

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

Instructor:

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Instructor Office Hours:

Tuesdays 4:30-5:30pm

Teaching Assistants and Office Hours:

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Office Hours: Tuesdays 1-2pm

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;
4. To gain exposure to the scientific literature in the field of clinical psychology through proficient use of PsycInfo or other electronic databases and through the in-depth critical analysis of a contemporary research article.

Course Format and Structure:

Course material will be delivered via lecture and supplemented by clinical case material, film clips, and, occasionally, guest speakers. Some portion of the lecture material will be drawn from the textbook. However, 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. **Three Tests** - all non-cumulative and entirely multiple choice – will be administered during class time in the class lecture hall. The first test is worth 30% of your final grade, and the other two tests are each worth 25% of your final grade.

Test 1	-	February 6, 2007 (30%)
Test 2	-	March 8, 2007 (25%)
Test 3	-	April 3, 2007 (25%)

2. **Term paper** – In accordance with Learning Objective #4 (above), every student is expected to submit a 5-page term paper on the due date listed below in the Course Outline. This paper will be comprised of: (1) a summary and (2) a personal, critical analysis of a single research article from the current psychological literature (published in or after 2004) on any topic relevant to this course.

This paper is worth 20% of your final grade: 10% will be awarded in an all-or-none fashion simply if the paper is complete, as defined by the specifications below. In other words, all students will receive 10% toward their final grade simply by completing the paper. The other 10% will be awarded on the basis of quality, with grades ranging from 0 to 10.

Term Paper - March 1, 2007 (20%)

A complete paper includes the following elements:

i) The article you select from the psychological literature must be published in the year 2004 or later. It can be on any topic relevant to this course. **For help with library resources and databases, please contact Tim Ireland, Liaison Librarian for Psychology at 519-888-4567 x35061 or tireland@library.uwaterloo.ca.**

ii) **No two students are permitted to choose the same research article. Therefore, after you choose your article and before you write your paper, you must make your choice public for others by posting the full bibliographic citation for your article on our UW-ACE course discussion board. *Check the board to make sure your article has not already been posted by another student.* Here is an example of a full bibliographic citation in APA style for a recent psychological article:**

Moscovitch, D.A., Hofmann, S.G., Suvak, M.K., & In-Albon, T. (2005). Mediation of changes in anxiety and depression during treatment of social phobia. *Journal of Consulting and Clinical Psychology, 73*, 945-952.

iii) The first page of the paper should consist simply of a summary of the article you have selected. This summary should touch on the primary research question(s), the methods employed in the study (how the questions were tested), the most important result(s), and the authors' interpretations of these results - all with as little statistical jargon as possible.

iv) The rest of the paper (i.e., the last 4 pages) should consist of your own creative, original, critical analysis of the article and the general topic area that the article covers. There are no specific requirements about what you should cover in this part of the paper, but you may wish to provide personal reflections on how the study could have been improved or conducted differently, whether the results justified the authors' conclusions, how/why the results are important/interesting for the field of clinical psychology, additional questions that remain to be answered, what types of future research you would like to see conducted, how the findings relate to prominent historical or contemporary theories or ideas in our field, etc., etc.. Use of additional bibliographic sources (e.g. books, articles) to complete this part of the paper is encouraged, but these sources must be fully listed at the end of your paper in a page of references. **Acknowledge your sources to avoid charges of plagiarism (see Policy 71)**

- v) Essays written for other courses are not permitted to be used in this course
- vi) The entire paper must be in essay format (APA style is preferred but not mandatory).
- vii) Your paper should be double spaced, with 1 inch (2.54 cm) margins all around, and Times New Roman 12 pt. font. The text of your paper may not exceed the 5-page limit. The sixth page should be a list of references. If your only source was the research article you chose to summarize and analyze, you must still list that article on your references page.
- viii) Your name and student number should appear on each page of your paper.
- ix) You must submit a copy of your research article along with your paper. **Secure them firmly together.**
- x) Bring your paper to class on the due date. The paper must be handed in no later than the beginning of class on March 1, 2007. **No late submissions will be accepted.**

Important Administrative Details:

1. If you cannot write a test or hand in your paper because of compelling medical, religious, or compassionate reasons, you must contact the instructor directly prior to the due date of the test or paper.
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/infousec/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	Chapter(s)	Class Assignments and Tests
Jan 4	Introduction to Course	None	
Jan 9	Abnormal Behaviour in Historical Context	1	
Jan 11	An Integrative Approach to Psychopathology	2	
Jan 16 & 18	Clinical Assessment, Diagnosis, and Therapy	3	
Jan 23	Research Methods	4	
Jan 25 & 30	Anxiety Disorders	5	
Feb 1	Test Review		
Feb 6	Test #1 (30%) – Room AL 116		Test #1
Feb 8	Eating Disorders	8	
Feb 13 & 15	Mood Disorders	7	
Feb 19-23	READING WEEK – NO CLASSES		
Feb 27	Somatoform and Dissociative Disorders	6	
Mar 1	Sleep Disorders; Physical Disorders & Health Psych	8, 9	Term Paper Due
Mar 6	Sexual Disorders and Gender Identity Disorder	10	
Mar 8	Test #2 (25%) – Room AL 116		Test #2
Mar 13	CAMPUS DAY – NO CLASS		
Mar 15	Substance Related Disorders	11	
Mar 20	Personality Disorders	12	
Mar 22	Schizophrenia and Other Psychotic Disorders	13	
Mar 27	Developmental Disorders	14	
Mar 29	Cognitive Disorders; course summary and evals	15, 16*	
Apr 3	Test #3 (25%) – Room AL 116		Test #3

Please note: You are responsible for material from Chapter 16 but I will not be lecturing on it.

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 FIVE 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 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 5% by participating in these experiments (i.e., the maximum possible final grade is 100%)

To become a research participant, please go to the UW Research Experiences Group webpage at <http://www.arts.uwaterloo.ca/~regadmin/regparticipant/index.html>

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.

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 articles counts as one percentage point. Students who wish to pursue this option must approach their Teaching Assistants to receive instruction on the sorts of articles that are permissible. The review must:

- Be submitted by 2:30pm on April 3, 2006
- Be typed
- 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.

Students may complete any combination of a) participation in research or b) article review up to a total of **5%** points.