

**Psychology 457
Anxiety Disorders
Fall, 2008**

1.0 COURSE INFORMATION

Time and Location: Fridays, 2-4:00pm, PAS 3026

Instructor: Dr. C. Purdon
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Office Hours: Tuesdays, 9:30-10:30am (or by appointment)

2.0 COURSE DESCRIPTION

This course will examine current research on the phenomenology, development and persistence of anxiety disorders, as understood from a cognitive/learning perspective. We will first look at the role of learning and cognitive processes in anxiety. We will then cover specific anxiety disorders, including Panic Disorder, Generalized Anxiety Disorder, Social Phobia, Obsessive-Compulsive Disorder, and Post-Traumatic Stress Disorder. Treatment will be mentioned in class, but will not be a primary focus of the course.

3.0 TEXTBOOK

There is no textbook for the course. Instead, you will be reading published articles from psychology journals, selected chapters from published books and manuscripts not yet published. These have been printed and bound for you, and are available at the Book Store, for a cost of \$84.00. Copies of the materials will also be available in room 4082 of the PAS where there is a photocopier that accepts watcards. A copy of the bound articles will also be placed on reserve in the Dana Porter library.

4.0 COURSE OBJECTIVES

The purpose of this course is to familiarize students with the phenomenology, development and persistence of anxiety disorders.

5.0 EVALUATION

Attendance and Group Leadership

15% of your grade will be determined by attendance and your leadership of the weekly small group discussions, which you will do twice. Each week, the class will break into groups of three or four and one person will be designated group leader. Each group will be given a specific assignment to complete. Assignments may include

Short Essays

During weeks 2-5 and 7-10 you will be given a short essay question to complete in writing in the last 20 minutes of class. The best 7 of these 8 will count for **70% of your grade (10% each)**.

For weeks 2-5 and 7-10, you will be assigned 3 articles or chapters to read in preparation for class. I will provide you with questions to guide your reading each week. In the last 20 minutes of each class, you will be given an essay question based on those readings and on my (brief) lecture and your group discussion, which you will hand in at the end of class. This is a closed-book exercise, so you will answer the question without reference to your notes or the articles themselves. You will be given booklets in which to write your answer by hand. The essay questions will be evaluated on the strength of your understanding of the readings and the issues at hand, as well as the clarity of your written presentation and the strength of the argument or ideas you present. It is expected that you will write in formal style, with appropriate spelling, grammar and punctuation. These questions will derive directly from the readings and class discussion; they are not meant to stump or surprise you, nor will I expect you to know the readings in fine detail. I am looking for the strength and quality of your understanding of the important issues presented in the articles, which in turn you can glean from the questions about the readings I give you each week.

Please note that you will be graded on the best 7 of 8 essay questions, which allows you one “freebie” in the event of illness or other mishap that causes you to miss class. I expect that you will attend class, and that you will complete at least 7 of the 8 essay questions in class. Alternative arrangements will only be made on the basis that there has been a major disruption in your ability to function academically due to documented health reasons or personal problems.

Final Essay

In the final class, you will be given **one further essay question worth 15% of your grade**. This question will be based on an article that the class is given to read at the end of Week 10.

Academic Discipline

University policy on academic discipline (Policy #71).

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>

Class Schedule

September 12	<i>Course overview</i>
September 19	<i>Classical Conditioning in the Acquisition and Maintenance of Anxiety</i>
September 26	<i>Operant Conditioning and Memory in Anxiety</i>
October 3	<i>Information Processing in Anxiety</i>
October 10	<i>Obsessive-compulsive disorder</i>
October 17	<i>Talk by Dr. Ian Gotlib; location tba</i>
October 24	<i>Panic disorder and agoraphobia</i>
October 31	<i>Generalized anxiety disorder</i>
November 7	<i>Social phobia</i>
November 14	<i>Post traumatic stress disorder</i>
November 21	<i>Class cancelled</i>
November 28	<i>In-class final essay followed by (non-mandatory) field trip to Grad House</i>