



## **PSY 033: Abnormal Psychology**

**Term: 2020 Winter Session**

**Instructor: Staff**

**Language of Instruction: English**

**Classroom: TBA**

**Office Hours: TBA**

**Class Sessions Per Week: 6**

**Total Weeks: 4**

**Total Class Sessions: 25**

**Class Session Length (minutes): 145**

**Credit Hours: 4**

### **Course Description:**

This course on abnormal psychology provides an overview of the scientific study on mental illness which is also known as psychopathology. Students will be introduced the basic concepts, definitions, and historical perspective on abnormal behavior. Students will understand different theoretical models of psychopathology, the assessment and diagnosis of mental illness, and research methods for studying psychopathology. Students will explore the major categories of abnormal behavior and mental disorder among adults, adolescents, and children, and the treatment of these disorder. Contemporary legal and ethical issues related to psychopathology will also be examined. Upon completion of this course, students are expected to not only develop theoretical framework and research practice in the field of psychopathology, but have greater awareness and knowledge in hopes that we can reduce the suffering and stigma associated with mental disorders.

### **Course Objectives:**

- Understand the nature and definition of abnormal behavior and mental illness
- Understand the basic concepts and historical perspective about abnormal psychology
- Demonstrate knowledge on the major categories of metal illness, understand the process of the assessment and diagnosis of mental illness, and be able to compare and contrast different mental



disorders

- Be familiar with and able to discuss several different theoretical perspectives on psychological disorders
- Be familiar with the research methods used and research findings on various psychological disorders
- Understand the causes and be able to identify the symptoms of various psychological disorders
- Be familiar with effective treatment approaches to different psychological disorders
- Be able to describe how culture impacts the expression of psychiatric conditions
- Understand various legal and ethical issues relevant to mental illness and abnormal behavior
- Gain an appreciation for the delicacy, complexity, and diversity of mental health

## **Course Format and Requirements:**

### **Class Discussion:**

Active participation in class discussions is essential for success in this class. It helps you learn to think and express and communicate your views more effectively. Learning to be an independent thinker and share your views with others will benefit you academically and beyond. We encourage all students to participate in these discussions, asking questions, exchanging ideas, facing challenges and proposing solutions.

### **Attendance:**

Attendance is not mandatory. Whether you choose to attend a class is entirely up to you. However, to achieve a positive outcome, regular attendance is expected. If you, for whatever reason, have no drive to perform the tasks required for this course or make an effort to improve your learning experience, it is suggested that you drop the course.

## **Course Materials:**

### **Abnormal Psychology (Required)**

Butcher, J.N., Mineka, S., & Hooley, J.M, Allyn & Bacon, 16th Edition.

ISBN: 0205944280

ISBN-13: 9780205944286

**Course Assignments:****Quizzes**

There will be 5 quizzes administered through the whole semester. Quizzes will always be completed in the first ten minutes of class. The quiz problems will be consist of multiple choice questions, true or false or short answer questions covering concepts learnt in relevant chapters. There will be no make-up quizzes.

**Case Study Paper**

Each student will choose a diagnosis and identify a character(from provided movie or TV or other online video materials) that meets diagnostic criteria for a psychological disorder. You will turn in a 6-8 pages paper detailing the diagnosis of the character based on symptomology as well as differential diagnoses of the character. More information on the requirements, including the grading rubric will be posted by your instructor later.

**Midterm Exams**

There will be two midterm exams in this course. The midterm exam will be based on concepts covered in class. The midterm exams will be in-class, close-book and non-cumulative.

**Final Exam**

The final will be cumulative and close-book. Note that the final will not be taken during the normal class times. Exact time and location for final will be announced later.

**Course Assessment:**

Quizzes	15%
Case Study Paper	15%
Midterm Exam 1	20%
Midterm Exam 2	20%
Final Exam	30%
<b>Total</b>	<b>100%</b>

**Grading Scale:**



A+: 98%-100%  
A: 93%-97%  
A-: 90%-92%  
B+: 88%-89%  
B: 83%-87%  
B-: 80%-82%  
C+: 78%-79%  
C: 73%-77%  
C-: 70%-72%  
D+: 68%-69%  
D: 63%-67%  
D-: 60%-62%  
F: Below 60%

### **Course Schedule:**

Week	Topics	Activities
1	Course Syllabus, Course Policy Introduction to Abnormal Psychology (Chapter 1) The Dsm-5 and the Definition of Mental Disorder Research Approaches in Abnormal Psychology  <b>History of Abnormal Psychology(Chapter 2)</b> Historical Views, Humanitarian Approaches, and the Emergence of Contemporary Views of Abnormal Behavior  <b>Abnormal Behavior: Causal factors and Viewpoints (Chapter 3)</b> The Biological Viewpoint and Biological Causal Factors The Psychological Viewpoints and Psychological Causal Factors	Reading Discussion Quiz 1



	The Sociocultural Viewpoint and Sociocultural Causal Factors	
2	<p>The Clinical Assessment and Diagnosis (Chapter 4)</p> <p>Stress and Physical and Mental Health (Chapter 5)</p> <p><b>Mood Disorder and Suicide (Chapter 6)</b></p> <p>Unipolar Mood Disorders</p> <p>Bipolar and Related Disorders</p> <p>Suicide, Suicide Ambivalence and Suicide Prevention and Intervention</p> <p>Eating Disorders and Obesity (Chapter 10)</p>	<p>Reading</p> <p>Discussion</p> <p>Quiz 2</p> <p><b><u>Midterm 1</u></b></p> <p>Quiz 3</p> <p><b>Instruction on Case Study Paper</b></p>
3	<p><b>Panic, Anxiety , Obsessions and their Disorders(Chapter 7)</b></p> <p>Specific Phobias, Social Phobias</p> <p>Generalized Anxiety Disorder</p> <p>Obsessive-Compulsive and Related Disorders</p> <p>Somatic Symptom and Dissociative Disorders (Chapter 8)</p> <p>Schizophrenia (Chapter 9)</p>	<p>Reading</p> <p>Discussion</p> <p>Quiz 4</p> <p><b><u>Midterm 2</u></b></p>
4	<p>Personality Disorders (Chapter 13)</p> <p>Substance-Related and Addictive Disorders (Chapter 11)</p> <p>Disorders of Childhood and Adolescence (Neurodevelopmental Disorders) (Chapter 14)</p>	<p>Reading</p> <p>Discussion</p> <p>Quiz 5</p> <p>Case Study Paper Due</p> <p><b><u>Final exam</u></b></p>



	Neurocognitive Disorders (Chapter 15)	
	Contemporary and Legal Issues in Abnormal Psychology (Chapter 17)	
	Wrap- up	

### Academic Integrity:

Students are encouraged to study together, and to discuss lecture topics with one another, but all other work should be completed independently.

Students are expected to adhere to the standards of academic honesty and integrity that are described in the Shanghai Normal University's *Academic Conduct Code*. Any work suspected of violating the standards of the *Academic Conduct Code* will be reported to the Dean's Office. Penalties for violating the *Academic Conduct Code* may include dismissal from the program. All students have an individual responsibility to know and understand the provisions of the *Academic Conduct Code*.

### Special Needs or Assistance:

Please contact the Administrative Office immediately if you have a learning disability, a medical issue, or any other type of problem that prevents professors from seeing you have learned the course material. Our goal is to help you learn, not to penalize you for issues which mask your learning.