredding procedures](#). Note that final examination papers are not returned to students.

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.

Turnitin® in your course

Turnitin.com: Text matching software (Turnitin®) will be used to screen assignments in this course. This is being done to verify that use of all material and sources in assignments is documented. Students will be given an option if they do not want to have their assignment screened by Turnitin®. In the first week of the term, details will be provided about arrangements and alternatives for the use of Turnitin® in this course.

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.

Writing and Communication Centre

The Writing and Communication Centre (WCC) works with students as they develop their ideas, draft, and revise. Writing and communication specialists offer one-on-one support in planning assignments, synthesizing and citing research, organizing papers and reports, designing presentations and e-portfolios, and revising for clarity and coherence.

You can make multiple appointments throughout the term, or you can drop in at the Library for quick questions or feedback. To book a 25- or 50-minute appointment and to see drop-in hours, visit uwaterloo.ca/wcc. Group appointments for team-based projects, presentations, and papers are also available. Please note that communication specialists guide you to see your work as readers would. They can teach you revising skills and strategies, but will not change or correct your work for you.

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

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.

Sona and Research Experience 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. 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 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 been reviewed and received ethics clearance through a University of Waterloo Research Ethics Committee.

How to earn extra marks for your Psychology course(s) this term by participating in studies ...

- You will earn "credits" which will be converted to "marks" (1 credit = 1%)
- You can schedule your LAB and/or ONLINE studies using the "Sona" website.

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 Chief Ethics Officer 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 in LAB studies has increment values of 0.5 participation credits (grade percentage points) for each 30-minutes of participation. Participation in ONLINE studies has increment values of .25 credits for each 15-minutes of participation. Researchers will record student's participation, and at the end of the term the REG Coordinator will provide the course instructor with a credit report of the total credits earned by each student.

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.

[Participating/SONA information: 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, students may opt to gain research experience by writing short reviews (1½ to 2 pages) of research articles relevant to the course. The course instructor will specify a suitable source of articles for this course (i.e., scientific journals, newspapers, magazines, other printed media). *You must contact your TA to get approval for the article you have chosen before writing the review.* Each review article counts as one percentage point. To receive credit, you must follow specific guidelines. The article review must:

- **Be submitted before the [last day of lectures](#). Late submissions will NOT be accepted under ANY circumstances.**
- Be typed
- Fully identify the title, author(s), 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 textbook that are applicable. Critically evaluate the application or treatment of those concepts in the article. If inappropriate or incorrect, identify the error and its implications for the validity of the article. You may find, for example, misleading headings, faulty research procedures, alternative explanations that are ignored, failures to distinguish factual findings from opinions, faulty statements of cause-effect relations, errors in reasoning, etc. Provide examples whenever possible.
- Clearly evaluate the application or treatment of those concepts in the article.
- Keep a copy of your review in the unlikely event we misplace the original.