

Psychology 257: Psychopathology
Tuesday & Thursday 2:30-3:50pm
Arts Lecture Hall (AL), Room 116
Winter 2009

Instructor:

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Required Text:

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

This required textbook is available for purchase at the campus bookstore.

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.

- 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 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.

Primary Learning Outcomes:

- Students will be able to define abnormal behavior and mental disorders in multiple ways and students will be able to describe with increased empathy the experience of living with a mental disorder.
- Students will be able to list symptomatic criteria for diagnosis of mental disorders, including anxiety disorders, dissociative disorders, somatoform disorders, personality disorders, substance related disorders, sexual and gender identity disorders, mood disorders, schizophrenia, disorders of childhood and adolescence, and eating disorders.
- Students will be able to analytically differentiate between disorders based on presentation of symptomatic criteria.
- Students will be able to compare and contrast origins of mental disorders from multiple theoretical perspectives, as well as discussing the empirical evidence for each perspective.
- Students will be able to list and describe treatments commonly used for mental disorders, and will be able to discuss the empirical evidence for and against different treatments' utility.
- Students will be able to compare and contrast the psychological factors that influence medical conditions.
- Students will be able to define ethical and legal aspects of treatment of mental disorders.

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.*

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	-	January 29, 2009 (30%)
Test 2	-	March 5, 2008 (30%)

2. **Final Exam** – Date/time and location to be announced (administered during the university's final exam period). Additional information about the final exam will be given in the class. The final exam is worth 40% of your final grade.

Final Exam	-	Date/Time/Location TBA (40%)
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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 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.
4. 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.
5. 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.

Academic Integrity, Academic Offenses, Grievance, and Appeals

- **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. 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. Read Policy 72 - Student Appeals,
<http://www.adm.uwaterloo.ca/infosec/Policies/policy72.htm>

Outline of Dates and Topics:

Date	Topic	Textbook Chapter
Jan 6	Introduction to Course	
Jan 8	Abnormal Behaviour in Historical Context	1
Jan 13	An Integrative Approach to Psychopathology	2
Jan 15	Clinical Assessment, Diagnosis, and Therapy	3
Jan 20	Research Methods	4
Jan 22	Anxiety Disorders	5
Jan 27	Somatoform and Dissociative Disorders (Note: you will be tested on this chapter in Midterm 2, not Midterm 1)	6
Jan 29	Midterm #1 (30%) – Multiple choice questions covering chapters 1-5 in the textbook, all lectures from Jan 6 to Jan 22 (inclusive), and any additional readings assigned during this period	
Feb 3	Mood Disorders	7
Feb 5	Eating and Sleep Disorders	8
Feb 10	Eating and Sleep Disorders contd. And Sexual Disorders and Gender Identity Disorder	8,10
Feb 12	Sexual Disorders and Gender Identity Disorder contd.	10
Feb 17	No Class – Reading Week (Feb 16 – 20)	
Feb 19	No Class – Reading Week (Feb 16 – 20)	
Feb 24	Substance Related Disorders (Note: you will be tested on this chapter in the Final Exam, not Midterm 2)	11
Feb 26	Personality Disorders (Note: you will be tested on this chapter in the Final Exam, not Midterm 2)	12
Mar 3	Personality Disorders contd. and Exam Review (Note: you will be tested on this chapter in the Final Exam, not Midterm 2)	12
Mar 5	Midterm #2 (30%) – Multiple choice questions covering chapters 6, 7, 8, and 10 in the textbook, all lectures from Jan 27 to Feb 12 (inclusive), and any additional readings assigned during this period	
Mar 10	Video: TBA	
Mar 12	Schizophrenia and Other Psychotic Disorders contd.	13
Mar 17	No Class – Campus day	
Mar	Developmental Disorders	14
Mar 24	Abnormal Psychology and the Family	TBA
Mar 26	Mental Health Services: Legal and Ethical Issues & course evals	16
Mar 31	Mental Health Services: Legal and Ethical Issues contd. and exam review	16
Apr 2	Applying to Graduate School in Clinical Psychology	
	Final Exam (40%) – Multiple choice exam covering chapters 11, 12, 13, 14, and 16, all lectures from Feb. 24 to Mar. 31 (inclusive), and any additional readings assigned during this period	

Participation in Psychology Research: Guidelines for Psychology 257, Winter 2009

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 toward their final mark in Psychology 257. This can be done in two ways. First, you may participate 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 of participation. 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. Second, if you do not wish to participate in research, you may choose an alternative approach to earning the same number of credits; 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 (i.e., the maximum possible final grade is 104%).

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> and you will receive an email with your UserID and Password. IF YOU DO NOT RECIEVE THIS EMAIL, please report this to regadmin@uwaterloo.ca immediately. Note, if you had a Sona participants account last term it is still active.

- 1) Logon: User ID is your Quest ID (eg. j2smith)
 Password is your Student ID (eg 20012345)
 *or whatever password you used last term
- 2) Read/Acknowledge the ORE “Human Subjects/Privacy Policy”
- 3) Complete the “Prescreen Questionnaire” (demographic info). There is no credit for this and you may decline if you wish however *completing it will increase your eligibility for studies*.
- 4) Go to “Studies” or “Study Sign-Up” page to view the list of available studies
- 5) Click on the title for study details
- 6) Click on the option to “View Timeslots” and/or “Participate”
- 7) You’ll receive a confirmation email and a reminder the day before the study.
- 8) 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 W09” (one full credit) will only be offered for one month and you *should do this survey 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. Doing both Prescreen Questionnaire and Mass Testing Survey helps you (by providing more qualifying studies) and it 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 Eligibility Requirements) 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 (**1-2 credits per month** is recommended). If you wait until March to earn most/all of your credits there will not be enough studies available. The last day to participate for credit is April 3 but you can participate for pay until April 24.

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 submit short reviews (1½ to 2 pages) of journal articles relevant to the course material. 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. The review must:

- **Be submitted before April 3. 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.

Students may complete any combination of a) participation in research or b) article review up to a total of 4% points.