

## PSYO 335-001: Drugs & Behaviour

Monday 11:00-2:00 pm – Winter II (Jan 2022) – UBC – Okanagan Campus

### **Professor: Zach Walsh (he/him)**

Email: zachary.walsh@ubc.ca

Office Hours: Thursdays 4:00-5:00 pm (starting Jan 13) & by appointment

To join Zach in his office hours please use the following url:

**<https://ubc.zoom.us/j/68512214900?pwd=VElaNEkyeVRZM0hxRHdXbVBmOVJIUT09>**

Meeting ID: 685 1221 4900

Passcode: 600308

Teaching Assistants: Office hours by appointment

### **Jayne Stewart, MA. (she/her/hers):**

Email: [jstewar@mail.ubc.ca](mailto:jstewar@mail.ubc.ca)

### **Description:**

PSYO 335 is a lecture-based survey of the behavioural, neuro-chemical, socio-historical, cognitive, spiritual, and cellular aspects of drug use and action. Classes of drugs studied will include alcohol, sedatives, nicotine, stimulants, opiates, cannabis, & hallucinogens/psychedelics.

### **Learning Outcomes:**

By the end of PSYO 335, students should be able to:

1. Demonstrate understanding of the key theories and constructs in psychopharmacology
2. Examine drug effects at the physiological, psychological, behavioural and social levels
3. Understand developments and issues in addiction research and treatment
4. Critically assess drug-related information presented in the media and elsewhere
5. Make informed choices to reduce harms and maximize benefits of drug use

### **Evaluation:**

**Test 1 & Test 2**

30% x 2 (60%) - Noncumulative

**Exam**

40% - Cumulative, with emphasis on new material.

### **Texts:**

**Very Strongly Recommended:** This text is strongly recommended but because reliable information on course topics is available elsewhere (e.g. journals accessible from the UBC library; Wikipedia; other behavioral psychopharmacology textbooks, etc...) I have not made it *required*. You should count on doing substantial supplementary reading if you do not choose to use the text. **I would get it if I were you!** For the purpose of tests, lecture information will be considered authoritative if in conflict with readings.

Hancock S.D. & McKim, W.A. (2018). *Drugs and Behavior: An Introduction to Behavioral Pharmacology* (8<sup>th</sup> ed.). New Jersey: Prentice. Other recent editions are fine.

**Recommended:** A terrific recent book on psychedelics for those wanting to dig deeper into new directions in psychopharmacology and mental health.

Pollen, M. (2018) *How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence* New York: Penguin.

**Online learning: It is my intention to deliver this course in person. In-person lectures will begin January 24. The classes for January 10 & 17 will be online.** During this pandemic, the shift to online learning has greatly altered teaching and learning at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by some governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit: <http://academic.ubc.ca/support-resources/freedom-expression>.

Given the size of this class, our technological constraints in terms of bandwidth, and the various time zones students may be connecting from, **lectures on January 10 & 17 will NOT be delivered during the scheduled lecture time.** Instead, lectures will be pre-recorded and available for student viewing via Canvas. The week's lecture will be uploaded to Canvas prior to the scheduled class time. In order to engage with this course online, students are required to have a laptop or desktop computer and a stable Internet connection. A quiet space to view the recorded lectures and to write examinations is also highly recommended. In addition to the scheduled class lecture time students will have the opportunity to meet and discuss course content with their Teaching Assistants Tatiana Sanchez and Michelle St. Pierre during a one-hour Discussion & Review Wednesdays 1-2PM. These meetings will be held via Zoom. The links are in the document titled *Discussion and Review Session Links*. Attendance is not mandatory for these sessions but attending these sessions is encouraged. As per UBC policy, all examinations must be completed during the scheduled course time. Out of fairness to all students, there are no exceptions to this policy.

### **Course Overview:**

<b>Date</b>	<b>Lecture Topic</b>	<b>Reading (Hancock &amp; McKim)</b>
Jan 10	Introduction/ Pharmacodynamics	Chapter 1
Jan 17	Pharmacokinetics & Research Design	Chapter 1 & 2
Jan 24	Historical & Theoretical overview	Readings
Jan 31	Neuroscience of Substance Use	Chapter 4
Feb 07	Learning & Addiction	Chapter 3 & 5
Feb 14	Test 1	
Feb 21	<b>Spring Break</b>	<b>Holiday</b>
Feb 28	Cannabis	Chapter 14
Mar 07	Hallucinogens, psychedelics and dissociatives	Chapter 15 & Pollen
Mar 14	Opioids	Chapter 11
Mar 21	Stimulants & Caffeine	Chapter 9 & 10
Mar 28	Test 2	
Apr 04	Alcohol	Chapter 6
Apr 11	Sedatives & Nicotine	Chapter 7 & 8

### **Grades:**

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

### **Final Examination:**

Finals period is April 14<sup>th</sup> through April 29<sup>th</sup>. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job. Further information on Academic Concessions can be found under Policies and Regulations in the *Okanagan Academic Calendar* <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>. Out-of-time examination forms can be found at (<http://ikbsas.ok.ubc.ca/students/undergrad/forms.html>) and must be sent to the Dean's office.

### **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:**

The Disability Resource Centre ensures educational equity for students with disabilities and chronic medical conditions. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact:

- Earllene Roberts (Diversity Advisor) at the Disability Resource Centre.
- 250.807.9263
- [earllene.roberts@ubc.ca](mailto:earllene.roberts@ubc.ca)
- [www.students.ok.ubc.ca/drc](http://www.students.ok.ubc.ca/drc)

### **Ombuds Office:**

The 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 please contact:

- UBC Okanagan Ombuds Office
- [ombuds.office.ok@ubc.ca](mailto:ombuds.office.ok@ubc.ca)
- [www.ubcsuo.ca/services-ombudsperson](http://www.ubcsuo.ca/services-ombudsperson)

### **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, or to get involved in human rights work on campus, please contact:

The Equity and Inclusion Office.

250.807.9291 [equity.ubco@ubc.ca](mailto:equity.ubco@ubc.ca) [www.equity.ok.ubc.ca](http://www.equity.ok.ubc.ca)

### **Health & Wellness:**

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians, and counsellors provide healthcare and counselling related to physical, emotional/mental, and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment. [www.students.ok.ubc.ca/health-wellness](http://www.students.ok.ubc.ca/health-wellness)

### **Additional Resources:**

- *COVID-19*: <https://students.ok.ubc.ca/covid19/>
- *Sexual Violence and Prevention Office*: <https://svpro.ubc.ca>
- *The Aboriginal Programs and Services*: <https://students.ok.ubc.ca/aboriginal-students/>
- *International Programs and Services*: <https://students.ok.ubc.ca/international-students/>
- *The Pride Resource Centre*: <https://www.ubcsuo.ca/services-prc>