

PSYC*2020, Course Outline: Winter 2020

General Information

Course Title: Abnormal Psychology

Course Description: This course is designed to provide an overview of abnormal psychology including a multidimensional conceptualization of mental health, assessment, diagnosis, and treatment. Topics will include an introduction to the area incorporating historical perspectives and the modern integrative approach to psychopathology. Common psychological disorders will be explored with respect to etiology, assessment, current diagnosis and classification using the Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5; American Psychiatric Association, 2013), as well as treatment. Case studies and examples of actual treatment programs will be used to illustrate concepts. Emphasis will be given to broad empirical research and to the experiences of individuals with these disorders.

Credit Weight: 0.5

Academic Department (or campus): Psychology

Semester Offering: Winter 2020

Class Schedule and Location: Tuesday and Thursday 5:30 – 6:50 pm
Rozanski Hall, Room 101

Instructor Information

Instructor Name: Heather Hood, Ph.D., C.Psych.

Instructor Email: hhood@uoguelph.ca

Office location and office hours: by appointment.

I am happy to address any concerns or questions that you have via email, though in person is usually more helpful. If you are struggling to understand something, the earlier we talk about it, the better! While I do not hold regular office hours, I will be happy to meet with you before or after class or on a Monday in MacKinnon Extension 4022, as needed.

- For emails, please include “PSYC 2020” only in the subject heading. This process helps ensure that I open and respond to the email as quickly as possible.
- To save us both time, please make sure you have looked in the syllabus for your answer before sending me an email.
- I will answer all appropriate emails within 2 working days. Please note that appropriate emails include your name, professional language, and a clear description of your difficulty or request. Even better are emails where you tell me what you have done on your own to try to answer your question!

GTA Information

GTA Name: Rita Abdel-Baki

GTA Email: rabelba@uoguelph.ca

GTA Name: Emilie Arbour

GTA Email: arboure@uoguelph.ca

GTA Name: Chantal Dougan

GTA Email: cdougan@uoguelph.ca

GTA Name: Natisha Nabbijohn

GTA Email: anabbijo@uoguelph.ca

GTA office location and office hours: by appointment. They will be happy to answer any emails within 1-2 working days or to schedule an appointment with you.

Course Content

Specific Learning Outcomes:

In completing this course, students should be able to:

1. Explain the conceptualization of abnormality and psychological disorders using an integrative framework.
2. Identify key symptoms, etiology and related factors (biological, social, behavioural, emotional, cognitive), course, and correlates of common psychological disorders.
3. Discuss basic evidence-based assessment and treatment of major psychological disorders.
4. Apply diagnostic criteria and case formulations in the assessment of major psychological disorders.
5. Evaluate issues surrounding psychopathology (e.g., identify myths and stereotypes) and the portrayals of mental health and illness in the media.
6. Understand the impact of stigma on experience of mental health difficulties and vice versa.
7. Demonstrate appropriate professionalism, academic independence, personal organization, and time management in completing assigned course tasks.

Lecture Content:

Week	Date	Topic	Reading
1	Jan. 7	Overview of syllabus and course	
	Jan. 09	What is a psychological disorder? Current and historical perspectives	Text Chapter 1
2	Jan. 14	An Integrative Approach to Psychopathology	Text Chapter 2
	Jan. 16	Clinical Assessment and Diagnosis	Text Chapter 3
3	Jan. 21	Stigma	See Other Resources (below)
	Jan. 23	Research Methods	Text Chapter 4
4	Jan. 28	In class assignment	
	Jan. 30	Midterm I	

Week	Date	Topic	Reading
5	Feb. 4	Review of Midterm I Anxiety Disorders	Text Chapter 5
	Feb. 6	Anxiety Disorders	Text Chapter 5
6	Feb. 11	Obsessive-Compulsive and Related Disorders	Text Chapter 5
	Feb. 13	Trauma and Stressor-Related Disorders	Text Chapter 5
7	Feb. 18	READING WEEK – No Classes	
	Feb. 20	READING WEEK – No Classes	
8	Feb. 25	Mood Disorders I	Text Chapter 7
	Feb. 27	Mood Disorders II	Text Chapter 7
9	Mar. 3	Insomnia and Sleep-Wake Disorders; In class assignment II	Chapter 8 (p. 278 - 295)
	Mar. 5	Midterm II	
10	Mar. 10	Somatic Symptom and Dissociative Disorders	Chapter 6
	Mar. 12	Eating Disorders	Chapter 8 (p. 255 – 277)
11	Mar. 17	Personality Disorders I	Chapter 12
	Mar. 19	Personality Disorders II	Chapter 12
12	Mar. 24	Schizophrenia Spectrum Disorders	Chapter 13
	Mar. 26	Legal and Ethical Issues	Chapter 16
13	Mar. 31	In class assignment III	
	Apr. 2	Buffer and exam review	NOTE: April 3 - last day to drop class
	April 14	FINAL EXAM: 7:00 – 9:00 pm Room TBD	

Course Assignments and Tests:

Assignment or Test	Due Date	Contribution to Final Mark (%)	Learning Outcomes Assessed
In Class Assignment I	January 28	10	5,6
Midterm I	January 30	25	1-7
In Class Assignment II	March 3	10	1-7
Midterm II	March 5	25	1-7
In Class Assignment II	March 31	10	1-7
Final Exam	April 14	30	1-7

Additional Notes:

1. Midterms and final exam are all **non-cumulative**. They will cover all required readings, videos, and in-class material covered since the previous test, which could include discussions, videos watched in class, clinical case examples, guest speakers, etc.
2. Exams may consist of multiple choice, true-false, short-answer, fill-in-the-blank and/or long answer questions. We will discuss the format closer to the date of each test.

3. Midterms will take place during the entire class period.
4. Exams are designed to be completed in 45 minutes. Therefore, if students require additional time (e.g., up to double time), they will be able to complete the exam during the allotted class time. However, if other accommodations are needed, such as quiet space, access to a computer, then please make the necessary arrangements with Student Accessibility Services.
5. The final exam will take place during the exam period.
6. There will be three in-class assignments. Each assignment is worth 10% of your final grade, and I will drop the assignment for which you receive the lowest grade. In other words, only two of your assignments will count towards your final grade.
7. These assignments will be activities designed to help you engage with the material. They may include watching a video and providing a critique, finding information, small and large class discussions, thought papers, etc. They may also include pop quizzes based on the assigned readings for that day's lecture.
8. Lectures will incorporate various ways of engaging students, including class discussions, group activities, guest speakers, videos, practice questions, and real-life case examples derived from my clinical experience. Questions and discussions are encouraged during lectures. Online supports are available via MindTap, which is an online interactive platform that goes with the textbook.
9. Lectures will include different modes of presenting information including lectures, videos, and graphics. I will use PowerPoint for each lecture and do my best to post PDFs of the slides at least 24 hours in advance of the class (although I may not always be able to do so!).
10. Attendance and Participation: I will not be taking attendance or monitoring participation directly, so you will not be graded on either of these things. However, you will be tested on all readings and anything that is discussed in class, which may be different or additional to what is in your readings. This means that you will do best in this class if you study the readings, attend class regularly, and engage in the material.

Final examination date and time: Tuesday April 14, 2020, 7:00 – 9:00 pm

Final exam weighting: 30%

Missed Exams: The only accepted reasons for missing the midterms and/or final exams are: a) medical reasons, b) compassionate reasons, and c) conflict with a religious holiday. If you miss an exam, you must provide an original copy of official documentation (e.g., a note from a doctor, program counsellor, funeral home) within 5 business days of the exam verifying why you were unable to write the exam or you will receive a 0% on that exam.

Course Resources

Required Texts:

Abnormal Psychology: An Integrative Approach (5th Canadian Edition) by David H. Barlow, V. Mark Durand, Stefan G. Hofmann, and Martin Lalumière.

Reference Texts:

This is by no means required, but is a helpful resource to better understand the diagnostic criteria and associated features of the disorders that will be discussed in class:

American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5)*. Arlington, VA: American Psychiatric Publishing.

Other Resources:

Corrigan, P. (2004). How stigma interferes with mental health care. *American Psychologist*, 59(7), 614–625.

Thornicroft, G., Mehta, N., Clement, S., Evans-Lacko, S., Doherty, M., Rose, D., ... Henderson, C. (2016). Evidence for effective interventions to reduce mental-health-related stigma and discrimination. *The Lancet*, 387(10023), 1123–1132.

Video: Back from The Edge: <https://www.youtube.com/watch?v=967Ckat7f98>

Course Policies

Grading Policies

Late Assignments: It is your responsibility to meet course deadlines. A degree of academic independence, as well as personal organization and time management are explicit learning outcomes of this course. The in-class assignments are intended to be completed in class. If you do not turn in your class assignments during class on January 28, March 3, and March 31, you will be assigned a 0% for the assignment. I do not require nor accept medical certificates for in-class assignments. I strongly encourage you attend all classed unless you are ill or prevented from attending for another serious reason (i.e., rather than pick and choose which assignment to miss). I drop the lowest assignments to allow for these kinds of absences; thus medical notes for a third missed assignment will not be accepted.

[Undergraduate Grading Procedures](#)

Course Policy regarding use of electronic devices and recording of lectures:

Electronic recording of classes is expressly forbidden without consent of the instructor. When recordings are permitted, they are solely for the use of the authorized student and may not be reproduced, or transmitted to others, without the express written consent of the instructor.

University Policies

Academic Consideration

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons, please advise the course instructor in writing, with your name, id#, and e-mail contact. See the academic calendar for information on regulations and procedures for

Academic Consideration:

[Academic Consideration, Appeals and Petitions](#)

Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community, faculty, staff, and students to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring.

University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection. Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The Academic Misconduct Policy is detailed in the Undergraduate Calendar:

[Academic Misconduct Policy](#)

Accessibility

The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact [Student Accessibility Services](#) as soon as possible.

For more information, contact SAS at 519-824-4120 ext. 54335 or email accessibility@uoguelph.ca or the [Student Accessibility Services Website](#)

Course Evaluation Information

Please refer to the [Course and Instructor Evaluation Website](#) .

Drop date

The last date to drop one-semester courses, without academic penalty, is April 03, 2020. For regulations and procedures for Dropping Courses, see the [Schedule of Dates in the Academic Calendar](#). Instructors must still [provide meaningful and constructive feedback to students prior to the 40th class](#) day. [Current Undergraduate Calendar](#)