



PSYCHOLOGY 343: Psychopathology I

Winter 2018 Term 1 (September 4th – November 30th, 2018)

Day & Time: Tuesday & Thursday 11:00am – 12:20pm

Room: L312

Instructor: Carmela White, M.A., (Ph.D. Student)

Email: carmela.white@ubc.ca

Office Hours: Tuesdays & Thursdays 1:00pm – 2:00pm

Office Location: ART 328

Teaching Assistant (Office hours available by appointment):

Kaylee Misener: kayleemisener@hotmail.com

Calendar Description:

A detailed introduction to the general principles underlying the scientific study of mental health and psychopathology. Critical theoretical and methodological issues related to the assessment, diagnosis, and treatment of psychological disorders will be discussed. A review of the direct and indirect consequences of mental health disorders will also be discussed. Selected classes of clinical disorders will be used to illustrate the general issues and principles discussed this semester.

Other disorders are covered in PSYO 344: Psychopathology II.

Learning Objectives & Outcomes:

By the end of the semester, it is anticipated that you will have:

- An enhanced awareness and understanding of mental health and the mental health disorders addressed in PSYO 343, including factors that promote mental health and those that put someone at increased risk for developing a mental health disorder;
- An awareness and understanding of clinical research and assessment, as well as associated ethical standards;
- An understanding of the direct and indirect consequences of mental health disorders; &
- An understanding of, and sensitivity to mental health-related stigma.

More specifically, you should be able to:

- Identify and describe the main theoretical paradigms that underlie our understanding and treatment of mental health disorders;
- Describe the DSM approach to classifying mental health disorders;
- Describe the fundamentals of clinical assessment procedures;
- Describe the general clinical features of the categories of disorders covered in class;
- Describe the clinical features of at least one specific disorder belonging to each of the categories of disorders covered in class

Required Text:

Beidel, D.C., Bulik, C.M., Stanley, M.A., & Taylor, S. (2018). *Abnormal psychology* (Canadian edition). Don Mills, ON: Pearson Canada Inc.

Note: the textbook is available in different formats – hard cover, binder-ready (soft-cover), and e-text. Use whichever one you prefer but make sure that it is the Canadian edition!

Required Online Resource:

We will also be using *REVEL*, a web-based resource associated with the textbook that is hosted by Pearson Canada Inc. If you buy the text from the UBC Bookstore, the book will come with a REVEL access card. You can also buy the REVEL access card alone (which comes with an e-book). If you buy the text from another source, you may need to ensure that it comes with an access card or buy a separate access card. Please note that you will not have to buy a second access card for PSYO 344. Information about registering for the PSYO 343 REVEL site will be made available to you on Canvas.

Class Format: This course is lecture-based. The lectures are designed to extend and enrich the material presented in the assigned readings.

Clickers: We will be using i>clicker technology in this class. The “clicker” is a response system that allows you to respond to certain questions posed during the class.

You are required to purchase an i>Clicker remote for this class (if you have one from last year you do not need to buy a new one). You must register your clicker in order to be assigned marks for the clicker questions. **Please register your i>Clicker remote online ASAP!** Information about registering your clicker is posted on the PSYO 343 Canvas site. We will start using the clickers by the second week of classes. Failure to register your i>Clicker will result in clicker marks not being recorded and you not getting the appropriate credit. I expect to use the clickers in the vast majority of classes (if not every class). Please bring it with you to all classes. You are responsible for having it when you need it.

If someone in class asks you to use their clicker (and yours) because they are unable to attend the class, **don't!** If you get caught, you and the person who is absent will be penalized. At a minimum, you will receive zero for that day's clicker questions. Depending upon the circumstances, the penalty may be stiffer (e.g., zero for that component of your final course grade).

Course Evaluation (see 'Tentative Schedule' below for dates):

- 1) iClicker Questions (8%):** Questions will be posted occasionally, using the iClicker technology, during class sessions. The questions will be used to facilitate class discussion. At times the distribution of responses will be shown immediately afterwards. In this regard, it is important to note that most of the questions will be experiential or attitudinal in nature. Sometimes, questions will be used to help me gauge the extent to which the class has understood the presented material. At the

same time, you can use these questions to determine your own level of understanding of the material. This assignment is based on a pass/fail method with the following possible grades: **0%** if you have answered less than 50% of the questions; **60%** if you have answered between 50-80% of the questions; and **100%** if you have answered at least 80% of the questions.

- 2) **Online Quiz #1 (6% - Chapters 1, 2, 3, 14, & 15):** As a way to help prepare and aide in your studying, this quiz will cover material that will be on your first midterm exam. The quiz will be provided online through REVEL. Students may take the test twice, with the highest score counted towards their final grade.
- 3) **Midterm Exam (25% - Chapters 1, 2, 3, 14, & 15):** The midterm exam will cover all material covered in class and from your textbook (i.e., Chapters 1, 2, 3, 14, & 15, slides/lecture, videos, in-class discussions, etc.). The exam will consist mainly of multiple-choice questions with anywhere from 4-6 short answer questions.
- 4) **Online Quiz #1 (6% - Chapters 4, 5, & 6):** As a way to help prepare and aide in your studying, this quiz will cover material that will be on your final exam. The quiz will be provided online through REVEL. Students may take the test twice, with the highest score counted towards their final grade.
- 5) **Case Formulation Paper (25%):** This paper will require students to work in groups of three to write a 9-10 page paper (double-spaced; APA format) on a clinical case presentation provided by the instructor. More detailed information about this paper will be provided in a separate handout. In short, the paper will include a description of the disorder along with the prevalence, etiology, and common comorbidities, an explanation of whether the behaviours described would be 'normal' or 'abnormal', the relevance of the biopsychosocial model, strengths and limitation of the research, and what assessment tools would be recommended to assist in diagnosis and differentials.
- 6) **Final Exam (30% - Chapters 4, 5, & 6):** The final exam will cover all material covered in class and from your textbook (i.e., Chapters 4, 5, & 6, slides/lecture, videos, in-class discussions, etc.). The final exam will consist mainly of multiple-choice questions with anywhere from 4-6 short answer questions. The final exam is **not cumulative** and will be held during the final exam period (December 3rd – 18th).

Note: Midterms & Final Exams: All tests are to be written on the date specified below. If you are unable to write a test at the specified time, written documentation (i.e., medical note detailing how your illness rendered you incapable of writing the exam) is *required* and I must be notified **before** the exam.

THERE IS POTENTIAL TO EARN 2% BONUS IN THIS COURSE FOR PARTICIPATING IN SONA RESEARCH OR PARTICIPATING IN MOCK INTERVIEWS FOR PSYO 480K

Bonus Points: You can earn a maximum of two bonus points towards your final grade. There are a couple of options available to you. You can do some of each!
First, you can earn up to 2% bonus points by participating in research studies posted on SONA. As a participant in one of numerous Psychology Department Subject Pool experiments posted at <http://ubco.sona-systems.com/>, you will obtain 0.5% credit for each 0.5 hour of participation at UBCO. Hence, participation requiring a 1-hour time commitment provides a credit of 1%, 1.5 hours provides a credit of 1.5%, and 2 hours provides a credit of 2.0%, etc. **You must participate in a combination of in-person and online studies in order to receive your maximum amount of credits (i.e., 2%).** In general, you should participate in the equivalent of 1.0 credit worth of in-person studies and the equivalent of 1.0 credit worth of online studies.

Second, you may also earn a maximum of 1.0 bonus point by participating in an interview conducted by students registered in PSYO 480K. Information about this opportunity is posted on the PSYO 343 Canvas website. If you are interested in this option, please email me as soon as possible. I will then post your name and email address on the PSYO 480K Canvas website. If you participate in a 480K interview, you will receive 1% credit towards your bonus points.

Note: All grades will be assigned in accordance with the system described in Section V (Academic Regulations - Grading Practices) of the 2018-2019 UBCO Calendar (see <http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,41,90,1014>).

GRADING RUBRIC:

PERCENTAGE (%)	LETTER GRADE
90-100	A+
85-89	A
80-84	A-
76-79	B+
72-75	B
68-71	B-
64-67	C+
60-63	C
55-59	C-
50-54	D
0-49	F

Tentative Course Schedule

(subject to change – any changes will be announced in class)

	Date	Lecture Topic	Readings	Deadlines
1	September 6	Course Outline/Syllabus - Introduction		
2	September 11	Normal vs. Abnormal Behaviour	<i>Chapter 1</i>	
3	September 13	Historical and Current Views of Abnormal Behaviour	<i>Chapter 1</i>	
4	September 18	Research Methods in Abnormal Psychology	<i>Chapter 2</i>	
5	September 20	Research Methods in Abnormal Psychology	<i>Chapter 2</i>	
6	September 25	Healthy Psychology	<i>Chapter 14</i>	
7	September 27	Healthy Psychology	<i>Chapter 14</i>	
8	October 2	Assessing and Diagnosing	<i>Chapter 3</i>	
9	October 4	Assessing and Diagnosing	<i>Chapter 3</i>	
10	October 9	Assessing and Diagnosing	<i>Chapter 3</i>	
11	October 11	Legal and Ethical Issues	<i>Chapter 15</i>	
12	October 16	Work on Assignment – in class		<u>Quiz #1</u> <u>Due:</u> BY midnight
13	October 18	<u>MIDTERM EXAM</u> (Chapters 1, 2, 3, 14, & 15)		<u>Midterm Exam</u> In-Class
14	October 23	Overview of Anxiety Disorders Panic Disorder Agoraphobia Generalized Anxiety Disorder	<i>Chapter 4</i>	
15	October 25	Social Phobia Specific Phobia Obsessive Compulsive Disorder	<i>Chapter 4</i>	
16	October 30	Body Dysmorphic Disorder Hoarding Disorder Trichotillomania Excoriation Disorder Posttraumatic Stress Disorder	<i>Chapter 4</i>	

17	November 1	Etiology Treatment	Chapter 4	
18	November 6	Overview Bipolar Disorders Major Depressive Disorder Persistent Depressive Disorder	Chapter 6	
19	November 8	Suicide	Chapter 6	
20	November 13	Premenstrual Dysphoric Disorder Other considerations for Depressive Disorders	Chapter 6	
21	November 15	Work on Assignment – in class		
22	November 20	Overview Somatic Symptom Disorder Conversion Disorder Illness Anxiety Disorder	Chapter 5	Paper <u>Due: November 20</u> (BY midnight)
23	November 22	Factitious Disorder Malingering Etiology Treatment	Chapter 5	
24	November 27	Dissociative Disorders Etiology Treatment	Chapter 5	
25	November 29	TBA		Quiz #2 <u>Due: November 29</u> (BY midnight)
	December 3–18	FINAL EXAMINATION PERIOD		<u>Final Exam: TBA</u> (Chapters 4, 5, & 6)

Class Etiquette: While it is not mandatory that you attend all classes, it is strongly encouraged. Irregular attendance will, in all likelihood, be associated with poorer performance. Finally, it is important to note that, at times, some students may choose to reveal personal experiences that pertain to the lecture/class discussion. Please treat such disclosures with respect and consider them as private communications.

Important UBC Policies and Resources

Final Examinations: The examination period for Term 1 of Winter 2018 is December 3rd – 18th. Please be aware that exams can be scheduled on Saturdays. PLEASE, do **NOT** book flights or make other travel arrangements until after the exam schedule has been released (see Important UBC Policies & Resources -- Final Examination policy). Travel plans are not an accepted reason for writing exams out of time. Arrangements for out-of-time exams must be made through the Dean's Office.

Further information on Academic Concession can be found under Policies and Regulation in the *UBCO Academic Calendar*

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>

Academic Integrity: The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at

<http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>.

UBC Okanagan Disability Resource Centre ensures educational equity for students with disabilities, injuries or illness. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact Earllene Roberts, the Diversity Advisor for the Disability Resource Centre located in Commons Corner in the University Centre building (UNC 227).

UNC 227A 250.807.9263

email earllene.roberts@ubc.ca

Web: www.ubc.ca/okanagan/students/drc

UBC Okanagan Ombuds Office offers independent, impartial, and confidential support to students in navigating UBC policies, processes, and resources, as well as guidance in resolving concerns related to fairness.

UNC 227B 250.807.9818

email: ombuds.office.ok@ubc.ca

Web: <http://ombudsoffice.ubc.ca/ubc-okanagan-2/>

UBC Okanagan Equity and Inclusion Office: UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from discrimination and harassment. UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction. If you require assistance related to an issue of equity, discrimination or harassment, please contact the Equity and Inclusion Office.

UNC 227C 250.807.9291

email: equity.ubco@ubc.ca

Web: www.ubc.ca/okanagan/equity

Sexual Violence Prevention and Response Office (SVPRO): A safe and confidential place for UBC students, staff and faculty who have experienced sexual violence regardless of when or where it took place. Just want to talk? We are here to listen and help you explore your options. We can help you find a safe place to stay, explain your reporting options (UBC or police), accompany you to the hospital, or support you with academic accommodations. You have the right to choose what happens next. We support your decision, whatever you decide.

Visit svpro.ok.ubc.ca or call us at 250.807.9640

Independent Investigations Office (IIO): If you or someone you know has experienced sexual assault or some other form of sexual misconduct by a UBC community member and you want the Independent Investigations Office (IIO) at UBC to investigate, please contact the IIO. Investigations are conducted in a trauma informed, confidential and respectful manner in accordance with the principles of procedural fairness.

You can report your experience directly to the IIO via

Email: director.of.investigations@ubc.ca

Call: 604.827.2060

Web: investigationsoffice.ubc.ca

Health & Wellness: SAFEWALK

Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at **250-807-8076**. For more information, see:

<http://security.ok.ubc.ca/welcome.html>