Course Description

**PSYC 2490– Abnormal Psychology** – Abnormal Psychology is the study of mental disorders. It is the study of why we consider some behaviours as abnormal, what we think causes these abnormalities, and how we might treat these with psychotropic medications (drugs) or with psychological treatments (such as psychotherapy).

**Who should take this course?** Introductory Psychology is a required prerequisite. The Abnormal Psychology course will be of interest to many students. In particular, this course is of professional interest to pre-medical students, nurses, social workers, teachers, and other professionals who work with behavioural problems. PSYC2490 is also a course selected by psychology students intending to apply for graduate school training in the specialty fields of Clinical Psychology, School Psychology, and Health Psychology.

Course Objectives

The overall goal of this course is to provide you with an understanding of abnormal psychology that is scientific, personally interesting, and useful. Upon completion of this course you should be able to:

1. Describe the more common mental disorders;
2. Explain the social, psychological, and biological–genetic causes of emotional problems and mental disorders;
3. Recognize the various perspectives, influential persons, and changes in the field of abnormal psychology over time;
4. Identify symptoms, treatments, and prevention of the major psychological disorders;
5. Consider the various treatment options for mental disorders; and
6. Critique media portrayal of mental health issues.

Course Materials

Required

Bookstore

The following required materials are available for purchase from the University of Manitoba Bookstore. Please order your materials immediately, if you have not already done so. See your Distance and Online Education Student Handbook for instructions on how to order your materials.

- **Textbook:**
  

- **Case Study Book:**
  

**Relationship between the two required books:** As noted above, this course is the introductory course for the specialty of **clinical psychology**. The model of training for clinical psychology is called the “scientist-practitioner model”. The meaning of **scientist-practitioner** is simple. Clinical psychology training must be equally balanced between a scientific understanding and professional practice methods. Clinical psychologists must be grounded in scientific research methods, and base their methods in scientifically verified approaches. Equal weight is then given to the training of the interpersonal skills and methods that foster effective consultation to clients and patients. This is why we have 2 books. The text (Abnormal Psychology: Perspectives) emphasizes the scientific knowledge concerning mental disorders. The casebook (Case Studies in Abnormal Psychology) describes the practice of diagnosing and treating each
disorder. In training clinical psychologists, one uses cases as the main teaching focus to integrate knowledge and method, and understand the complexity of real human behaviour and problems. The text and the case studies complement each other, and cover some of the same concepts: this makes it easier to learn.

**On-line Instructional Content**

In addition, there is available online instructional content that corresponds to the lectures and discussion that on-campus students receive in the classroom. These lectures contain written and audio (recorded) information. The instructional content is designed to provide guidance and support to help you through the course. In this course syllabus you will find the assessments, information, and help that you would otherwise receive in the classroom. It is important to note that the instructional content is not meant to be read as a substitute for the textbook. It is designed to complement the textbook.

**Course Overview**

**Overview**

The basic aim of the course is to provide you with a good understanding of the most common psychological problems that you might encounter in your everyday life or work. For the most part, the course attempts to focus on the common mental health issues that beset many of us such as anxiety, depression, alcoholism, eating disorders, etc.

**Topics**

Each Unit in the course is a separate topic.

Unit 1: Classification and Diagnosis

Unit 2: Theories of Abnormal Behaviour

Unit 3: Anxiety Disorders

Unit 4: Dissociative and Somatic Symptom Disorders
In order to keep the course to a reasonable length, we have omitted certain chapters and topics. Topics not covered in this course include assessment and research methods (Chapter 4), psychophysiological disorders (Chapter 7), aging (Chapter 16), sexual dysfunction (Chapter 13) prevention (Chapter 18), therapy (Chapter 17) and legal issues (Chapter 19). However, these are important topics and the text will serve as an excellent reference source for these issues if you have a future need for it.

### Evaluation and Grading

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignment 1: Online test for Units 1-3</td>
<td>10%</td>
</tr>
<tr>
<td>Assignment 2: Online test for Units 4-7</td>
<td>10%</td>
</tr>
<tr>
<td>Assignment 3: term paper (essay)</td>
<td>30%</td>
</tr>
</tbody>
</table>
Your grade in this course will be based on four term assignments and a comprehensive final examination. The breakdown of the final grade will be as follows:

**Distribution of Marks**

**Online Multiple Choice Tests (30%)**

30% of the final grade is based on 3 online multiple choice tests, each worth 10%, which assess your understanding of the content in the textbook, casebook, and online course materials. Multiple choice questions test for memorization and understanding of detailed information.

The material in the textbook is detailed. Abnormal psychology is the study of mental disorders and one is required to learn (and memorize where necessary) how these disorders are diagnosed, what populations are likely to be affected, the method of treatment for each disorder, and the scientific knowledge we have for each disorder. Students are thus advised to adjust their studying approach to this type of detailed material.

Practice test: online multiple choice test for Units 1 & 2.

This will give you practice in multiple choice questions for this material and timed online tests. The online test will immediately tell you how well you did; however this is for practice only and the score will not be counted towards the final mark.

Assignment 1: online test for Units 1–3 (10%)

Assignment 2: online test for Units 4–7 (10%)

Assignment 4: online test for Units 8–10 (10%)

**Final Examination (comprehensive for Units 1-10) 40%**
Assignments 1, 2, and 4 are timed online multiple choice tests. Multiple choice questions are based on the textbook (approximately 80% of each set of test questions) and casebook and online course materials (20% of each set of test questions) unless otherwise indicated by your instructor. The online test will immediately tell you how well you did. However, as in on-campus exams, you are not able to access the questions after the test is completed in order to maintain test integrity.

**Online test technical issues:** These online tests generally work very smoothly and without difficulty. The Practice Quiz will help familiarize you to this method of assessment. You are able to move back and forth between pages of the test, saving answers one at a time or saving all responses at once by clicking the SAVE ALL RESPONSES box at the bottom of each page. Once saved, you remain free to review your answers and change a response at any time, re-saving your new response.

In the relatively rare instance of technical difficulties, such that the test was not electrically submitted or data was inadvertently lost or deleted, contact your instructor. You will be given an opportunity to re-take the test. As items are selected from a large pool of items, the second attempt at the test would have a large proportion of different test questions.

**LockDown Browser Requirement**
This course requires the use of LockDown Browser for online exams. Watch this video to get a basic understanding of LockDown Browser:


**Download Instructions**

- Select the quiz in the course
- Under Quiz Requirements you will see "To take this quiz you must use the Respondus LockDown Browser"
- Below this will appear: "You can use the button below if you have not already downloaded LockDown Browser". Click the button to go to the download page and then follow the instructions
• Use the link to download Respondus LockDown Browser to your computer; follow the installation instructions
• Return to the Quiz page in Brightspace (it may still be open in another tab) and select the quiz
• Select "Launch LockDown Browser"
• The quiz will now start

For Apple iPad:

• Download and install the "LockDown Browser" app from Apple iTunes to the iPad. (Requires iOS 7 or higher.)
• Start the LockDown Browser app.
• The first time the app is used, you will be prompted to select your institution and server. If you later need to change the institution or server, select the settings icon on the toolbar for the LockDown Browser app.
• Once the setup is complete, you should be directed to your institution's logon page. Log in with the correct credentials, navigate to your course and quiz, and begin your exam. D2L Brightspace users will first log in using a mobile browser (Chrome, Firefox, etc.) and then launch LockDown Browser from the quiz page. Safari is not recommended for D2L Brightspace users because LockDown Browser may not open correctly.
• When you start a quiz that requires LockDown Browser, you should see the following message. You must click "Yes" to open the LockDown Browser app.
• Once you click "Yes" to confirm "app self-lock," you will see a message confirming that your iPad is now locked to LockDown Browser.

Note: LockDown Browser only needs to be installed once to a computer or device. It will start automatically from that point forward when a quiz requires it.

Guidelines
When taking an online quiz, follow these guidelines:
• Select a location where you won't be interrupted
• Before starting the test, know how much time is available for it, and also that you've allotted sufficient time to complete it
• Turn off all mobile devices, phones, etc. and don't have them within reach
• Clear your area of all external materials – books, papers, other computers, or devices
• Remain at your desk or workstation for the duration of the test
• LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted

Getting Help
Several resources are available if you encounter problems with LockDown Browser:

• The Windows and Mac versions of LockDown Browser have a "Help Center" button located on the toolbar. Use the "System & Network Check" to troubleshoot issues. If an exam requires you to use a webcam, also run the "Webcam Check" from this area
• [As applicable, insert information about your institution's help desk, including details about how to contact them. Some help desks want students to run the "System & Network Check" and the "Webcam Check" before they are contacted – and even, to forward the results of these checks at the time of opening a ticket.]
• Respondus has a Knowledge Base available from support.respondus.com. Select the "Knowledge Base" link and then select "Respondus LockDown Browser" as the product. If your problem is with a webcam, select "Respondus Monitor" as your product
• If you're still unable to resolve a technical issue with LockDown Browser, go to support.respondus.com and select "Submit a Ticket". Provide detailed information about your problem and what steps you took to resolve it

Term paper (30%)
The written essay assignment assesses how well you can conceptualize, integrate, and apply the information learned. Professional work requires good writing skills.

Assignment 3: essay (30%)

The essay question can be found under ASSIGNMENTS in the course browser (see course home page).

Assignments 3 is designed to be an approximately 1500 word essay for a topic requiring you to integrate course material from the textbook, case study book, and online instructional content. Additional reading material may be posted with the essay question, otherwise the question is fully answerable from the text, case study book, and online instructional material. Outside sources of information are not required (but can be used if fully referenced).

APA essay format is required for referencing (though it is not necessary to have a title page or running header).

A Marking Rubric is also found with the assignment which allows you to anticipate what the marker is considering in arriving at a mark.

General guidelines for assignment and exam preparation:

- Assignments are to be typewritten and submitted in the online drop box.
- Your primary source is the textbook, casebook, and online course material.
- The answer should be in your own words.
- Your answer should be about no longer than 1500 words (not including title or references). Essays beyond this limit may be penalized.
- Spelling and grammar will be considered when a mark is being assigned.
- Start with a brief introductory paragraph that describes the focus and organization of the paper.
- It may be helpful to use subheadings to indicate different sections of the paper.
End with a paragraph that briefly summarizes the points you have made.

References for specifically cited sources should use APA format.

The assignment needs to be submitted in the course drop box (see instructions) by midnight of the due date. Late submissions are accepted but a late penalty (up to 0.5/30 per day) is applied for each day that the assignment is late. This allows students to take an extra day or two if necessary with only a minor penalty, while being fair to students who submit on time.

Final exam (40%)

Two hour invigilated multiple choice test for Units 1 to 10. Multiple choice questions are based on the textbook (approximately 80% of final exam questions), casebook (10% of questions), and online course materials (10% of questions) unless otherwise indicated by your instructor.

The time and place of this exam will be scheduled by the University of Manitoba. The Registrar’s Office is responsible for the final exam schedules, which is available approximately one month after the start of the course. Check the time and date of your examination by accessing http://umanitoba.ca/student/examination_schedules.html

Final examination site

The final exam will be written at the University of Manitoba (UM), Fort Garry campus or at an approved off-campus location. Students needing to write at an off-campus location must declare a location by the specified deadline date (see off-campus declaration and policy under Student Resources on course homepage). Students writing at the UM Fort Garry campus do not need to declare an exam location.

Assignment Due Dates

Consult your Course Schedule for the assignment due dates.

Plagiarism, cheating, and examination impersonation
You should acquaint yourself with the University’s policy on plagiarism, cheating, and examination impersonation as detailed in the General Academic Regulations and Policy section of the University of Manitoba Undergraduate Calendar. Note: These policies are also located in your Distance and Online Education Student Handbook or you may refer to Student Affairs at http://www.umanitoba.ca/student.

Academic integrity is important. Plagiarism is the most frequent form of cheating. To plagiarize is to take ideas or words of another person and pass them off as one’s own. Use of other students work is a serious academic offence. Your markers are aware of various online postings of course papers. Any use of these materials are dealt with severely. For more information go to the following link:

http://umanitoba.ca/student/guide/academic-integrity.html

**Grading Scale**

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Percentage Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>90 - 100</td>
</tr>
<tr>
<td>A</td>
<td>81 - 89</td>
</tr>
<tr>
<td>B+</td>
<td>76 - 80</td>
</tr>
<tr>
<td>B</td>
<td>71 - 75</td>
</tr>
<tr>
<td>Letter Grade</td>
<td>Percentage Range</td>
</tr>
<tr>
<td>--------------</td>
<td>------------------</td>
</tr>
<tr>
<td>C+</td>
<td>66 - 70</td>
</tr>
<tr>
<td>C</td>
<td>58 - 65</td>
</tr>
<tr>
<td>D</td>
<td>50 - 57</td>
</tr>
<tr>
<td>F</td>
<td>0 - 49</td>
</tr>
</tbody>
</table>

**Note:** All final grades are subject to departmental review.

**Distance and Online Education (DE) Student Resources**

In your course website there are links for the following:

- Contact Distance and Online Education Staff
- Distance and Online Student Handbook
- Distance and Online Education Website

**Student Accessibility Services**

The University of Manitoba is committed to providing an accessible academic community. Students Accessibility Services (SAS) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think
they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services
520 University Centre
Phone: (204) 474–7423
Email: Student_accessibility@umanitoba.ca

Student Services

If you are experiencing difficulties with your studies or assignments, or have a disability or illness which may affect your course of study, you should discuss these issues with the instructor and/or one of the following Student Affairs offices as soon as possible:

<table>
<thead>
<tr>
<th>Office</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accessibility Services</td>
<td>474–6213 (Voice)</td>
</tr>
<tr>
<td>155 University Centre</td>
<td>474–9690 (TTY)</td>
</tr>
<tr>
<td>Student Counselling and Career Centre</td>
<td>474–8592</td>
</tr>
<tr>
<td>Learning Assistance Centre</td>
<td>474–9251</td>
</tr>
</tbody>
</table>

**Student and Academic Staff Responsibilities**

The University of Manitoba has expectations regarding student behaviour. Policies concerning inappropriate or disruptive behaviour are online at: [http://umanitoba.ca/admin/governance/governing_documents/students/279.html](http://umanitoba.ca/admin/governance/governing_documents/students/279.html)

And policies regarding student discipline are online at: [http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html](http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html)
In addition, policies regarding academic staff’s responsibilities regarding students (ROASS) are available online at:  http://umanitoba.ca/admin/governance/governing_documents/students/278.html