

**Psychology 257 Section 001: Psychopathology**  
**Tuesday & Thursday 2:30-3:50pm**  
**Arts Lecture Hall (AL), Room 116**  
**Winter 2010**

**Instructor:**

**Kathy Smolewska, M.A.**

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**Teaching Assistants and Office Hours:**

**Rebecca Wells**

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Office Hours: Wednesdays 11am – 12pm

**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.

**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. 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. 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.

### **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.

### **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 additional information upon which you will be evaluated.

### **UW-ACE and E-mail Communication:**

UW-ACE will be used on a regular basis for the course. In addition to the course outline, you will find lecture slides and useful resources on the UW-ACE website. It is also expected that you will routinely visit, monitor, and participate in the online course "Discussion Forum" on UW-ACE. In addition to UW-ACE, you are also advised to check the [UW Home Page](http://www.uwaterloo.ca/) (<http://www.uwaterloo.ca/>) for important announcements should an emergency arise.

It is the student's responsibility to check the UW-ACE website and email regularly for important or time sensitive messages. All students should activate their UW computer accounts each term and 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:** (i) change your email address on QUEST to the one that you want posted on the University Directory, or (ii) activate your UW account and forward your email from your UW account to your alternate email address.

Note that higher priority may be given to e-mail received from UW accounts versus other accounts such as hotmail, yahoo, etc. See "[Official Student Email Address](http://www.adm.uwaterloo.ca/infocist/emailuse.html)" for further details:  
<http://www.adm.uwaterloo.ca/infocist/emailuse.html>

### **The Official Version of the Course Outline:**

As of the first class meeting, the outline posted on ACE is the official version of the course outline for the term. If any minor revisions are made, an announcement will be posted on UW-ACE to this effect.

### **Evaluation:**

Your grade for the course will be based on the following:

1. **Two Midterm Tests** - both 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>Thursday, February 4, 2010 (30%)</b>
<b>Test 2</b>	-	<b>Tuesday, March 9, 2010 (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 March 11 to April 1. The other 25 questions will be based on the rest of the course materials - i.e., all the readings and lectures from January 26.

<b>Final Exam</b>	-	<b>Date/Time/Location TBA (40%)</b>
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### **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.
2. Students who are requesting accommodation for course requirements (midterm tests, final exams) **due to illness** should do the following:
  - seek medical treatment as soon as possible and obtain a completed UW Verification of Illness Form: [http://www.healthservices.uwaterloo.ca/Health\\_Services/verification.html](http://www.healthservices.uwaterloo.ca/Health_Services/verification.html)
  - submit that form to the instructor within 48 hours.

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 midterm test, the instructor will either a) 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 b) 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.

3. 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.
4. Students who are experiencing extenuating circumstances should also inform their academic advisors regarding their personal difficulties.

### **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.

### **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.

Academic Integrity website (Arts):

[http://arts.uwaterloo.ca/arts/ugrad/academic\\_responsibility.html](http://arts.uwaterloo.ca/arts/ugrad/academic_responsibility.html)

Academic Integrity Office (UW):

<http://uwaterloo.ca/academicintegrity/>

**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>

**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>

**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>

### **Concerns About the Course or Instructor (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 (Dr. Colin Ellard) is available for consultation and to mediate a resolution between the student and instructor. Dr. Ellard’s contact information is as follows:

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

Ph 519-888- 4567 ext 36852

**Outline of Dates and Topics:**

<b>Date</b>	<b>Topic</b>	<b>Readings</b>
Jan 5	Introduction to Course – Welcome! (Prof. Jonathan Oakman)	
Jan 7 – Week 1	Introduction to Abnormal Psychology (Prof. Jonathan Oakman)	Chapter 1
Jan 12 & 14 – Week 2	Clinical Assessment and Diagnosis (Prof. Jonathan Oakman)	Chapter 3
Jan 19 & 21 – Week 3	Psychiatry, Psychology & Psychoanalysis; An Integrative Approach to Psychopathology	Chapter 2: pp.31-39; 49-66 **Skim through pp. 39-49. Do NOT worry about the diagrams.**
Jan 26 & 28 – Week 4	Anxiety Disorders: Panic, GAD, Phobias	Chapter 5: pp. 126 – 157
Feb 2 - Week 5	OCD and OCPD (On Midterm 2)	Chapter 5: p. 164 – 169 Chapter 12: p. 427 – 432; 457 - 459
Feb 4	<b>Midterm Test #1 (30%) – 75 multiple choice</b>	<b>Lectures 1 – 8: Relevant Chapters &amp; Additional Readings</b>
Feb 9 & 11 – Week 6	Mood Disorders	Chapter 7
Feb 16 & 18	<b>No Class – Reading Week</b>	
Feb 23 & 25 – Week 7	Schizophrenia and Psychotic Disorders; Personality Disorders: Cluster A	Chapter 13 Chapter 12: p. 433 – 438
Mar 2 & 4 – Week 8	Personality Disorders: Clusters B and C and Psychopathy	Chapter 12: p. 438 – 457
Mar 9	<b>Midterm Test #2 (30%) – 75 multiple choice</b>	<b>Lectures 9 – 15: Relevant Chapters &amp; Additional Readings</b>
Mar 11 – Week 9	PTSD & Dissociative Disorders	Chapter 5: pp. 157 – 164 Chapter 6: pp. 194 - 206
Mar 16 & 18 – Week 10	March 16: NO CLASS March 18: Somatoform Disorders	Chapter 6: pp. 175 - 194
Mar 23 & 25 – Week 11	Eating Disorders	Chapter 8: pp. 263 – 285
Mar 30 & Apr 1 – Week 12	Substance Related Disorders	Chapter 11
TBA	<b>Final Examination (40%) Room TBA Bring ID</b>	

**Research Experiences Group (REG)**

**Participation in Psychology Research: Guidelines for Psychology 257, Winter 2010**

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.

Since experiential learning is highly valued in the Department of Psychology, student participants may earn a "bonus" grade of up to 4% in this course through research experience. **This 4% bonus can boost your final grade substantially, but only up to a maximum possible final grade of 100%.**

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 the REG Coordinator will advise the course instructor of the total credits 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."

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 to sign up for studies:***

Once you are registered in this 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 RECEIVE this email, please report this to [regadmin@uwaterloo.ca](mailto:regadmin@uwaterloo.ca) immediately.

- 1) Log On to Sona: User ID is your Quest ID (eg. j2smith)  
Password is your Student ID (eg 2001234)
- 2) Human Subjects/Privacy Policy: Please Read/Acknowledge
- 3) Prescreen Questionnaire: Please take 10 minutes to provide this demographics information. There is no credit for this and you may decline if you wish however completing it will increase your eligibility for studies.
- 4) Sign-up for Online Surveys and/or Lab studies:
  - a. Go to "Studies" page to view the list of available studies.
  - b. Click on the Titles of studies that are eligible for this course.
  - c. Read the Study Information page.
  - d. For Online studies: Click on "View Timeslots" and/or "Participate".
  - e. For Lab studies: Click on "View Timeslots" to set up lab appointments.

- 5) **Feedback and Credits:** Upon completion of the study you will receive feedback about the study hypothesis, design and predictions. Within 48 hours you will be granted the credit. Credits will be converted to grades and added to your final grade at the end of the term.

***Mass Testing Survey (for 1.0 participation credit):***

You should do this Online study FIRST ... before doing any other Online studies Researchers often select participants based on their responses to the measures in this survey. Completing it 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). The Mass Testing Survey will be available until Wednesday February 17 at which time it will go offline, so please try to complete it before that date.

**Study Restrictions and Important Dates:**

- i) The first day to start participating in studies is Wednesday January 6.
- ii) The study must be eligible for a credit in this course (as noted in the Eligibility Requirements column on your Studies page).
- iii) **Only 2 of your credits** for this course can be **for Online studies**.
- iv) You should try to spread your participation out over the term i.e., if you wait until late in the term there may not be enough studies available for you.
- v) Mass Testing Survey closes Wednesday February 17.
- vi) Online limit override begins Wednesday February 17 (see note below).
- vii) The last day to participate for **credit** is Monday April 5.
- viii) The last day to participate for **remuneration/pay** is Friday April 23.

*Online credit limit and override for students in multiple REG courses:*

The Sona system automatically prohibits participants from signing up for more than 2.0 (TWO) online credits per person. If you are in more than one REG course this term the REG Coordinator will override this limit in order for you to sign up for up to 2.0 (TWO) online credits per course starting Wednesday February 17. At that time, details will be posted on the FAQ page of your Sona account, item 4 and an email notice will be sent to you.

**Denial of access to studies: Completing studies that you have signed up for!**

It is very important that you complete the studies that you have signed up for. For Lab studies this means showing up for the scheduled appointment. For Online studies this means completing the survey before the deadline that is posted in the timeslot. Please note that a study sign-up is a firm commitment to the researcher running the study so if you cannot keep the lab appointment or complete the survey before the deadline, please cancel the Sign-Up or contact the researcher in advance. **Failure to attend 3 (THREE) Lab and/or Online studies that you have signed up for without providing adequate prior notice to the researcher may result in denial of access to further studies.** Details are provided on the FAQ page on your Sona account.

***For information, instructions, help with login problems etc. please contact:***

REG website: <http://www.arts.uwaterloo.ca/~regadmin/regparticipant>  
REG Coordinator: [regadmin@uwaterloo.ca](mailto:regadmin@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 gaining experience in research by participating in studies, students may submit short reviews (1½ to 2

pages) of research articles. **Each review article counts as one percentage point. 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, Liaison 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.** The article review must:

- **Be submitted before *Monday April 5*. Late submissions will NOT be accepted.**
- Be typed, single-spaced, in 12pt Times New Roman font, with 1-inch margins all around
- 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.

### **Summary of Bonus Credits in Psych 257, Winter 2010**

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%