

**University of Waterloo**  
**Department of Psychology**  
**Psych 257 – Winter 2020**  
**Psychopathology**  
**Tuesday/Thursday 1:00-2:20pm**  
**Art Lecture Hall (AL) - 116**

**Instructor and T.A. Information**

Instructor: Anna Polotskaia

Office: PAS 3237

Office Phone: N/A

Office Hours: Thursday 2:45- 3:45 pm or by email

Email: [anna.polotskaia@uwaterloo.ca](mailto:anna.polotskaia@uwaterloo.ca)

To set up a meeting with Dr. Polotskaia outside of her regularly scheduled office hours, please email her at the address above. Your course TAs are Taylor, Tyler, Sarena and Alanna. Their information is listed below. Please try to avoid emailing the TAs if you have any specific course-related and administrative questions; rather start with posting any administrative or content-related questions you have about the course directly on our LEARN Discussion Board, which Dr. Polotskaia and the TAs will monitor daily.

T.A.	Taylor	Sarena Gitanjali	Tyler Justin	Alanna
	Crawford	Daljeet	Eschenwecker	Valcke
Email	<a href="mailto:tcrawford@uwaterloo.ca">tcrawford@uwaterloo.ca</a>	<a href="mailto:sgdaljeet@uwaterloo.ca">sgdaljeet@uwaterloo.ca</a>	<a href="mailto:tjeschenwecker@uwaterloo.ca">tjeschenwecker@uwaterloo.ca</a>	<a href="mailto:avalcke@uwaterloo.ca">avalcke@uwaterloo.ca</a>
Office	PAS3035	PAS3029	PAS3035	PAS3203
Office Hours	TBA	TBA	TBA	TBA

**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.

**Course Description**

This course offers an introduction to understanding, defining, assessing, and treating mental illness from a psychological perspective. Course material will cover adult psychopathology, and some disorders of childhood. 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 well the interplay between research and practice will be discussed.

**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
  - Appreciate the role of cultural and social context in understanding mental illness
- 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

**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. 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. Several copies of the textbook are available on 3-hour and 6-hour short-term reserve at Dana Porter Library.

**Readings Available on LEARN**

- Lecture slides and additional optional materials will be posted on LEARN

**Course Requirements and Assessment**

Your grade for the course will be based on three non-cumulative, multiple choice exams and weekly discussions.

Assessment	Date of Evaluation (if known)	Weighting
Test 1	Tuesday, Feb 11th, 2020 (in class)	25%
Test 2	Tuesday, March 10th, 2020 (in class)	25%
Test 3	TBA – FINAL EXAM PERIOD	40%
Discussions	Weekly on LEARN (10 total)	10%
BONUS	Consult REG website	4%
Total		100%

Notes on Class format: There are two sources of material for the course: the textbook and the lectures. The lectures will focus on specific topics and are not meant to provide coverage of all material in the text. Lectures will elaborate and build upon the text material. It is recommended that you attend the lectures and complete the readings beforehand. During lectures, I will often use video clips to illustrate key features of psychological disorders. PowerPoint slides will be available on LEARN. Weekly discussions are meant to provide you with opportunities to engage

with the material and apply critical thinking skills. Marking for discussions is intended to evaluate your ability to apply learned concepts to cases/examples, rather than on getting correct answers.

### **Assessment 1 ( on Feb 11)**

Multiple choice questions covering textbook chapters and lecture material from Jan 06 to Feb 06, 2020 inclusive.

### **Assessment 2 (on March 10)**

Multiple choice questions covering textbook chapters and lecture material from Feb 13 to March 05, 2020 inclusive.

### **Assessment 3 (TBA)**

Multiple choice questions covering textbook chapters and lecture material from March 12 to April 02, 2020 inclusive. Please note that general knowledge of topics covered throughout the course is expected for the final exam.

### **Assessment 4**

Discussion Board Questions: Questions related to topics covered in class will be posted on LEARN weekly. You will have one week to post your reflections based on topics covered in the lecture and assigned readings. The discussion questions are equivalent of participation marks – this is your opportunity to engage with the material discussed in the class. You can only submit discussions on LEARN. Late submissions will not be accepted.

### **BONUS**

Opportunity for Bonus Grades - Research Experience Experiential learning is considered an integral part of the undergraduate program in Psychology. Please consult [SONA](#) related information posted on the website. **Instructor is to be notified by Feb 28th, if you prefer to provide article reviews in place of SONA.** You can earn up to a total of 4% bonus credits 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" posted on LEARN for more information and on the [SONA website](#).

### **Updates**

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 email address.

## Course Outline

Week	Date	Topic	Readings Due
1	Jan 07 Jan 09	Abnormal Behaviour in History and culture. Brain, Environment and Genes	Syllabus. SONA. Resources. Chapters 1 and 2
2	Jan 14 Jan 16	Assessment and Diagnosis Research Methods.	Chapters 3 and 4 <b>Discussion 1 - due Jan 20</b>
3	Jan 21 Jan 23	Anxiety, Obsessive Compulsive Disorder, Trauma -Related Disorders.	Chapter 5 <b>Discussion 2 - due Jan 27</b>
4	Jan 28 Jan 30	Depression Mood Disorders	Chapter 7 <b>Discussion 3 - due Feb 3</b>
5	Feb 04 Feb 06	Eating Disorders – Guest (T. Kenny) Suicide	Chapter 8 EDs (pp. 255-277) Chapter 7 Suicide
6	<b>Feb 11</b> Feb 13	<b>TEST 1 (BE ON TIME!)</b> Chapters 1-5,7,8 (EDs) Somatic Symptom Disorder, Health Psychology	Chapter 6(pp.178-190) & 9 <b>Discussion 4- due Feb 24</b>
	Feb 18-Feb21	Happy Family Day!	Reading week
7	Feb 25 Feb 27	Sleep Disorders – Guest (E. Solomonova) Dissociative, Psychotic, Schizophrenia Spectrum Disorders	Chapter 8-Sleep (pp.278-293) Chapter 6 (190-201) & 13 <b>Discussion 5 - due March 02</b>
8	March 03 March 05	Substance-Related Disorders Sexual Dysfunctions, Gender Dysphoria	Chapter 11 (pp.369-403) Chapter 10 <b>Discussion 6 - due March 09</b>
9	<b>March 10</b> March 12	<b>TEST 2 (BE ON TIME!)</b> Chapters 6, 8, 9, 10, 11 Neurocognitive Disorders	Chapter 15 <b>Discussion 7 - due March 16</b>
10	March 17 March 19	Neurodevelopmental Disorders Gambling and Impulse Control Disorders	Chapter 14 Chapter 11 (pp 403- 409) <b>Discussion 8 -due March 23</b>
11	March 24 March 26	Personality Disorders Personality Disorder/ Differential Diagnosis	Chapter 12 <b>Discussion 9 - due March 30</b>
12	March 31 April 02	Differential Diagnosis/Legal /Ethical Issues Prevention and Treatment	Chapter 16 <b>Discussion 10 – due April 06</b>

### Late Work

In the case of a missed assignment deadline, test or quiz, the instructor will either:

1. waive the course component and re-weight the remaining term work as deemed fit according to circumstances and the goals of the course, or
2. provide an extension.

### Electronic Device Policy

Laptops and other electronic devices are permitted but please give some thought to whether it is helping, versus distracting from, your learning and that of others.

### Attendance Policy

Attendance will not be tracked in this course. Students are expected to attend all classes unless there is compelling medical, religious, or compassionate reason. If a student misses a class, it is their responsibility to obtain notes from a classmate.

## **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 their 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 (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. 38790

## **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 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; 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 they have 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 (NH 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 or seek medical treatment as soon as possible
  - obtain documentation of the illness with a completed uWaterloo [Verification of Illness Form](#) and
  - 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 deemed 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. Polotskaia would of course be pleased to answer any questions during a scheduled appointment after you have borrowed and reviewed lecture notes from a classmate.)

**Exceptions:** If you feel that you have a medical or personal problem that is interfering with your work, you should contact your instructor and the Academic Counselling Office as soon as

possible. Problems may then be documented and possible arrangements to assist you can be discussed. If a student takes the exam while ill, the grade stands.

Exceptions will made be for unforeseeable circumstances. Evidence of such circumstances must be provided to the instructor in the form of supporting documentation from an appropriate source (Verification of Illness Form, Police Report etc.). Please notify your instructor ASAP if those circumstances arise, whenever possible within 48 hours.

**Religious holidays to be accommodated if requested:** Students are entitled to a rescheduling of exams based on religious grounds. Please notify your instructor at least two weeks prior the test if you will miss a test/group assignment based on religious grounds. 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.

## **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](#).

## **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:**

- [Health Services Building](#): located across the creek from Student Life Centre  
Contact Health Services:  
Call 519-888-4096 to schedule an appointment  
Call 1-866-797-0000 for free 24/7 advice from a health professional
- [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 or email:  
[counserv@uwaterloo.ca](mailto:counserv@uwaterloo.ca)
- [UW 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.