

University of Waterloo
Department of Psychology
PSYCH 257 - Psychopathology
Fall 2019
Tuesdays and Thursdays 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: Tuesdays 11:00 AM - 12:00 PM

Email: pamela.seeds@uwaterloo.ca

To set up a meeting with Dr. Seeds outside of her regularly scheduled office hours, please email her at the address above. Your course TAs are Jessica, Tyler, and Aleece. 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
Jessica Dupasquier	jrdupasq@uwaterloo.ca	PAS 3206	Mondays 4:00 - 5:00 PM Thursdays 11:00 AM - 12:00 PM
Tyler Eschenwecker	tjeschenwecker@uwaterloo.ca	PAS 3035	Mondays 10:00 – 11:00 AM Fridays 1:00 - 2:00 PM
Aleece Katan	akatan@uwaterloo.ca	PAS 3284	Tuesdays 2:30 – 3:30 PM Thursdays 9:00 - 10:00 AM

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., & Hoffmann, S. G., & Lalumière, M. L. (2018). *Abnormal Psychology: An Integrative Approach* (5th Cdn. ed.). Toronto: Nelson Publishing.

This required textbook is available for purchase at the campus bookstore. When purchased at the bookstore, the textbook automatically comes with access to MindTap, the online study guide and resources. This edition of the textbook 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 or loose-leaf versions from the bookstore, which also comes packaged with Mindtap. Three copies of the textbook are available on 3-hour and 1-day short-term reserve at Dana Porter Library.

Please note that this is the fifth Canadian edition (2018) 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	Thursday, October 3, 2019 (in class)	30%
Midterm test 2	Thursday, November 7, 2019 (in class)	30%
Final exam	Date and time TBA by the Registrar's Office (December 6 – 21, 2019)	40%
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Total		100%

Midterm Test 1

80-minute test consisting of multiple choice questions covering chapters 1, 2, 3, 4, 6, and 8 (sleep-wake disorders section only) in the textbook, and all lecture material from September 5 to October 1 inclusive.

Midterm Test 2

80-minute test consisting of multiple choice questions covering chapters 7, 8 (eating disorders section only), 10, 13, and 15 in the textbook, and all lecture material from October 8 to November 5 inclusive.

Final Exam

120-minute test consisting of multiple choice questions covering chapters 5, 11, 12, and 16 in the textbook, all lecture material from November 12 to December 3 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 "SONA Participation and Research Experience Marks Information and Guidelines" for more information.

COURSE OUTLINE

Week	Date	Topic	Readings
1	September 5	Welcome and Introduction to Course	N/A
2	September 10 September 12	Abnormal Behaviour in Historical Context An Integrative Approach to Psychopathology	Chapter 1 Chapter 2
3	September 17 September 19	Clinical Assessment and Diagnosis Research Methods	Chapter 3 Chapter 4
4	September 24 September 26	<i>Video: Why Do We Dream?</i> Sleep-Wake Disorders	Chapter 8 (Sleep-Wake Disorders section only) Chapter 8 (Sleep-Wake Disorders section only)
5	October 1 October 3	Somatic Symptom and Dissociative Disorders MIDTERM #1 (30%)	Chapter 6 N/A
6	October 8 October 10	Mood Disorders and Suicide (Part 1) Mood Disorders and Suicide (Part 2)	Chapter 7 Chapter 7
	October 15 October 17	NO CLASS – READING WEEK NO CLASS – READING WEEK	N/A N/A
7	October 22 October 24	Neurocognitive Disorders Schizophrenia Spectrum and Other Psychotic Disorders	Chapter 15 Chapter 13
8	October 29 October 31	Eating Disorders (Part 1) <i>Guest Lecture: Dr. Allison Kelly, Department of Psychology, University of Waterloo</i> Eating Disorders (Part 2) <i>Guest Lecture: Aleece Katan, Department of Psychology, University of Waterloo</i>	Chapter 8 (Eating Disorders section) Chapter 8 (Eating Disorders section)
9	November 5 November 7	Sexual Dysfunctions, Paraphilic Disorders, and Gender Dysphoria MIDTERM #2 (30%)	Chapter 10 N/A
10	November 12 November 14	Anxiety, Trauma-Related, and Obsessive-Compulsive Disorders (Part 1) Anxiety, Trauma-Related, and Obsessive-Compulsive Disorders (Part 2)	Chapter 5 Chapter 5
11	November 19 November 21	Anxiety, Trauma-Related, and Obsessive-Compulsive Disorders (Part 3) Mental Health Services: Legal and Ethical Issues <i>Guest Lecture: Mary Ritchie and Deanna Walker, Department of Psychology, Western University</i>	Chapter 5 Chapter 16
12	November 26 November 28	Substance-Related, Addictive, and Impulse-Control Disorders <i>Guest Lecture: Dr. Shannon Gravely, International Tobacco Control Policy Evaluation Project, University of Waterloo</i> Personality Disorders (Part 1) – clusters A & C	Chapter 11 Chapter 12
13	December 3	Personality Disorder (Part 2) – cluster B	Chapter 12
	TBA (December 6 – 21)	FINAL EXAM (40%)	N/A

CROSS-LISTED COURSE

Please note that a cross-listed course will count in all respective averages no matter under which rubric it has been taken. For example, a PHIL/PSCI cross-list will count in a Philosophy major average, even if the course was taken under the Political Science rubric.

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.

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.

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.

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 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 (Dr. Richard Eibach) is available for consultation and to mediate a resolution between the student and instructor: Email: reibach@uwaterloo.ca; Telephone: 519-888-4567 ext. 38790

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. When in doubt, please be certain to contact [Richard Eibach](#), the Associate Chair for Undergraduate Affairs who will provide further assistance.

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](#).

NOTE 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.

ACCOMMODATION FOR COURSE REQUIREMENTS FOR PSYCHOLOGY COURSES

Policies of the Psychology department pertaining to course requirements are available on the [department website](#).

Missing a test or exam: 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.

- Students requesting accommodation for course requirements (assignments, midterm tests, final exams, etc.) 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 with a completed uWaterloo [Verification of Illness Form](#)
 - submit that form to the instructor **within 48 hours**.
 - (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 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/exam, the instructor will either:
 - 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
 - provide an extension. **Please note that make-up tests may be in essay format rather than multiple choice format.**
- 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 (e.g., travel plans), co-op interviews, and employment** are not considered acceptable grounds for granting accommodations for academic course requirements per the [uWaterloo Examination Regulations and Related Matters](#)

Missing a lecture: 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 every student who misses a 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 a scheduled appointment after you have borrowed and reviewed lecture notes from a classmate.)

RELIGIOUS HOLIDAYS TO BE ACCOMMODATED IF REQUESTED

Requests for accommodation based on religious holidays must be submitted to the student’s instructor(s) as soon as the conflict becomes apparent; in any case, no later than one week following the publication of the final exam schedule. Instructors may provide accommodations as outlined in the [Accommodations section](#) of the Undergraduate Calendar. Any unresolved disputes between instructors and students regarding the legitimacy of extenuating circumstances or the suitability of accommodations will be decided by the Associate Dean – Undergraduate Students.

The following includes occasions and observances for Fall 2019 that might warrant accommodation on religious/cultural grounds:

Date	Religious/Holiday observance
Monday, September 2 (University of Waterloo closed, with exceptions)	Labour Day (Canada, USA)
Sunday, September 29 (sundown) - Tuesday, October 1 (sundown)	Rosh Hashanah/New Year (Jewish)
Tuesday, October 8 (sundown) - Wednesday, October 9 (sundown)	Yom Kippur (Jewish)
Monday, October 14 (University of Waterloo closed)	Thanksgiving (Canada) Columbus Day (USA)
Sunday, October 27	Diwali (Sikh, Hindu)
Tuesday, November 12	Guru Nanak's Birthday/Bikarami (Sikh)
Thursday, November 28	Thanksgiving (USA)
Friday, December 13	Aga Khan's Birthday (Islam Ismaili)
Wednesday, December 25 (University of Waterloo closed)	Christmas Day (Christian)
Thursday, December 26 (University of Waterloo closed)	Death of Prophet Zarathustra (Zoroastrian)

OFFICIAL VERSION OF THE COURSE OUTLINE

If there is a discrepancy between the hard copy outline (i.e., if students were provided with a hard copy at the first class) and the outline posted on LEARN, the outline on LEARN will be deemed the official version. Outlines on LEARN may change as instructors develop a course, but they become final as of the first class meeting for the term.

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.

For more information about the purpose of territorial acknowledgements, please see the [CAUT Guide to Acknowledging Traditional Territory \(PDF\)](#).

MENTAL HEALTH SERVICES

All of us need a support system. The faculty and staff in Arts encourage students to seek out mental health support if they are needed.

[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

- [Health Services Building](#): located across the creek from Student Life Centre
 - Call 519-888-4096 to schedule an appointment
- Telehealth Ontario: call 1-866-797-0000 for free 24/7 advice from a health professional
- Counselling Services ([Needles Hall Addition, NH 2401](#))
 - Call 519-888-4567 x 32655 to schedule an appointment
 - counserv@uwaterloo.ca
- [MATES](#): one-to-one peer support program offered by Federation of Students (FEDS) and Counselling Services
- [Glow Centre](#): support services for sexual and gender diversity

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: 519-749-433 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 ext. 213

Full details can be found online at the Faculty of ARTS [website](#)

Download [UWaterloo and regional mental health resources \(PDF\)](#)

Download the [WatSafe app](#) to your phone to quickly access mental health support information

ACADEMIC FREEDOM AT THE UNIVERSITY OF WATERLOO

[Policy 33, Ethical Behaviour](#) states, as one of its general principles (Section 1), “The University supports academic freedom for all members of the University community. Academic freedom carries with it the duty to use that freedom in a manner consistent with the scholarly obligation to base teaching and research on an honest and ethical quest for knowledge. In the context of this policy, 'academic freedom' refers to academic activities, including teaching and scholarship, as is articulated in the principles set out in the Memorandum of Agreement between the FAUW and the University of Waterloo, 1998 (Article 6). The academic environment which fosters free debate may from time to time include the presentation or discussion of unpopular opinions or controversial material. Such material shall be dealt with as openly, respectfully and sensitively as possible.” This definition is repeated in Policies 70 and 71, and in the Memorandum of Agreement, Section 6.

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. 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 makeup 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 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.