

# Psychology 300A 99a – Abnormal Psychology

## September to December, 2017

This distance education course aims to provide you with an overview of abnormal psychology. We will look at the different theoretical models used to try to explain psychopathology. We will explore the various assessment and treatment strategies commonly used and we will cover a number of mental disorders in more depth. I personally find the material covered in this course to be fascinating and I hope you do too! Please read through this outline closely as it is designed to provide you with details on how the course is organized.

### Contact Information

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### Calendar description

PSYC 300A (3 credits) Abnormal Psychology - The definition, history, and scope of abnormal behaviour; emphasis on the psychological factors that control its origins, maintenance, and modification.

*Prerequisite:* Either (a) PSYC 100, or (b) all of PSYC 101, PSYC 102, or (c) 6 credits of 200-level Psychology (but not 205 or 263).

### Course Materials

#### Course website

The course website is located on Connect at: [www.connect.ubc.ca](http://www.connect.ubc.ca)

Please log in using your Campus Wide Login (CWL) at the start of the term

#### Required Textbook

Hooley, Butcher, Nock and Mineka (2017). Abnormal Psychology. Pearson. 17<sup>th</sup> edition.

*Note that you are welcome to use the 16<sup>th</sup> edition of the same text – Butcher, Hooley and Mineka (2013). Abnormal Psychology. Pearson. 16<sup>th</sup> edition.*

*Editions prior to the 16<sup>th</sup> edition are not acceptable for this course. The reason for this is that the 16<sup>th</sup> edition has incorporated new information regarding the new classification system for mental disorders that was released in May 2013.*

#### Optional Text Website

MyPsychLab at [www.pearsonmylabandmastering.com](http://www.pearsonmylabandmastering.com) You can use this website if the version of the text you purchased provided you with an access code. This is completely optional.

# Overview of Readings and Activities

This course is divided into four units. The following table provides a breakdown of the required readings and course activities.

Unit	Readings	Activities
Unit 1 – Overview of Abnormal Psychology	Chapters 1, 2 and 3 + online readings	Scheduled Discussion*
Unit 2 – Assessment and Treatments for Mental Disorders	Chapters 4 and 16 + online readings	Scheduled Discussion*
Unit 3 – Exploring Select Mental Disorders In-Depth – Part 1	Chapters 6, 7 and 8 + online readings	Scheduled Discussion* AND Assignment Due*
Unit 4 – Exploring Select Mental Disorders In-Depth – Part 2	Chapters 13 and 10 + online readings	Scheduled Discussion*
Preparing for the Final Exam	Practice exam	Invigilated Final Exam (as scheduled by UBC Exam Scheduling)

\*Refer to the Course Schedule for dates.

## Course Grading

Your grade in the course will be based on your performance on the written assignment, participation in online discussions and a final examination.

### Graded Assignment

There is a written assignment due following the completion of Unit 3.

See the Assignment Information section on the course website for more information.

Refer to the Course Schedule for the specific due dates.

This assignment is worth 42% of your course grade.

### Scheduled Online Discussions

Following each of the four units, there is one scheduled online discussion.

Participation in each scheduled discussion is worth 2%. You can obtain up to a maximum of 8% by participating in all four of the online discussions. Your posting may be awarded a 2/2 (good),

a 1/2 (okay but could have put more thought or effort into it) or a 0/0 (poor or no posting made during the scheduled time).

Refer to the Course Schedule for the dates that these discussions are scheduled. You will not receive points for posting before or after these dates.

The topic for each discussion will be posted in the discussion forum just prior to the start of the scheduled time for discussion.

Participation in scheduled online discussions is worth 8% of your course grade.

## **Final Examination**

The final exam is a mixture of fill-in-the-blanks, short answers and short essay questions.

Please see the section on the course website called Preparing for the Final Exam which provides detail about the final examination plus a practice examination which is similar in format and difficulty to the actual final examination.

You should start preparing for the final exam from the very start of the course by rereading material, taking notes, and developing study aids. The more that you work with the material, the more you will integrate and the easier it will be for you to prepare during the few weeks prior to the final examination.

The final examination comprises 50% of your course grade.

## **Important Policies**

### **Grade Distribution**

The Psychology Department requires a normal grade distribution. For a 300-level Psychology course, I am required to submit an average grade of approximately 68% and designated percentages of A's, B's, C's, D's, and F's. If I fail to submit grades meeting these criteria, the Psychology Department will scale the grades to conform to these standards. Grading of the assignment and examination will therefore match these requirements - with the average grade falling approximately between 65-70% to avoid scaling of grades.

### **Plagiarism**

#### *Psychology Department's Position on Academic Misconduct*

Cheating, plagiarism, and other forms of academic misconduct are very serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. In the first place, the Department has implemented software that can reliably detect cheating on multiple-choice exams by analyzing the patterns of students' responses. In addition, the Department subscribes to TurnItIn--a service designed to detect and deter plagiarism. Materials (term papers, lab reports, etc.) that students submit for grading will be scanned and compared to over 4.5 billion pages of content located on the Internet or in TurnItIn's own proprietary databases. The results of these comparisons are compiled into customized 'Originality Reports' containing

several, sensitive measures of plagiarism; instructors receive copies of these reports for every student in their class.

In all cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent dictated by the guidelines of the University. Strong evidence of cheating or plagiarism may result in a zero credit for the work in question. The University of British Columbia has the right to impose harsher penalties including (but not limited to) a failing grade for the course, suspension from the University, cancellation of scholarships, or a notation added to a student's transcript.

All graded work in this course, unless otherwise specified, is to be original work done independently by individuals. If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult your instructor.

If you are uncertain as to what is considered plagiarism in general, please see the UBC Guide to Academic Integrity at <http://learningcommons.ubc.ca/guide-to-academic-integrity/>

In general, please do not "cut and paste" material from the Internet into an assignment or copy from journal articles or books or another student's work and claim the material as your own. The words you use must be your own words. Be careful to always provide in-text citations and references when citing a source.

**See the following pages for the Course Schedule**

# Course Schedule

Follow the suggested timeline for your readings and take particular note of the dates for the case discussions and the due dates for the assignment.

Dates	Text Readings	Online Readings	Requirements
<b>INTRODUCTION</b>			
<b>Sept 5-9</b>		Introduction	
<b>UNIT 1 – OVERVIEW OF ABNORMAL PSYCHOLOGY</b>			
<b>Sept 10-17</b>	Chapter 1: Abnormal Psychology: Overview and Research Approaches  Chapter 2: Historical and Contemporary Views of Abnormal Behavior  Chapter 3: Causal Factors and Viewpoints	Stigma  DSM-5	
<b>Sept 18-24</b> Postings regarding the discussion must be made during these dates	Review		<b>Discussion 1</b>
<b>UNIT 2 – ASSESSMENT AND TREATMENTS FOR MENTAL DISORDERS</b>			
<b>Sept 25 - Oct 1</b>	Chapter 4: Clinical Assessment and Diagnosis  Chapter 16: Psychological Treatment	Mental Status Exam  Evidence Based Practice	
<b>Oct 2-8</b> Postings regarding the discussion must be made during these dates	Review  Start working on Assignment		<b>Discussion 2</b>

### UNIT 3 – EXPLORING SELECT MENTAL DISORDERS IN-DEPTH – PART 1

<p><b>Oct 9-15</b></p>	<p>Chapter 6: Panic, Anxiety, Obsessions, and their Disorders</p> <p>Chapter 7: Mood Disorders and Suicide</p> <p>Chapter 8: Somatic Symptom and Dissociative Disorders</p>	<p>Relaxation and Exposure Therapies</p> <p>Mood Episodes</p>	
<p><b>Oct 16-22</b> Postings regarding the discussion must be made during these dates</p>	<p>Review Continue working on Assignment</p>		<p><b>Discussion 3</b></p>
<p><b>Oct 23-30</b> Your Assignment is due on <b>Oct 30</b> before midnight.</p>	<p>Complete Assignment</p>		<p><b>ASSIGNMENT DUE</b></p>

### UNIT 4 – EXPLORING SELECT MENTAL DISORDERS IN-DEPTH – PART 2

<p><b>Oct 31 - Nov 5</b></p>	<p>Chapter 13: Schizophrenia and Other Psychotic Disorders</p> <p>Chapter 10: Personality Disorders</p>	<p>Early Intervention for Psychosis</p>	
<p><b>Nov 6-12</b> Postings regarding the discussion must be made during these dates</p>	<p>Review</p>		<p><b>Discussion 4</b></p>

### PREPARING FOR THE FINAL EXAM

<p>Nov 13 to date of final exam in <b>December</b>  (as scheduled by UBC Enrolment Services during the exam period <b>December 5-20</b> inclusive)</p>		<p>Preparing for the Final Exam</p>	<p><b>FINAL EXAMINATION</b></p>
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