



ST. JEROME'S UNIVERSITY

St. Jerome's University in the University of Waterloo

Department of Psychology

PSYCH 257: Psychopathology

Lectures: Mondays and Wednesdays

11:30am – 12:50pm

Arts Lecture Hall (AL) 116

INSTRUCTOR INFORMATION

Instructor: Dr. Siobhan Sutherland

Office Location: Sweeney Hall 2034 (SJU Campus)

Office Hours: by appointment

Email: siobhan.sutherland@uwaterloo.ca

TEACHING ASSISTANT INFORMATION

Teaching Assistant: Gen Iozzo

Office Location: virtual

Office Hours: by appointment

Email: giozzo@uwaterloo.ca

EMAIL COMMUNICATION

Before getting in touch with Dr. Sutherland about course questions, be sure to:

- 1) Reference the syllabus to see if your answer can be found here
- 2) Check/post your question on the LEARN discussion board - others may have the same questions as you that will be addressed on LEARN by the course TA
- 3) Contact your course TA with remaining questions that cannot be addressed on the discussion board

Dr. Sutherland receives a high volume of email and your question will be answered more quickly via the discussion board and/or the TA. Please contact the Professor directly by email only with personal questions/concerns related to your engagement in the course or to set up an office hour meeting. Please use the subject line "Psych 336" in all email correspondence. If I have not returned your email within 2 business days (that means excluding weekends), please resend as emails can occasionally get lost in my junk mail folder. Please use your uWaterloo email address when emailing us to avoid this issue.

COURSE WEBSITE and ATTENDANCE

Powerpoint slides and test grades will be made available on LEARN. Lectures will be held on campus. However, to accommodate students unable to attend physically, lectures will be available through MS Teams on the links below.



[Monday Link](#) [Wednesday Link](#)

For the best learning experience, it is recommended that you come to campus (Teams can freeze and you can miss parts of lecture, plus the level of engagement is greater when students are in class). Please check the course website often and before each class, as I will post important announcements through the course website. In the event that we return to remote learning, lectures will take place over Teams.

COURSE DESCRIPTION

This course offers an introduction to understanding, assessing, and treating mental illness from a psychological perspective. Course material will focus on various categories of abnormal behaviour, including personality, anxiety, and mood disorders; schizophrenia; and substance abuse. Clinical methods of assessment, diagnosis, and intervention will also be considered.

COURSE OBJECTIVES

1. Become familiar with the DSM-5, as well as the major disorders described within it.
2. Ability to understand and describe the methods used in assessing and diagnosing mental disorders.
3. Comprehend the various perspectives (e.g., psychological, biological, etc.) involved in understanding disordered behavior.
4. Describe the general ethical issues relating to treating patients.
5. Identify and describe evidence-based treatments for different mental health disorders.

REQUIRED TEXTBOOK

Barlow, D.H., Durand, V.M., Hofmann, S.G., & Lalumiere, M.L (2021). *Abnormal Psychology: An Integrative Approach*. (Canadian Edition) 6th edition. Toronto: Nelson Education, Ltd.

If you need assistance with your online order, please email wstore@uwaterloo.ca. A member of the team will reach out as soon as possible.

COURSE REQUIREMENTS AND ASSESSMENT

ASSESSMENT	DATE	WEIGHTING
Test 1	May 29, 2023	25%
Test 2	June 19, 2023	25%
Test 3	July 10, 2023	25%
Test 4	July 26, 2023	25%
Experiential Learning	By Aug 1, 2022	4% bonus
Total		100%



COURSE SCHEDULE

Week	Date	Topic	Readings
1	May 8	Course Introduction	
	May 10	Abnormal Behaviour in Historical Context	1
2	May 15	An Integrative Approach to Psychopathology	2
	May 17	Clinical Assessment and Diagnosis	3
3	May 22	Holiday – No Class	
	May 24	Research Methods	4
4	May 29	Test 1 (Ch1-4)	
	May 31	Anxiety	5
5	June 5	Preoccupation and Obsession	6
	June 7	Trauma and Dissociation	7
6	June 12	Mood Guest Speaker: Dr. Danielle Rice, C.Psych (Supervised Practice), Mood Disorders Program, St. Joseph's Healthcare Hamilton	8
	June 14	Eating Disorders Guest Speaker: Dr. Allison Kelly, C.Psych, Associate Professor at uWaterloo, Director of the Self-Attitudes Lab	9
7	June 19	Test 2 Ch (5-9)	
	June 21	Sex and Gender	11
8	June 26	Personality (Part 1)	13
	June 28	Personality (Part 2)	13
9	July 3	Holiday No Class	
	July 5	Substance Use and Impulse Control Guest Speaker: Dr. David LeMarquand, Concurrent Disorders Program, St. Joseph's Healthcare London	12
10	July 10	TEST 3 (CH 11-13)	
	July 12	Psychosis	14
11	July 17	Neurodevelopment	15
	July 19	Aging and Neurocognition	16
12	July 24	*Optional* Careers in Mental Health	
	July 26	TEST 4 (CH 14-16)	



Tests

Due to the size of this course, learning will be assessed using 4 in-class multiple-choice tests. Tests are non-cumulative. Please bring your own pencil/eraser on test days. Be prepared to present identification (your WAT card) when you turn in your test. Tests are weighted 25% each. All material covered in class and in the assigned readings is testable. On test days, there will be no lecture. Test marks will be posted on LEARN as soon as possible (typically within two weeks). In order to be fair to everyone, the mark received for a test stands – it will not be dropped or re-weighted. There is no final exam. Note: If suspension of in-person learning persists beyond one or more scheduled test dates, tests will be moved online during the scheduled class time.

Make-up Tests

Make-up test sessions are offered by the Vice President's office at St. Jerome's. They are held the Friday following the test date and are proctored by St. Jerome's staff. To schedule your make-up test, please **email your TA** (giozzo@uwaterloo.ca) stating the reason for your request with the attached documentation. Your course TA will inform you of your make-up test date and writing location on St. Jerome's campus. Before writing your make-up test, please email the appropriate documentation supporting medical, compassionate, or religious claim to the course TA. Make-up exams may differ in format from the original.

Experiential Learning

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 up to 4% of their final mark in this course through research experience (final grade cannot exceed 100%).

There are two options for earning research experience grades: participation in research through online and in-lab studies, and/or article review. These options are described below. Students may complete any combination of these options to earn research experience grades.

Option 1: Participation in Psychology Research

Research participation is coordinated by the Research Experiences Group (REG).



Psychology students may volunteer as research participants in in-lab and/or online 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 both an educational and interesting experience. Please be assured that all Psychology studies have been reviewed and received ethics clearance through a University of Waterloo Research Ethics Committee.

How to earn extra marks for your Psychology course(s) this term by participating in studies ...

- You will earn "credits" which will be converted to "marks" (1 credit = 1%)
- You can schedule your studies using the "Sona" website.

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 Ethics in 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.

Participation in remotely operated (replaces in-lab) studies has increment values of 0.5 participation credits (grade percentage points) for each 30-minutes of participation. Participation in ONLINE studies is worth .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:

[REG Participants' Homepage](#) or you can check the [Sona FAQ](#) for additional information.

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, students may opt to gain research experience by writing short reviews (1½ to 2 pages) of research articles relevant to the course. The course instructor will specify a suitable source of articles for this course (i.e., scientific journals, newspapers, magazines, other printed media). *You must contact your TA to get approval for the article you have chosen before writing the review.* Each review article counts as one percentage point. To receive credit, you must follow specific guidelines. The article review must:

- **Be submitted before the [last day of lectures](#) . Late submissions will NOT be accepted under ANY circumstances.**
- Be typed
- Fully identify the title, author(s), source and date of the article. A copy of the article must be attached.
- 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. If inappropriate or incorrect, identify the error and its implications for the validity of the article. You may find, for example, misleading headings, faulty research procedures, alternative explanations that are ignored, failures to distinguish factual findings from opinions, faulty statements of cause-effect relations, errors in reasoning, etc. Provide examples whenever possible.
- Clearly evaluate the application or treatment of those concepts in the article.
- Keep a copy of your review in the unlikely event we misplace the original.

IMPORTANT INFORMATION

Academic Integrity: In order to maintain a culture of academic integrity, members of the



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University of Waterloo community are expected to promote honesty, trust, fairness, respect, and responsibility. Check www.uwaterloo.ca/academicintegrity/ for more information.

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.](#) When in doubt, please be certain to contact the St. Jerome's Advising Specialist, Student Affairs Office, who will provide further assistance.

Discipline: A student is expected to know what constitutes academic integrity, to avoid committing an academic offence, and to take responsibility for their actions. Check www.uwaterloo.ca/academicintegrity/ 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 instructor, academic advisor, or the 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.](#) For information on categories of offences and types of penalties, students should refer to University of Waterloo [Policy 71, Student Discipline.](#) For typical penalties, check the [Guidelines for the Assessment of Penalties.](#)

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.](#)

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.

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 ten kilometres 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 Support: 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

- **Counselling Services:**
 - Needles Hall Addition, NH 2401
 - 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:**
 - Health Services Building, located across the creek from Student Life Centre
 - Call 519-888-4096 to schedule an appointment
 - Call 1-866-797-0000 for free 24/7 advice from a health professional
- **Centre for Mental Health Research and Treatment (CMHRT):**
 - located on first floor of PAS
 - Call 519-888-4567 x33842 or email cmhrtintake@uwaterloo.ca to schedule an appointment

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

Full details can be found online on 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