

University of Waterloo
Department of Psychology
PSYCH 257 - Psychopathology
Winter 2016
Mondays and Wednesdays 1:00-2:20 p.m.
Arts Lecture Hall (AL) 116

Instructor Information

Instructor: Dr. Pamela Seeds
Office: PAS 3040
Office Phone: 519-888-4567 x 38132
Office Hours: by appointment only
Email: pamela.seeds@uwaterloo.ca

To set up a meeting with Dr. Seeds, please email her at the address above. Your course TAs are Alex, Nick, Kira, and Tammy. Their information is listed below. Please try to avoid emailing the TAs if you have any specific course-related and administrative questions; rather, please visit the TA at their office hours and/or post any administrative or content-related questions you have about the course directly on our LEARN Discussion Board, which both Dr. Seeds and the TAs 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 below.

T.A. Information

Teaching Assistant	Email Address	Office	Office Hours
Tammy Rosner	trosner@uwaterloo.ca	PAS 3203	Mondays 11:30 AM-12:30 PM Tuesdays 12:00-1:00 PM
Alex Milovanov	alex.milovanov@uwaterloo.ca	PAS 3029	Tuesdays 4:30-5:30 PM Thursdays 11:00 AM-12:00 PM
Kira Vimalakanthan	kvimalak@uwaterloo.ca	PAS 3204	Tuesdays 1:00-2:00 PM Wednesdays 3:30-4:30 PM
Nick Zabara	nzabara@uwaterloo.ca	PAS 3029	Thursdays 2:00-3:00 PM

Undergraduate Course Calendar Description

This course will survey various categories of abnormal or deviant behaviour such as personality, mood, and psychophysiological disorders; schizophrenia, anxiety, somatoform and dissociative disorders. Clinical methods including assessment, diagnosis, interventions and treatment outcomes will also be considered.

Prerequisite: PSYCH 101 – Introductory Psychology or PSYCH 121R – Introductory Psychology II
Antirequisites: PSYCH 357 – Psychopathology
Cross-listed with: PSYCH 323R – Psychopathology (offered at Renison College)
Time Requirements: 3 lecture hours per week for 12 weeks (36 hours)
Credits: 0.5/half credit course

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 practice.

Course Goals and Learning Outcomes

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

- A. Describe with increased empathy the experience of living with a mental disorder.
- B. Define abnormal behavior and mental disorders in multiple ways
 - Compare and contrast origins of mental disorders from various theoretical perspectives.
 - Discuss the empirical evidence for each theoretical perspective.
- C. Classify psychiatric symptom presentations based on DSM criteria
 - List symptomatic criteria for diagnosis of mental disorders.
 - Differentiate between disorders based on presentation of symptomatic criteria.
- D. Describe and critique treatments commonly used for mental disorders.
 - List the most commonly used treatment approaches for a given disorder
 - Discuss the empirical evidence for and against different treatments' utility

Required Text

- Barlow, D.H., Durand, M.V., & Stewart, S.H. (2015). *Abnormal Psychology: An Integrative Approach* (4th Cdn. ed.). Toronto: Nelson Publishing.

This required textbook is available for purchase at the campus bookstore. Purchased at the bookstore, the textbook automatically comes with access to MindTap, the online study guide and resources. This edition of the textbook has just been released and is required as a mandatory text for this course. MindTap is optional and is not a required course resource. Students wishing to save some money may opt to purchase the e-book from the bookstore, which also comes packaged with Mindtap. Three copies of the textbook are available on 3-hour short-term reserve at Dana Porter Library.

Please note that this is the fourth Canadian edition (2015) which contains the updates to the diagnostic criteria according to the DSM-5. It is not recommended that you use older editions; students who used earlier editions encountered problems in the exams last year.

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. In addition, it is expected that you will routinely visit, monitor, and participate in the online course Discussion Forum on LEARN. Thought questions (and, occasionally, additional readings) will be posted on this forum.

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. All material from guest lectures (including videos, assigned readings, and in-class discussion) will be evaluated on tests/exams. Class participation and discussion are strongly encouraged.

Your grade for the course will be based on three non-cumulative, multiple choice exams:

Assessment	Date of Evaluation (if known)	Weighting
Midterm test 1	Monday, February 1, 2016 (in class)	30%
Midterm test 2	Monday, March 7, 2016 (in class)	30%
Final exam	Date and time TBA by the Registrar's Office (April 8 – 23, 2016)	40%
<hr/>		
Total		100%

Midterm Test 1

80-minute test consisting of multiple choice questions covering chapters 1, 2, 3, 4, 7, and 8 (sleep-wake disorders section only) in the textbook, and all lecture material from January 4 to January 27 inclusive.

Midterm Test 2

80-minute test consisting of multiple choice questions covering chapters 6, 8 (eating disorders section only), 10, 11, 13, and 15 in the textbook, and all lecture material from February 3 to March 2 inclusive.

Final Exam

120-minute test consisting of multiple choice questions covering chapters 5, 12, and 16 in the textbook, all lecture material from March 9 to March 30 inclusive, AND any additional readings assigned during this time frame.

Opportunity for Bonus Grades

Up to a total of 4% bonus credits may be earned toward your grade in the course by participating in psychology research studies or completing article reviews. 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, up to a total maximum grade of 100% in the course.

Please refer to the handout entitled "Research Experience Marks Information and Guidelines" for more information.

Course Outline

Week	Date	Topic	Readings
1	January 4 January 6	Welcome and Introduction to Course Abnormal Behaviour in Historical Context	n/a Chapter 1
2	January 11 January 13	An Integrative Approach to Psychopathology Clinical Assessment and Diagnosis	Chapter 2 Chapter 3
3	January 18 January 20	Sleep-Wake Disorders <i>Video: Why Do We Dream?</i> Research Methods	Chapter 8 (Sleep-Wake Disorders section only) Chapter 4
4	January 25 January 27	Mood Disorders and Suicide (Part 1) Mood Disorders and Suicide (Part 2)	Chapter 7 Chapter 7
5	February 1 February 3	MIDTERM #1 (30%) Eating Disorders (Part 1) <i>Guest Lecture: Dr. Allison Kelly</i>	N/A Chapter 8 (Eating Disorders section)
6	February 8 February 10	Eating Disorders (Part 2) <i>Guest Lecture: Kira Vimalakanthan</i> Substance-Related, Addictive, and Impulse-Control Disorders	Chapter 8 (Eating Disorders section) Chapter 11
	February 15 February 17	NO CLASS – READING WEEK NO CLASS – READING WEEK	N/A N/A
7	February 22 February 24	Sexual Dysfunctions, Paraphilic Disorders, and Gender Dysphoria Somatic Symptom and Dissociative Disorders	Chapter 10 Chapter 6
8	February 29 March 2	Schizophrenia Spectrum and Other Psychotic Disorders <i>Guest Lecture: Dr. Carolyn Wilson</i> Neurocognitive Disorders <i>Guest Lecture: Dr. Carolyn Wilson</i>	Chapter 13 Chapter 15
9	March 7 March 9	MIDTERM #2 (30%) Anxiety, Trauma-Related, and Obsessive-Compulsive Disorders (Part 1)	N/A Chapter 5
10	March 14 March 16	<i>Guest Speaker – A Conversation with Miss Danielle</i> Anxiety, Trauma-Related, and Obsessive-Compulsive Disorders (Part 2)	TBA Chapter 5
11	March 21 March 23	Mental Health Services: Legal and Ethical Issues <i>Guest Lecture: Monica Tomlinson</i> Executive Functioning and Psychopathology <i>Guest Lecture: Tammy Rosner</i>	Chapter 16 TBA
12	March 28 March 30	Personality Disorders (Part 1) – clusters A & C Personality Disorder (Part 2) – cluster B <i>Guest Lecture: Nick Zabara</i>	Chapter 12 Chapter 12
	TBA (April 8 – 23)	FINAL EXAM (40%)	N/A

Late Work

For more information, please see section below on Missing a Test or Exam.

Information on Plagiarism Detection

There are no mandatory writing assignments in this class, but cheating on tests and exams is considered a serious academic offense that will be monitored very carefully. For more information, please see sections below on Academic Integrity and Discipline.

Electronic Device Policy

Cell phone ringers must be turned “off” or to “vibrate” during class time. Cell phones should be put away during lectures. Students are welcome to bring laptops to class (but see warning under Learning Contract, below). Students wishing to audiotape lectures must request special permission from the instructor. Videotaping lectures is not permitted.

Attendance Policy

Attendance in class will not be tracked. Students are expected to attend all classes unless there is compelling medical, religious, or compassionate reason. Please note, however, that test and exam material will be drawn from both the lectures and the textbook. Students who do not attend a class are responsible for catching up on missed material.

Accommodations to Course Requirements

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 make-up 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 medical, religious, or compassionate (i.e., family emergency) 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.

- In the case of illness, students who are requesting accommodation for course requirements (midterm tests, final exams, etc.) should do the following:
 - a) Seek medical treatment as soon as possible, obtain a completed UW Verification of Illness Form
 - b) Submit that form to the instructor within 48 hours.
 - c) Preferably inform the instructor before the day of the test or exam that you will be unable to take the test/exam due to illness and that documentation will be forthcoming.
- In the case of a missed midterm test, the instructor will either:
 - a) waive the course component and re-weight remaining term work as fits the circumstances and the goals of the course, or
 - b) provide a make-up test. ***Please note that make-up tests may be in essay format rather than multiple choice format.***
- 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 bereavement or another compelling reason, 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.

Students requesting accommodation based on religious or cultural grounds must contact the Associate Dean of Arts, in writing, by the following deadlines:

- for the final exam: within one week of the final exam schedule being posted by the Registrar’s Office
- for tests or assignments: before the ‘drop – no penalty period’ ends (Friday, January 22, 2016)

The Associate Dean will contact Dr. Seeds to make alternate arrangements.

The following includes occasions and observances for Winter 2016 that might warrant accommodation on religious/cultural grounds:

Dates	Religious holiday
Wednesday, January 6	Christmas (Armenia)
Thursday, January 7	Christmas (Coptic Christian and Eastern Orthodox)
Monday, February 8	Chinese New Year (also Buddhist, Hong Kong, Taiwan, Vietnam)
Monday, March 21	Now Ruz (Zoroastrain, Islam Ismaili, Baha’i, Afghanistan)
Wednesday, March 23	Holi (Sikh, Hindu)
Thursday, March 24	Maundy Thursday (Coptic Christian and Eastern Orthodox)
Wednesday, April 13	Baisakhi (Sikh, Hindu, Bangladesh) Songkran/New Year (Cambodia, Myanmar, Sri Lanka, Thailand)
Thursday, April 21	Ridvan (Baha’i)
Friday, April 22 (sundown) to Saturday, April 30	Passover (Jewish)
Friday, April 29	Holy Friday (Coptic Christian and Eastern Orthodox)

Elective arrangements (e.g., travel plans), co-op interviews, and employment are not considered acceptable grounds for granting accommodations for academic course requirements.

If you miss a class due to a minor illness or other problems, please check your course outline for information regarding attendance requirements and make sure that you are not missing a test/exam. Cover any readings and arrange to borrow notes from a classmate; professors cannot give personalized lectures for students who miss class. (If you miss class for a legitimate reason – e.g., death in the family, illness – Dr. Seeds would of course be pleased to answer any questions during her office hours after you have borrowed and reviewed lecture notes from a classmate.)

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.

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.

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.

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](#).

Other Sources of Information for Students

[Academic Integrity website \(Arts\)](#)

[Academic Integrity Office \(uWaterloo\)](#)

Accommodation 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.

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 Studies ([Richard Eibach](#) as of July 1, 2014) is available for consultation and to mediate a resolution between the student and instructor. Contact information is as follows:

Richard Eibach

Email: reibach@uwaterloo.ca

Phone: 519-888-4567 ext. 38790

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. See Policy 70 and 71 above for further details.

Grading

Percentages below indicate the standard required for each letter grade. Grades that are .5 or better will be rounded up to the next whole number. Please note that higher letter grades will not be given unless the percentage is met (e.g., a final percentage of 79 is considered a B+).

A+ 90-100%

B+ 77-79%

C+ 67-69%

D+ 57-59%

F+ 42-49%

A 85-89%

B 73-76%

C 63-66%

D 53-56%

F 35-41%

A- 80-84%

B- 70-72%

C- 60-62%

D- 50-52%

F- 0-34%

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 immediately 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. 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 LEARN. If any revisions are made, an announcement will be posted on LEARN to this effect.
7. 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. Seeds is informed about these potential difficulties, the easier it will be for her to help accommodate the student's needs around these difficulties.