



# ST. JEROME'S UNIVERSITY

**St. Jerome's University in the University of Waterloo**  
**Department of Psychology**  
**PSYCH 257 - Spring 2020**  
**PSYCHOPATHOLOGY | Remote Delivery**

## **Instructor and T.A. Information**

Instructor: Meagan MacKenzie, PhD  
Email: [mmackenzie@sju.ca](mailto:mmackenzie@sju.ca)  
Days/Time of Lectures: not applicable – this course is an asynchronous remote delivery format  
Office hours: send an email requesting a phone or video appointment

Students can expect an email response to a legitimate inquiry within 24 hours, not including weekends. If you do not receive a reply in this time period, please re-send your message. Students contacting the professor or T.A. must include their first and last names, student number, and course in which they are enrolled.

### **Contact Sarah if your last name begins with A-L:**

T.A. Sarah Bacso  
Email [sabacso@uwaterloo.ca](mailto:sabacso@uwaterloo.ca)

### **Contact Shirley if your last name begins with M-Z**

T.A. Shirley Ong  
Email [s7ong@uwaterloo.ca](mailto:s7ong@uwaterloo.ca)

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## **Course Information**

This course will be conducted entirely online. There is an assigned textbook and each week, you will be expected to complete readings. In addition, I have created weekly modules on LEARN which contain various content items – short readings, articles, and audio-video materials. These materials are in addition to the textbook material, not just a duplication - make sure to read BOTH the text and the modules each week.

**This is a dense course which requires a consistent participation. Please ensure you read this syllabus fully to understand what will be expected of you over the course of the semester.**

## **Course Objectives**

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 evidence-based practice.

## Course Goals and Learning Outcomes

- A. Articulate an informed, critical understanding of abnormal behaviour in the context of current (and historical) conceptualizations of psychological dysfunction and therapeutic techniques
- B. Understand the scientist-practitioner model of clinical psychology and identify a range of empirically-supported clinical assessment and treatment methods
- C. Begin to evaluate the relative strengths and weaknesses of new developments in research and practice within the field of clinical psychology
- D. Appreciate, with greater insight than before, the experiential phenomenology of human psychological health and suffering

## Required Text

- Biedel, D. C., Bulik, C. M., Stanley, M. A., & Taylor, S. (2018) *Abnormal Psychology*. Pearson.
- Please see the information on LEARN under “Revel Quizzes” – we are using an etext available through Revel.
- You may purchase access during the registration process or through the bookstore.

## LEARN

- LEARN will be used to present course content and communicate with students.
- You will be expected to read a text chapter (from textbook listed above) as well as read the online module content for that week.
- There will occasionally be links to additional readings and/or audio-video materials within the LEARN modules.
- All assessment items will be submitted via LEARN. Please read the **Course Information** module thoroughly.
- Please check LEARN regularly for important announcements which I will post weekly and consider downloading the Brightspace Pulse app for your device.

## Learning about Psychopathology

This course focuses on psychological conditions and aims to provide you with a rich understanding of the various forms of atypical mental behaviour. One thing to mention as we start is the phenomenon called *Medical Student Syndrome*—in which learning about symptoms of disorders makes someone more likely to see symptoms in others or themselves. You shouldn't be alarmed if you begin to recognize some of these symptoms in someone you know; this often happens when students first learn about psychopathology, and you should always keep in mind that symptoms are only part of what constitutes a psychological disorder. However, if you (or someone you care about) are experiencing symptoms that are causing distress or getting in the way of daily life, it may be helpful to make an appointment at [Mental Health Services](#).

## Course Requirements and Assessment

**Important:** All Assessment items are due at 11:59pm Eastern Daylight Time (Waterloo, ON: Time Zone GMT-4) on their deadline.

	Assessment Item	Material	Deadline	Weighting
1	<b>Weekly Textbook Chapter Quizzes and Review Exercises</b>		Weekly on Sundays: the date specified in the schedule below by 11:59PM	12 x 1% = <b>12%</b>
2	<b>Term Tests x3</b>		Friday, June 5 Friday, July 3 Friday, July 31	3 x 10% = <b>30%</b>
3	<b>Online Discussions</b>			3 x 5% = <b>15%</b>
	Discussion 1	Research Methods and Ethics	Friday, May 29, 11:59PM	
	Discussion 2	Dissociative Disorders	Friday, July 3, 11:59PM	
	Discussion 3	Eating Disorders	Friday, July 24, 11:59PM	
4	<b>Short Written Assignments</b>			3 x 6% = <b>18%</b>
	Short Assignment 1	Research Article Summary	Friday, June 5, 11:59PM	
	Short Assignment 2	Research Article Critique	Friday, June 19, 11:59PM	
	Short Assignment 3	Case Study	Friday, July 17, 11:59PM	
5	<b>Final "Take Home" Exam</b> All course material		WEDNESDAY, August 5, 11:59pm	<b>25%</b>
*	<b>REG Research Experience</b> Research Participation		Wednesday, August 5	<b>BONUS 3%</b>
	Total			100%

### 1. Weekly Textbook Chapter Quizzes and Review Exercises due on Sundays at 11:59pm

The textbook has a series of self-assessment, multiple choice questions for each chapter which you must complete. These occur throughout and at the end of the chapter. Completing each represents 1% of your grade. Please note, you are on your honour to complete these without consulting your textbook. These are meant to be closed-book assessments. Each chapter must be completed by the date indicated in the class schedule below (11:59pm Eastern Daylight Time; Waterloo, ON: Time Zone GMT-4). Students are encouraged to work ahead of schedule.

### 2. Term Tests

There will be three short answer written term tests which will be available from 12:00am to 12:00pm on their deadlines. Tests will be available for a 24-hour period to allow for students in different time zones. Once the test commences, students will have a limited amount of time to complete the test items presented. All exams are closed-book exams; no aids, notes, electronic devices are to be accessed during the tests, collaboration is prohibited. Please note, you are on your honour to complete these without consulting your textbook, notes, or help from any source. These are meant to be closed-book assessments. Tests are non-cumulative. Test 1 will cover material presented from Weeks 1-4. Test 2 will cover material presented from Weeks 5-8. Test 3 will cover material presented from Weeks 9-12.

### **3. Online Discussions**

You will be expected to participate in small-group online discussions on topics assigned in selected modules. All discussions are due at 11:59pm on the Friday during the week they are assigned.

### **4. Short Written Assignments**

There will be three short (1-2 pages) written assignments in this course. They will include a research article summary, a research article critique, and a case study. More information will be distributed on LEARN at least two weeks before they are due.

### **5. Final "Take Home" Exam – Written Assignment**

You will have one week to complete the final written assignment. The assignment guidelines will be released on LEARN at 12:00am on July 29 and is due August 5, 2020, 11:59pm.

The final exam will be a 4-page written assignment. You will be given a selection of questions to choose from. It is expected that you work independently. More information will be released near the end of the semester.

Student travel plans are not acceptable grounds for granting a final examination extension (see Exam Regulations: <http://ugradcalendar.uwaterloo.ca/group/uWaterloo-Academic-Regulations-Tests-Exams>).

### **\* Bonus – REG Research Experience**

Experiential learning is considered an integral part of the undergraduate program in Psychology. In this class, you have the opportunity to earn up to 3 bonus credits by participating in research. Please review the research participation guidelines at the end of this document. As most of you have completed Introductory Psychology, you will be familiar with participating in research studies and receiving course credit for this participation. Questions about the research participation process are typically answered by reviewing the information on LEARN provided by Michelle Manios, the Research Experience and Ethics Administrator. See also: <https://uwaterloo.ca/research-experiences-group/>

### **Assessment Notes**

It is my policy not to "bump" students' grades up or provide extra assignments to help raise your grade. Please do not ask me to change your grade or provide extra credit assignments. It's an issue of ethics and fairness to all students in the course. All students are judged using the same evaluations, and grades that are earned are the grades that are granted.



## Course Schedule – Tentative Sequence of Topics/Readings/Activities

**Be sure to read the Introduction page of each weekly LEARN module so that you know what is expected of you.**

Week	Date	Topic	Readings	Activities/Assignments
1	May 11-17	Introduction to “Abnormal” Behaviour and Psychological Disorders	Chapter 1: 1.0-1.2 Week 1 Module	1. Quiz 1 – <b>Sunday, May 17 11:59pm</b> 2. Ungraded discussion: Introduce yourself!
2	May 18-24	Contemporary Theories of Abnormal Behaviour	Chapter 1: 1.3 to the end Week 2 Module	1. Quiz 2 – <b>Sunday, May 24 11:59pm</b>
3	May 25-31	Research Methods and Research Ethics	Chapter 2 Week 3 Module	1. Quiz 3 – <b>Sunday, May 31 11:59pm</b> 2. Discussion 1
4	June 1-7	Assessment and Diagnosis	Chapter 3 Week 4 Module	1. Quiz 4 – <b>Sunday, June 7 11:59pm</b> 2. Short Assignment 1: Research Summary 3. Term Test 1
5	June 8-14	Substance Use Disorders	Chapter 9 Week 5 Module	1. Quiz 5 – <b>Sunday, June 14 11:59pm</b>
6	June 15-21	Health Psychology	Chapter 14 Week 6 Module	1. Quiz 6 – <b>Sunday, June 21 11:59pm</b> 2. Short Assignment 2: Research Critique
7	June 22-28	Anxiety Disorders, Stress-Related, and Obsessive-Compulsive Disorder	Chapter 4 Week 7 Module	1. Quiz 7 – <b>Sunday, June 28 11:59pm</b>
8	June 29-Jul 5	Dissociative Disorders and Somatic Symptom and Related Disorders	Chapter 5 Week 8 Module	1. Quiz 8 – <b>Sunday, July 5 11:59pm</b> 2. Discussion 2 3. Term Test 2
9	July 6-12	Mood Disorders	Chapter 6 Week 9 Module	1. Quiz 9 – <b>Sunday, July 12 11:59pm</b>
10	July 13-19	Schizophrenia	Chapter 10 Week 10 Module	1. Quiz 10 – <b>Sunday, July 19 11:59pm</b> 2. Short Assignment 3: Case Study
11	July 20-26	Eating Disorders	Chapter 7 Week 11 Module	1. Quiz 11 – <b>Sunday, July 26 11:59pm</b> 2. Discussion 3
12	July 27-Aug 2	Personality Disorders	Chapter 11 Week 12 Module	1. Quiz 12 – <b>Sunday, August 2 11:59pm</b> 2. Term Test 3
13	Aug 5		<b>Final written “take-home” assignment due</b>	

UWaterloo Important Dates: <https://uwaterloo.ca/registrar/important-dates/calendar>



## Course Policies

### **1. Extensions**

For written work in this course, I have adopted a **No-Excuses-Needed Extension Policy**:

- Every assignment has a Regular Deadline. If you *need* an extension, then you may have an Extended Deadline of two days from the originally scheduled deadline. For example, if your written assignment is due Friday, June 5 11:59pm, the Extended Deadline is Sunday, June 7, 11:59pm.
- **This policy applies to: discussions and short written assignments.**
- You do not need to email me or the TAs to ask for this extension, you can just take it. However, there are no extensions beyond the extended deadline.
- **This policy does NOT apply to weekly quizzes, the three tests, or the final “take-home” assignment: dates and times are final.** If you miss a quiz or a test, and you have the documentation to support your claim for a rewrite (see information regarding documentation below), there will be a makeup test during the final assessment period (formerly called the final exam period): August 7-15.

### **2. Late Policy (applies to the day after Extended Deadline on applicable assessment items)**

For late assignments, 10% will be deducted per day, including weekends, up to a maximum of 100%.

### **3. Missed Tests**

Students are entitled to a rescheduling of tests for legitimate medical or compassionate reasons or based on religious grounds. However, it is the student's responsibility to inform the instructor prior to or at the time of the test. The student must provide acceptable documentation to support a medical, compassionate, or religious claim for a make-up test. Elective arrangements such as travel plans are not acceptable grounds for granting accommodations to course requirements per the uWaterloo Examination Regulations and Related Matters: <http://www.registrar.uwaterloo.ca/exams/ExamRegs.pdf>.

**VIFs** and non-influenza-like illnesses: Students do not need to visit a physical clinic in order to secure a VIF. The University's Health Services (<https://uwaterloo.ca/campus-wellness/health-services>) is providing essential services and telemedicine and will authorize VIFs where warranted. Other health care providers are also offering remote services.

<https://www.kitchentoday.com/coronavirus-covid-19-local-news/grand-river-hospital-offering-same-day-virtual-assessments-2267846>

<https://www.cambridgevirtualclinic.com> or 1-800-594-0537 (between 9-5)

A reminder: if you are experiencing an urgent, medical emergency, call 911 right away.

*Self-declaration and the University's COVID-19 reporting requirements:* the University added a “Protocol for Individual Disclosures of COVID-19” to its Coronavirus Information site (<https://uwaterloo.ca/coronavirus/employee-information-and-resources/protocol-individual-disclosures-covid-19>)

The same process holds for compassionate or religious claims; you will need to support your claim with a letter, which contains the same information contained in an Illness Verification Form (i.e., due to religious/mental health/extreme circumstance reasons, it was impossible for the student to write the test at the scheduled time)

written by your clergy person/therapist/social worker, etc. Included would be contact information for that professional. For mental health or personal issues, you are encouraged **strongly** to make an appointment with Lindsay Thompson, MSW, RSW - St. Jerome's Wellness Coordinator, [lindsay.thompson@uwaterloo.ca](mailto:lindsay.thompson@uwaterloo.ca)

If you feel that you have a medical or personal problem that is interfering with your work or has the possibility to interfere with your work (e.g., chronic, recurring stress-induced migraines; anxiety; medication that is impeding studying; impairing dysmenorrhea), you should contact your instructor, your Academic Counselling Office (and/or Accessibility Services Office), and Lindsay Thompson as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. In general, retroactive requests for grade revisions on medical or compassionate grounds will not be considered (from the University of Waterloo website: if a student completes an exam while ill, the grade stands).

Mental Health information is also available at: <https://uwaterloo.ca/arts/get-mental-health-support-when-you-need-it>

#### **4. Intellectual Property**

Students should be aware that this course contains the intellectual property of the instructor along with intellectual property of Pearson Publishing. This property may include (but not limited to):

- PowerPoint slides, handouts
- Lecture content, both spoken and written (includes any audio or video recording)
- Questions from various types of assessments (e.g., assignments, quizzes, tests)
- All course material is protected by copyright

**IMPORTANT: Making available the intellectual property of instructors without their express written consent (e.g., uploading lecture notes, assignments, test questions to an online repository) is considered theft of intellectual property and subject to disciplinary sanctions as described in Policy 71 – Student Discipline (or even legal prosecution by Pearson Publishing).** Students who become aware of the availability of what may be their instructor's intellectual property in online repositories are encouraged to alert the instructor.

**5. Email Policy:** Students are responsible for all e-mail that is sent to their official uWaterloo email address. Check e-mail regularly for important and time sensitive messages. See [Statement on official student e-mail address](#) for further details e.g., procedures and warnings regarding forwarding e-mail to other accounts.

**6. Release of Grades:** Grades are not released over email. Do not send email to the instructor or TA asking "When will the grades be posted?". Grades are released on LEARN as soon as possible.

**7. 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. See the [Office of Academic Integrity webpage](#) for more information.

**7.a. Instructor Comment on Academic Integrity:** In several areas of the course outline, the phrase "on your honour" is used. This means that you are being trusted to act according to the rules. Behaviour such as collaborating on written assignments is strictly prohibited. The written work submitted is to be produced by you solely. While there are no proctors prohibiting collaboration with others during tests, this behaviour is prohibited. The tests are meant to be closed-book – meaning students are not to access their note, the textbook, or the internet in order to aide responding to test items. The test will be written such that, if students did consult with the textbook, notes, internet, or other people, it may prohibit them from completing the test items within the specified time frame. Students are reminded that the aforementioned behaviors are a violation

under University of Waterloo Policy 71 [see below under Discipline].

**8. Turnitin.com:** Text matching software (Turnitin®) may be used to screen assignments in this course. Turnitin® is used to verify that all materials and sources in assignments are documented. Students' submissions are stored on a U.S. server, therefore students must be given an alternative (e.g., scaffolded assignment or annotated bibliography), if they are concerned about their privacy and/or security. Students will be given due notice, in the first week of the term and/or at the time assignment details are provided, about arrangements and alternatives for the use of Turnitin® in this course. It is the responsibility of the student to notify the instructor if they, in the first week of term or at the time assignment details are provided, wish to submit the alternate assignment.

**9. Grievance:** A student who believes that a decision affecting some aspect of their university life has been unfair or unreasonable may have grounds for initiating a grievance. [Read the St. Jerome's University Policy on Student Petitions and Grievances, www.sju.ca/sites/default/files/upload\\_file/PLCY\\_AOM\\_Student-Petitions-and-Grievances\\_20151211-SJUSCapproved.pdf](http://www.sju.ca/sites/default/files/upload_file/PLCY_AOM_Student-Petitions-and-Grievances_20151211-SJUSCapproved.pdf). When in doubt, please be certain to contact the St. Jerome's Advising Specialist, Student Affairs Office, who will provide further assistance.

**10. Discipline:** A student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for his/her actions. Check [the Office of Academic Integrity](#) for more information. 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 the St. Jerome's University Policy on Student Discipline, [www.sju.ca/sites/default/files/PLCY\\_AOM\\_Student-Discipline\\_20131122-SJUSCapproved.pdf](http://www.sju.ca/sites/default/files/PLCY_AOM_Student-Discipline_20131122-SJUSCapproved.pdf). For information on categories of offences and types of penalties, students should refer to University of Waterloo Policy 71, Student Discipline, [www.adm.uwaterloo.ca/infosec/Policies/policy71.htm](http://www.adm.uwaterloo.ca/infosec/Policies/policy71.htm). For typical penalties, check the Guidelines for the Assessment of Penalties, [www.adm.uwaterloo.ca/infosec/guidelines/penaltyguidelines.htm](http://www.adm.uwaterloo.ca/infosec/guidelines/penaltyguidelines.htm).

**11. Appeals:** A decision made or penalty imposed under the St. Jerome's University Policy on Student Petitions and Grievances (other than a petition) or the St. Jerome's University Policy on Student Discipline may be appealed if there is a ground. A student who believes they have a ground for an appeal should refer to the [St. Jerome's University Policy on Student Appeals, www.sju.ca/sites/default/files/PLCY\\_AOM\\_Student-Appeals\\_20131122-SJUSCapproved.pdf](http://www.sju.ca/sites/default/files/PLCY_AOM_Student-Appeals_20131122-SJUSCapproved.pdf).

**12. Note for Students with Disabilities:** AccessAbility Services, located in Needles Hall (Room 1401) at the University of Waterloo, 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 AccessAbility Services at the beginning of each academic term, [www.uwaterloo.ca/accessability-services/](http://www.uwaterloo.ca/accessability-services/).

**13. Official version of the course outline:** Outlines on LEARN may change as instructors develop a course, but they become final as of the first class meeting for the term.

#### **14. Writing and Communication Centre**

The Writing and Communication Centre (WCC) works with students as they develop their ideas, draft, and revise. Writing and communication specialists offer one-on-one support in planning assignments, synthesizing and citing research, organizing papers and reports, designing presentations and e-portfolios, and revising for clarity and coherence.



You can make multiple appointments throughout the term, or you can contact the Library for quick questions or feedback. For more information, visit [uwaterloo.ca/wcc](http://uwaterloo.ca/wcc). Please note that communication specialists guide you to see your work as readers would. They can teach you revising skills and strategies but will not change or correct your work for you.

### **15. Mental Health Services:**

Mental Health Services aim is to provide holistic programming and services to help you lead a healthy and balanced life. We strive to provide a secure, supportive environment for students of all orientations and backgrounds. Students suffering from problems with anxiety, depression, problems with sleep, attention, obsessions or compulsions, relationship difficulties, severe winter blues, etc., may make an appointment by phone or in person. Appointments are usually available within two days of initial contact with one of our medical doctors. All contacts are completely confidential.

#### **On Campus**

- Mental Health information is also available at: <https://uwaterloo.ca/arts/get-mental-health-support-when-you-need-it>
- Counselling Services: [counselling.services@uwaterloo.ca](mailto:counselling.services@uwaterloo.ca) / 519-888-4567 ext. 32655
- **MATES**: one-to-one peer support program offered by Federation of Students (FEDS) and Counselling services
- Health Services Emergency service: located across the creek from Student Life Centre

#### **Off campus, 24/7**

- **Good2Talk**: Free confidential help line for post-secondary students. Phone: 1-866-925-5454
- Grand River Hospital: Emergency care for mental health crisis. Phone: 519-749-4300 ext. 6880
- **Here 24/7**: Mental Health and Crisis Service Team. Phone: 1-844-437-3247
- **OK2BME**: set of support services for lesbian, gay, bisexual, transgender or questioning teens in Waterloo. Phone: 519-884-0000 extension 213

#### **Contact Health Services**

##### **Health Services Building**

Call 519-888-4096 to schedule an appointment

Call 1-866-797-0000 for free 24/7 advice from a health professional

### **16. Territorial Acknowledgement**

We acknowledge that we are living and working on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe and Haudenosaunee peoples. The University of Waterloo is situated on the Haldimand Tract, the land promised to the Six Nations that includes six miles on each side of the Grand River.