



Syllabus for Behaviour Disorders (Psyc 300A)

Tuesdays / Thursdays 2:00 – 3:30

Instructor: Joelle LeMoult, Ph.D.

Office Hours: Thursday 1-2 in Kenny Room 3511

Teaching Assistants: Cara Dunkley & Kirstie Kellman-McFarlane

Office Hours: Cara: Tues 12-1 (Kenny 1616), Kirstie: Fri 12-1 - **starting Feb 3rd** (Kenny 2011)

Email Addresses: jlemoult@psych.ubc.ca kirstie.kellman.mcfarlane@gmail.com

Course Description: This course covers the definition, history, and scope of deviant behaviour; emphasis on the psychological factors that control its origins, maintenance, and modification.

Text: Kring, Johnson, Davison, & Neale. Abnormal Psychology. (13th edition) Wiley.

Attendance & Participation: Attendance is recommended as test questions will be based in large part on class lectures. Active class participation is strongly encouraged and valued.

Course Website: Information related to this course is available through UBC Connect. I will post class lectures on Connect before each class, but may make modifications to these slides and will often elaborate on topics in lecture, so if you must miss class, please ask a classmate for notes.

Email: Send all questions regarding course content to your TAs or post on UBC Connect. Send emails regarding administrative or confidential issues to Dr. LeMoult. We will do our best to respond within 2 business days.

NOTE: We are happy to answer questions about the exam/paper that are received up until 2pm the day before the exam/paper. After that, we cannot guarantee that we will respond before the deadline.

Grades: In order to reduce grade inflation and maintain equity across multiple course sections, all psychology courses are required to comply with departmental norms regarding grade distributions. (Grade inflation is the tendency for some departments or universities to give the vast majority of students' high marks, thus removing the meaning of a high mark). According to departmental policy, the mean grade in a 300-level class is 70% for a good class, and 68% for an average class. This means that about half the class will be in the A and B range (combined). Scaling is likely to be used to comply with these norms; grades may be scaled up or down as necessary by the Professor or Department.

Course Requirements	Weight
Test 1	20%
Test 2	20%
Test 3	20%
Test 4	20%
Paper	20%

Academic Honesty: You are expected to follow the UBC academic honesty policies. Cheating or plagiarism can result in automatic failure of this course. Please familiarize yourself with information pertaining to UBC's guidelines on [Academic Misconduct](#) and the [Guide to Academic Integrity](#). To help deter cheating, students are required to display their ID card during exams.

Health Concerns: If you are experiencing any psychological or physical health concerns, please find additional information at UBC's [Student Health Services](#). Additional mental health resources are listed on the course website, which you can access via UBC Connect.

Tests: Class and book material will not entirely overlap, and tests will be based on both sets of material. Tests will be multiple choice. Make-up tests are only given in rare instances (such as a religious observance) and **must be scheduled 2 weeks in advance and within 1 week of the scheduled exam**. A make-up will also be allowed if a student's illness prevents him/her from being present **and** a doctor's note is provided.

Paper: A three- to five-page paper on one of the autobiographies or films listed on pg.3. Paper should be in APA format. Your paper must be submitted online by 2:00pm on 3/7. 10% will be deducted from your grade for every day (of the week) the paper is late. No extensions will be granted unless the student is late for an excusable reason as defined in the "Tests" section. We will give you details on how to submit your paper closer to the due date.

In your paper, discuss ALL of the following:

I. Approximately one page: Introduction, Symptoms, Course, and Treatment

1. What specific symptoms did the person experience? What diagnosis seems most likely?
2. What was the course of disorder (include age of onset, recurrence, length of episodes, severity)?
3. What treatment interventions were tried? How well did these work?

II. Approximately one page: Etiology - Choose one model of etiology, such as cognitive, environmental, or personality models, from your textbook.

1. How does this model explain the symptom pattern and course of symptoms?

III. Approximately one page: Gaps in our understanding of etiology

1. What aspects of this person's symptoms were not explained by this model?
2. Was there any evidence in the book that suggested that this model would not be an adequate explanation?

IV. Additional topics if you chose a film

1. You must choose a specific question that interests you and pertains to the disorder (e.g. What is the relationship of abuse suffered by the main character and the development of depressive symptoms?). Review the pertinent empirical literature in 1-2 pages, and in doing so, cite at least 3 empirical articles whose findings help answer your question.

Course Lecture Schedule: This is a best estimate of the pace of the semester. Announcements made in class or via UBC Connect will override this schedule.

Date	Topic	Other Notes/Assignments
1/3	Introduction	Syllabus available via Connect
1/5	Ch. 1, Introduction & Historical overview	
1/10	Ch. 2, Current paradigms in psychopathology	
1/12	Ch. 3, Diagnosis	
1/17	Ch. 3, Clinical assessment	Last day to withdrawal without a W
1/19	Ch. 4, Research Methods	
1/24	TEST 1	
1/26	Ch. 5, Mood disorders	
1/31	Ch. 5, Mood disorders cont.	
2/2	Ch. 6, Anxiety disorders	
2/7	Ch. 6, Anxiety disorders cont.	
2/9	Ch. 7, Obsessive-compulsive-related and trauma-related disorders	Feb 10: last day to drop
2/14	Ch. 11, Eating Disorders	
2/16	TEST 2	
2/21 & 2/23	NO CLASS – mid-term break	NO CLASS – mid-term break
2/28	Ch. 9, Schizophrenia	
3/2	Ch. 10, Substance use disorders	
3/7	Ch. 10, Substance use disorders	Paper due
3/14	Ch. 15, Personality disorders	
3/16	Ch. 15, Personality disorders cont.	
3/21	TEST 3	
3/23	Ch. 8, Dissociative and somatic symptom-related disorders	
3/28	Ch. 12, Sexual disorders	
3/30	Ch. 13, Disorders of childhood	
4/4	Ch. 13, Disorders of childhood cont.	
4/6	Legal and ethical issues	Note: alternative reading available via Connect
April 6-21	TEST 4/Final Exam (not cumulative)	

** the syllabus is subject to modifications as needed throughout the semester **

Note: You are expected to have read each chapter prior to the date in which it will be covered in class so that you will be prepared to ask questions and participate in class discussions.

Book Recommendations for Paper

Bipolar Disorder

Jamison, Kay Redfield, An Unquiet Mind. An academic psychiatrist's candid portrayal of her experiences with this disorder.

Hinshaw, Steven. The Years of Silence are Over. A psychology professor writes about his father's decline from bipolar disorder.

Eating Disorders

Kransnow, Michael, My Life As a Male Anorexic. Reviewers applaud this book's realist, and often dispiriting, account of this disorder. Mr. Kransnow, who died roughly one year after the publication of this book, maintained a weight of 75 lbs in the years just prior to his death (he was 5'9").

Sargent, Judy, The Long Road Back: A Survivor's Guide To Anorexia. A compelling, thorough, unglamorized account of this disorder (Note: the quality of care she received may be questionable.)

Major Depression

Cournos, Francine, City of One: A Memoir. Retrospective account of one woman's experiences with grief and depression and a childhood spent in foster care.

Styron, William, Darkness Visible, Classic portrait of the novelist's chronic depression.

Wurtzel, Elizabeth, Prozac Nation. A memoir of her bouts with depression and skirmishes with drugs, Prozac Nation still manages to be a witty and sharp account of the psychopharmacology of an era.

Obsessive-Compulsive Disorder

Smith, Charles Regan, Up From Insanity: One Man's Triumph Over OCD. Comparable to the above, minus the laugh track.

Post-Traumatic Stress Disorder

Silverman, Sue William, Because I Remember Terror, Father, I Remember You. Memoir of a woman's childhood experiences of incest and later battles with PTSD, dissociative symptoms, and an eating disorder during adolescence/adulthood.

Schizophrenia

Schiller, Lori and Bennett, Amanda (contributor), The Quiet Room: A Journey Out of the Torment of Madness. Life experiences of a person with schizophrenia who was treated with neuroleptics.

Sheehan, Susan. Is There No Place On Earth For Me? Winner of the Pulitzer Prize about a strikingly intelligent young woman with schizophrenia.

Vonnegut, Mark, The Eden Express, (Kurt Vonnegut's son) - Recent college graduate's account of his schizophrenic breakdown and recovery (Note: his diagnosis and treatment regime merit critical evaluation).

Tourette's Syndrome

Wilensky, Amy, Passing For Normal. Account of the author's experiences across the life span with Tourette's and OCD.

Movie Recommendations for Paper

The Hours A novel affects three generations of women, all of whom have had to deal with suicide in their lives.

Leaving Las Vegas Story of a suicidal alcoholic in his last stage of life.

A Beautiful Mind A Nobel-Prize winner lives and copes with schizophrenia.

Mr. Jones A man copes with the highs and suicidal lows of bipolar disorder.

As Good as it Gets A man with obsessive-compulsive disorder changes over time.

Ordinary People The breakdown of a family following the death of the oldest son.

What About Bob? A comedic story about a patient, Bob, with high levels of anxiety.