University of Waterloo Psych 257 **Psychopathology** Fall 2022

Instructor

Professor	Email Address	Description & Office Hours
Prof. David Moscovitch	dmosco@uwaterloo.ca	See section below – "How to
		Get Your Course-Related
Dr. Moscovitch is a		Questions Answered" – for
Professor of Psychology at		instructions on how/when to
UW and a registered clinical		contact him.
psychologist in the province		
of Ontario. His areas of		
expertise are adult social		
anxiety and cognitive		
behavioural therapy (CBT).		

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. All course material this semester will be delivered remotely and will be available asynchronously via LEARN.

Teaching Assistants

Teaching Assistants	Email Address	Notes
1. Carla Rumeo	<u>crumeo@uwaterloo.ca</u>	TAs are all UW grad students in Clinical
2. Charlotte Aitken	charlotte.aitken@uwaterloo.ca	Psychology. See section below – "How to Get
3. Monica Grove	monica.grove@uwaterloo.ca	Your Course-Related Questions Answered."

How to Get Your Course-Related Questions Answered

For content-related questions: Please post all specific content-related questions directly on our LEARN Discussion Board, which is monitored daily. If you email any content-related questions to us, we may direct you to post them instead on the Discussion Board so we can respond there. Posting on the Discussion Board is not mandatory, and you will not be graded for it, but it is the most efficient way to get your questions answered.

When to email the course TAs: Please email all the TAs as a group if you need extra help with course material or preparing for quizzes/assignments, or you wish to discuss a grade you received. One of the TAs will email you back to answer your question and/or set up a private video chat meeting with you. You can expect to hear back from the TAs within 24 hours if your question is sent on a weekday (Monday to Friday).

When to email the course instructor: Please email Prof. Moscovitch directly if you have a specific question about course requirements or wish to discuss personal issues related to your performance in the course, if you are requesting any accommodations, or if you have questions about your career path or your broader interests in Psychology. Prof. Moscovitch will email you back to answer your question and/or set up a private video chat meeting with you. You can expect to hear back within 24 hours if your question is sent on a weekday.

Course Goals and Learning Outcomes

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

- Α. Articulate and apply an informed, integrative, and critical understanding of abnormal behaviour within the context of current conceptualizations of psychological dysfunction and therapeutic techniques
- В. 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

Barlow, D.H., Durand, M.V., Hofmann, S.G., & Lalumiere, M.L. (2021). Abnormal Psychology: An Integrative Approach, Sixth Canadian Edition.

Important: The 6th Canadian edition by Barlow, Durand, Hofmann, & Lalumiere is mandatory. No earlier or American versions of the textbook are permitted. The hard copy textbook is available for purchase through the UW bookstore (wstore.uwaterloo.ca). An electronic version of this textbook is also permitted - see link in "Course Comment" at UW Booklook at https://wstore.uwaterloo.ca/course-materials/my-booklook.html.

Modules Available on LEARN

Please begin accessing the course materials in LEARN by clicking on Module 0 ("Welcome and Introduction").

Delivery of Course Material

Textbook: The required textbook contains mandatory material that is required for this course. Other material will be presented during live sessions in the form of lectures, slides, and Q/A.

Live Sessions (Synchronous and Recorded): Prof. Moscovitch will offer weekly synchronous 80-min lecture + Q/A sessions on Tuesdays at 10:00-11:20am EST via MS Teams, with some exceptions. See schedule in Table on p. 6, below, for details. Lectures are designed to supplement, clarify, and enrich the textbook material. Student attendance at live sessions is encouraged but not mandated. However, familiarity with lecture material is required. All sessions will be recorded live and later posted on LEARN for students to access. Students should accept Teams invites to weekly live sessions even if they are unable to attend them.

Schedule of Live Sessions: Live sessions will occur on Tuesdays at 10am EST throughout the semester (with some exceptions). <u>The schedule details are available in the Table below within the section entitled "Live Lectures and Q/A Sessions." Please mark your calendars accordingly.</u>

Course Requirements and Assessment

- 1. Open-book quizzes (5) one per Module, worth 10% each, with the lowest of the 5 grades automatically dropped, for a total of 40% of the final grade. Each open-book quiz consists of 20 multiple choice questions that test knowledge of course material based entirely on required textbook readings. Each quiz must be completed within a 30-minute time limit. Students seeking accommodations for extra time must enrol with AccessAbility (see below). Students enrolled with AccessAbility will receive individualized accommodations in line with each student's AccessAbility plan. All students are permitted only one attempt per quiz. Each Module quiz can be accessed only after all corresponding Module checklist items have been completed. There are no specific deadlines for completing each quiz, so students may work through the modules at their own pace; however, students are strongly encouraged to follow the recommended deadlines provided in LEARN and in the outline of course components below. All quizzes must be completed by the final day of classes at 11:59pm EST.
- 2. Writing assignments (3) associated with Modules 1, 3, and 5. Each assignment is worth 20%, for a total of 60% of the final grade. Assignments must be submitted to the LEARN Dropbox by strictly enforced deadlines. Assignments will be graded based on a detailed rubric, which is available to students in LEARN and later in this document (see below). Students are expected to base their assignment responses on both textbook and lecture material.

Assessment	Due Date	Weighting
Top 4 of 5 Module Quizzes	No later than Dec 6 at 11:59pm	40%
Writing Assignment #1	Sept 25-Oct 2	20%
Writing Assignment #2	Oct 28-Nov 4	20%
Writing Assignment #3	Nov 29-Dec 6	20%
Total		100%

Automatic "No Questions Asked" 7-Day Extension for Every Assignment

Every writing assignment has a "soft" (recommended) deadline and a "hard" (final) deadline. The hard deadine is 7 days after the soft deadline. Students should think of the soft deadline as the goal for their submission of writing assignments, as doing so will enable them to keep pace with the course without falling behind. However, for any and all assignments, students may submit up to hard deadline without penalty and without requesting permission from the instructor. The hard deadline will be strictly enforced. The assignment dropbox will close at midnight on the hard deadline day and grading of all assignments will begin the next morning.

How and When Will Writing Assignments Be Graded?

Writing assignments will be graded using the grading rubric which can be found in LEARN and below within this document. Grading will take 2 weeks for each assignment, with grades and associated individualized feedback returned 2 weeks after the final deadline.

What if I Encounter Technical Issues During Timed Quizzes?

Students have one attempt to complete each quiz. Please make every effort to arrange to take your quiz in a comfortable, quiet setting with strong internet service. If your internet service is interrupted while taking or attempting to submit your quiz, please try to log back into the quiz as quickly as possible to complete it within the time limit. If technical problems prevent you from completing your quiz, please email Prof. Moscovitch and the TAs to inform them as soon as possible. In your email, provide specific details about the nature of the interruption you experienced, including the time you began your quiz, the nature and time of the problem you encountered, and the number of questions you completed. Include any additional information you can provide (e.g., a relevant screenshot) to verify your claim. Prof. Moscovitch will consider each request on a case-by-case basis. Students who are permitted to rewrite the quiz can expect to receive a new quiz on that same module, with a fresh set of questions that will not be identical to those of the original quiz.

Opportunity for Bonus Grades

Students may earn up to 3% bonus grades by participating in experimental studies through the Psychology Department or completing an alternative assignment. See Research Experience Grades, below, for more information.

Outline of Course Components		
MODULE 0		
Module 0 Required Tasks Suggested deadline: Sept 7-12	 Read Course Outline (Syllabus) Watch Introductory Videos from Instructor and TAs Watch How to Navigate this Course and Do Your Very Best Complete Introductory Survey and submit to dropbox Complete all checklist items for Module 0 to access Modules 1-5 	
MODULE 1		
Module 1 Required Tasks Suggested deadline: Sept 25	 Read Textbook chapters 1, 2 Chpt 1: Abnormal Behaviour in Historical Context Chpt 2: An Integrative Approach to Psychopathology Complete all checklist items to access Module 1 Quiz 	
Module 1 Quiz (10%) Suggested deadline: Sept 25	 Completion deadline is strongly recommended, not enforced Final enforced deadline for completing Module 1 Quiz is the last day of classes 	
Module 1 Assignment (20%) Suggested deadline: Sept 25 Final required deadline: Oct 2	Recommended initial submission deadline of Sept 25 and enforced final submission deadline of Oct 2 at 11:59pm EST	
MODULE 2		
Module 2 Required Tasks Suggested deadline: Oct 9	 Read Textbook chapters 3, 4 Chpt 3: Clinical Assessment and Diagnosis Chpt 4: Research Methods Complete all checklist items to access Module 2 Quiz 	
Module 2 Quiz (10%) Suggested deadline: Oct 9	 Completion deadline is strongly recommended, not enforced Final enforced deadline for completing Module 2 Quiz is the last day of classes 	
MODULE 3		
Module 3 Required Tasks Suggested deadline: Oct 28	 Read Textbook chapters 5, 6, 7: Chpt 5: Anxiety Chpt 6: Preoccupation & Obsession Chpt 7: Trauma & Dissociation Complete all checklist items to access Module 3 Quiz 	
Module 3 Quiz (10%) Suggested deadline: Oct 28	 Completion deadline is strongly recommended, not enforced Final enforced deadline for completing Module 3 Quiz is the last day of classes 	
Module 3 Assignment (20%) Suggested deadline: Oct 28 Final required deadline: Nov 4	Initial recommended submission deadline of Oct 28 and enforced final submission deadline of Nov 4 at 11:59pm EST	
MODULE 4	a Dood Taythack shorters 2, 0, 40;	
Module 4 Required Tasks Suggested deadline: Nov 18	 Read Textbook chapters 8, 9, 10: Chpt 8: Mood; Chpt 9: Eating; Chpt 10: Sleeping Complete all checklist items to access Module 4 Quiz 	

Module 4 Quiz (10%)	Completion deadline is strongly recommended, not enforced	
Suggested deadline: Nov 18	Final enforced deadline for completing Module 4 Quiz is the last	
	day of classes	
MODULE 5		
Module 5 Required Tasks	Read Textbook chapters 13, 14:	
Suggested deadline: Nov 29	 Chpt 13: Personality; Chpt 14: Psychosis 	
Final deadline: Dec 6, 11:59pm	Complete all checklist items to access Module 5 Quiz	
Module 5 Quiz (10%)	Final enforced completion deadline for completion of all	
Suggested deadline: Nov 29	remaining quizzes is Dec 6 at 11:59pm EST	
Module 5 Assignment (20%)	Initial recommended submission deadline of Nov 29 and	
Suggested Deadline: Nov 29	enforced final submission deadline of Dec 6 at 11:59pm EST	
Final required deadline: Dec 6		
LIVE LECTURES + Q/A SESSIONS		
Live Lectures + Q/A Sessions	 Prof. Moscovitch will offer a total of 12 synchronous lecture 	
Via MS Teams	+ Q/A sessions throughout the term	
*All live sessions will be held on	Schedule of Live Sessions:	
Tuesdays at 10:00-11:20am EST	 Module 0: Tues Sept 7-12 (prerecorded materials in LEARN) 	
beginning Sept 13.	 Module 1: Tues Sept 13; Tues Sept 20 	
	 Module 2: *Thurs Sept 29; Tues Oct 4 	
*Note: There will be NO live	OCTOBER 10-14: NO CLASSES - FALL READING WEEK	
sessions on Tues Sept 27	 Module 3: Tues Oct 18; Tues Oct 25; Tues Nov 1 	
(professor away) or Tues Oct 11	 Module 4: Tues Nov 8; Tues Nov 15 (Aleece Katan guest 	
(Fall Reading Week).	lecture on Eating Disorders); Tues Nov 22	
*Nicke: These well be a seed a see	 Module 5: Tues Nov 29; Tues Dec 6 	
*Note: There will be a make-up		
live session on Thurs Sept 29 at	 Attendance is optional and the sessions will be recorded. 	
10am EST instead of the one cancelled on Tues Sept 27.	Students should accept invites to these sessions in MS Teams,	
cancened on Tues Sept 27.	even if they cannot attend them live.	
	Students may ask live questions during these sessions and are	
	directed to use the LEARN discussion board to post any	
	questions in between weekly live sessions.	

IMPORTANT NOTE: DEC 6, 2022 @ 11:59PM EST IS THE ABSOLUTE FINAL DEADLINE FOR STUDENTS TO SUBMIT MODULE 5 ASSIGNMENT AND COMPLETE ANY OUTSTANDING QUIZZES

Assignment Grading Rubric

Completeness (0-5)

- **0 fully incomplete:** all required elements are missing in the response
- 1 mostly incomplete: most of the required elements are missing from the response
- 2 less than half complete: <50% of the required elements are provided in the response
- **3 more than half complete:** >50% of the required elements are provided in the response
- 4 mostly complete: most, but not all, of the required elements are provided in the response
- **5 fully complete:** all the required elements are provided in the response

Clarity of expression (0-5)

- **0 fully unclear:** the entire response is unclear/unintelligible/irrelevant
- 1 mostly unclear: most, but not all, of the response is unclear/unintelligible/irrelevant
- **2 less than half clear:** <50% of the response is clear/intelligible/relevant
- **3 more than half clear:** >50% of the response is clear/intelligible/relevant
- 4 mostly clear: most, but not all, of the response is clear/intelligible/relevant
- **5 fully clear:** all elements of the response are fully clear/intelligible/relevant

High-quality reasoning and justification (0-5)

- **0 absent:** high-quality reasoning is never provided to justify the response
- 1 mostly absent: high-quality reasoning is rarely provided to justify the response
- 2 less than half present: high-quality reasoning/justification is provided <50% of the time
- 3 more than half present: high-quality reasoning/justification is provided >50% of the time
- 4 mostly present: high-quality reasoning and justifications are provided most, but not all, of the time
- 5 fully present: high quality reasoning and justifications are always provided

Knowledge of relevant course material (0-5)

- **0 absent:** meaningful connections are never made to relevant course material
- 1 mostly absent: meaningful connections are rarely made to relevant course material
- 2 less than half present: meaningful connections to course material are made <50% of the time
- 3 more than half present: meaningful connections to course material are made >50% of the time
- 4 mostly present: meaningful connections to course material are made most, but not all, of the time
- 5 fully present: meaningful connections are always made to relevant course materials in ways that reflect mastery of course-related concepts

TOTAL SCORE	OUT OF	20:
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Academic Integrity

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 UWaterloo Academic Integrity webpage and the Arts Academic Integrity webpage for more information.

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. For typical penalties check Guidelines for the Assessment of Penalties.

Concerns About a Course Policy or Decision

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 (Richard Eibach) is available for consultation and to mediate a resolution between the student and instructor: Email: reibach@uwaterloo.ca; Ph 519-888-4567 ext. 48790

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 <u>Policy 70</u> - <u>Student Petitions and Grievances</u>, Section 4. When in doubt, please be certain to contact Richard Eibach, the Associate Chair for Undergraduate Affairs who will provide further assistance; reibach@uwaterloo.ca.

Appeals: A decision made or penalty imposed under Policy 70 - Student Petitions and Grievances (other than a petition) or Policy 71 - Student Discipline may be appealed if there is a ground. A student who believes he/she has a ground for an appeal should refer to Policy 72 - Student Appeals.

Accommodation for Students with Disabilities

The <u>AccessAbility Services</u> office 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.

Accommodation for Course Requirements

- Students requesting accommodation for course requirements due to illness should do the following:
 - Consult the University's examination regulations for information about procedures and policies for requesting accommodations
 - Seek medical treatment as soon as possible
 - Obtain documentation of the illness by completing a Verification of Illness Form
 - Submit that form to the instructor within 48 hours.
 - o If possible, inform the instructor by the due date for the course requirement that you will be unable to meet the deadline and that documentation will be forthcoming.
- 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.
- Elective arrangements such as travel plans are not acceptable grounds for granting accommodations to course requirements per the <u>uWaterloo Examination Regulations and</u> Related Matters.
- Additional policies of the Psychology department pertaining to course requirements are available on the department website.
- 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.
- 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 Prof. Moscovitch is informed about these potential difficulties, the easier it will be for him to help accommodate the student's needs around these difficulties. Accommodations will only be considered in the presence of a documented 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.

Official Version of the Course Outline

The Course Outline that is posted on LEARN may change as instructors develop a course, but they become final as of the first class meeting for the term.

Territorial Acknowledgement

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. When we are on campus, we acknowledge that we are living and working on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe and Haudenosaunee peoples.

Mental Health Services

Students suffering from problems with anxiety, depression, problems with sleep, attention, obsessions or compulsions, relationship difficulties, etc., may make an appointment at Campus Wellness to see a counsellor for mental health services, which are provided during the pandemic by phone or video. The University of Waterloo Mental Health Research and Treatment is another on-campus resource that provides evidence-based mental health services via teletherapy (video chat or phone), but not for those in urgent need of an immediate appointment.

Research Experience Grades: Information and Guidelines

Experiential learning is considered an integral part of the undergraduate program in Psychology. Research participation is one example of this, article review is another. A number of undergraduate courses have been expanded to include opportunities for Psychology students to earn grades while gaining research experience. Since experiential learning is highly valued in the Department of Psychology, students may earn a "bonus" grade of up to 3% in this course through research experience. Course work will make up 100% of the final mark and a "bonus" of up to 3% may be earned and will be added to the final grade as needed to bring your final grade up to a maximum of 100%. The two options for earning research experience grades (participation in research and article review) are described below. Students may complete any combination of these options to earn research experience grades. For Fall 2022, half of your participation credits (i.e., 1.5 credits) must come from In-lab or Remote Access studies, while the other half (1.5 credits) can come from online studies.

Option 1: Participation in Psychology Research

Research participation is coordinated by the Research Experiences Group (REG). Psychology students may volunteer as research participants in remotely operated and/or online (web-based) studies conducted by students and faculty in the Department of Psychology. Participation enables students to learn first-hand about psychology research and related concepts. Many students report that participation in research is an educational and interesting experience. Please be assured that all Psychology studies have undergone prior ethics review and clearance through a University of Waterloo Ethics Committee.

How to Earn Extra Marks this Term by Participating in Studies

- You will earn "credits" which will be converted to "marks" (1 credit = 1%)
- You can schedule your participation in all types of studies whether they are in-lab, remotely operated, or online studies – using the "Sona" website.
- FOR THE FALL 2022 TERM, half of your participation credits (i.e., 1.5 credits) must come from In-lab or Remote Access studies, while the other half (1.5 credits) can come from online studies.

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.

Important Note

REMOTELY OPERATED and IN-LAB studies have increment values of 0.5 participation credits (grade percentage points) for each 30-minutes of participation. ONLINE studies are worth 0.25 credits for each 15-minutes of participation. Researchers will record student's participation and at the end of the term the REG Coordinator will provide the course instructor with a credit report of the total credits earned by each student.

How to participate?

Study scheduling, participation and grade assignment is managed using the SONA online system. All students enrolled in this course have been set up with a SONA account. You must get started early in the term.

For instructions on how to log in to your SONA account and for a list of important dates and deadlines please, as soon as possible, go to:

Participating/SONA information: How to log in to Sona and sign up for studies

*** Please do not ask the Course Instructor or REG Coordinator for information unless you have first thoroughly read the information provided on this website.***

More information about the REG program in general is available at:

<u>Sona Information on the REG Participants website or you can check the Sona FAQ on the REG website homepage for additional information.</u>

Option 2: Article Review as an Alternative to Participation 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 - 2 pages each) of journal articles relevant to Psychopathology or the field of clinical psychology. **Each review article counts as 1.0 percentage point.** To receive credit, you must follow specific guidelines, which are described below.

Articles must be chosen from the empirical psychological literature (i.e., from a PsychINFO or Scopus 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, Liason Librarian for Psychology at tireland@library.uwaterloo.ca. Students are encouraged to seek prior approval from the instructor or TAs about the appropriateness of the articles they choose to review.

Note that for Option 2, Article Reviews Must:

- Be submitted to the instructor directly as a Word or PDF attachment via email before Dec 6,
 2022 at 11:59pm. Late submissions will not be accepted under ANY circumstances.
- Be typed, single-spaced, in 12pt Times font, with 1-inch margins all around
- Include article title, author, and source. A link to the article or an e-copy of the article itself must be included.
- 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 and how they relate to the study or field of Psychopathology.

Summary of Bonus Credits in Psych 257, Fall 2022

In sum, in order to earn up to a total of 3% 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, for a total maximum grade of 100%.