

SYLLABUS

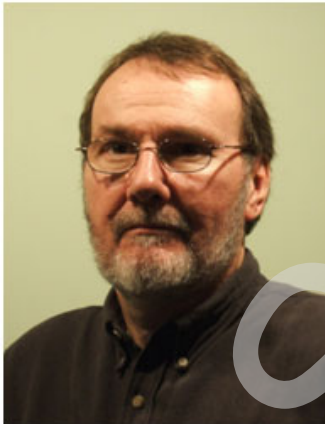
ABNORMAL PSYCHOLOGY PSYC 2490

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ACKNOWLEDGEMENTS

CONTENT SPECIALIST:



Dr. Lorne Sexton, Ph. D.
 Associate Professor / Clinical Psychologist
 The University of Manitoba

Dr. Lorne Sexton is an Associate Professor at the University of Manitoba. He is well known across Canada, having been elected Practitioner Director for the Board of Directors of the Canadian Psychological Association (for a term from 2008 to 2011) and having previously served as Chair of the Clinical Section of the Canadian Psychological Association (1998-2000). In 2000-2001, he initiated the CPA Internet site called **Your Health: Psychology Works Fact Sheets**, a set of fact sheets to inform the public about psychological approaches to common problems. *In 2013 Dr Sexton was awarded the Canadian Psychological Association Member of the Year Award for his contributions to the profession of psychology.* Dr. Sexton specializes in clinical geriatric psychology, providing consultation for older adults in anxiety, depression, sleep disorders, adjustment to medical conditions, grief, and memory issues.

INSTRUCTIONAL DESIGNER:

Christina Rogoza M.C.E.; Lynette McGregor M. Ed.
 Distance and Online Education
 University of Manitoba

WEB PUBLISHER:

Candace Ouimet
 Distance and Online Education
 University of Manitoba

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COURSE SYLLABUS



SOUND FILE Click on the icon to play the sound file

WELCOME TO THE COURSE IN ABNORMAL PSYCHOLOGY

CONTACTING YOUR INSTRUCTOR

For information on contacting your instructor as well as other important information from your instructor see the Instructor Letter link in your course website.

COURSE DESCRIPTION

PSYC 2490- Abnormal Psychology - The study of theory and research on abnormal human behaviour. The major forms of psychological disturbance are discussed. An introduction to the prevention and treatment of psychological disturbances is given.

Who should take this course? This is normally taken as a third year level course. Introductory Psychology is a required prerequisite. The 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 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.

Critique media portrayal of mental health issues.

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COURSE MATERIALS

TEXT AND CASE STUDIES

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. These two books are the main source of information that you will use in this course to prepare for the tests. The text (**Abnormal Psychology, 5th Canadian Edition**) emphasizes the scientific knowledge concerning mental disorders. The case book (**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.

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. It 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.

REQUIRED MATERIALS

TEXT

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:

Davison, G., Blankstein, K., Flett, G., & Neale, J. (2014). *Abnormal Psychology*, 5th Edition. New York: Wiley.

• CASE STUDY BOOK:

Oltmanns, T., Martin, M., Neale, J., & Davison, G. (2012). *Case Studies in Abnormal Psychology*, 9th Edition. New York: Wiley.

(Case Study book available only as an E-book with access code which will be sold with the Davison, et al textbook as a package)

• TEXTBOOK COMPANION WEBSITE

<http://bcs.wiley.com/he-bcs/Books?action=index&bcsId=8632&itemId=1118764811>

This website contains PowerPoints and Quizzes for each textbook chapter.

UNIVERSITY OF MANITOBA LIBRARIES

Many of the units contain a supplementary reading section. You can check for these books at the University library, and request them. See the link to the University of Manitoba Libraries in your course website.

REQUIRED HARDWARE AND SOFTWARE

You require the following items for your computer for this course:

- Headset or speakers to hear audio files.
- A word processing program (i.e., Microsoft Word).

OPTIONAL ONLINE RESOURCES

- Canadian Psychological Association at www.cpa.ca. This site contains a section for **Students** and another on **Careers**. It also contains a series of articles on psychological disorders under the **Public** section and **Quick Links** called **Your Health: Psychology Works Fact Sheets** which was initiated in 1999 by Dr Lorne Sexton, your course designer, in collaboration with the Canadian Psychological Association.
- American Psychological Association at www.apa.org
- Wikipedia at www.wikipedia.org: The free online encyclopaedia has many good descriptions of disorders, psychological and pharmacological treatments, and theories.

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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

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COURSE OVERVIEW

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).

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. The Text and the Case Studies complement each other, and cover some of the same concepts. This makes it easier to learn.

TOPICS

This course in abnormal behavior is focused on increasing your understanding of some of the more common mental disorders. Mental disorders such as anxiety, OCD, depression, schizophrenia, eating disorders, personality disorders and autism have existed throughout history and can be found to varying degrees across all cultures (though not always readily

recognized).

Each Unit in the course is a separate topic.

- Unit 1: Classification of Mental Disorders
- Unit 2: Scientific Paradigms for the Study of Mental Disorders
- Unit 3: Anxiety Disorders
- Unit 4: Somatoform and Dissociative Disorders
- Unit 5: Mood Disorders
- Unit 6: Eating Disorders
- Unit 7: Psychotic Disorders & Schizophrenia
- Unit 8: Personality Disorders
- Unit 9: Childhood Disorders
- Unit 10: Alcoholism and Substance Abuse

In order to keep the course to a reasonable length, we have omitted certain chapters and topics. Topics that have removed from the course include Assessment Methods (Chapter 4) Research Methods (Chapter 5), Psychophysiological Disorders and Health Psychology (Chapter 9), Disorders of Aging - Alzheimer's (Chapter 16), Psychotherapy Outcome (Chapter 17) and Ethics (Chapter 18). Some of this material is better taught in courses of its own. However, these are important topics and the text will serve as an excellent reference source for these issues if you have future need for it.

LEARNING ACTIVITIES

All of the units will include:

- readings from the required texts with the taking of notes encouraged.
- web-based instructional content on the course website.
 - Part of the content on the course website includes links to external websites. They feature interactive tools that allow you to learn more about particular topics. It would be beneficial to take time to browse through those.

The textbooks website has review questions and Power Point Presentations to deepen and expand your understanding.

EVALUATION AND GRADING

This course will be assessed by three term assignments, consisting of one online multiple choice test and two essays, and a final essay exam. The breakdown of the final grade will be as follows:

Distribution of marks	
Evaluation	Percentage
Assignment 1: Online test	20%
Assignment 2: Drop box essay	25%
Assignment 3: Drop box essay	25%
Final exam	30%
Total	100%

Grading scale		
Letter grade	Percentage range	Description
A+	>90.0 – <100	Exceptional
A	>81.0 – <89.5	Excellent
B+	>76.0 – <80.5	Very good
B	>71.0 – <75.5	Good
C+	>65.0 – <70.5	Satisfactory
C	>58.0 – <64.5	Adequate
D	>50.0 – <57.5	Marginal
F	less than 50.0	Failure

Note: All final grades are subject to departmental review.

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>.

DESCRIPTION OF ASSIGNMENTS AND TESTS

The evaluation for this course is evenly divided between multiple choice questions and written assignments. Multiple choice questions test for memorization and understanding of detailed information. Written assignments test for how well one can conceptualize, integrate, and apply the information learned. Professional work requires good writing skills.

PRACTICE TEST: ONLINE MULTIPLE CHOICE TEST FOR UNITS 1 & 2

This will give you practice in multiple choice and timed online tests. Multiple choice questions are based on the textbook, casebook, and online course materials. 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.

Note: Practice multiple choice questions are also available from the textbook website quizzes and should be used to prepare for the midterm and final exams.

ASSIGNMENT 1: MIDTERM ONLINE TEST (20%)

One hour online multiple choice test for **Units 1 to 4**. Multiple choice questions are based on the textbook, case study book, and online course materials for these Units.

ASSIGNMENT 2: WRITTEN ASSIGNMENT (25%)

A short essay focusing on specific disorders for the **Units 1-6**; integrating information from the case study book, textbook, and instructional content. This might require you to be able to discuss issues such as the diagnosis, causes, treatment and treatment outcome. It might ask you to compare or contrast two or more disorders. The term paper may and should consider any information taken up to this point in the course. Other reading material may be posted with this assignment; otherwise outside sources of information are not required (but can be used). The topic will be posted for you by the end of the second week of the course. Your assignment will be submitted in an online drop box.

MARKING RUBRIC

A marking rubric is provided for written assignments to guide the marking of the essay questions. This allows you to anticipate what the marker is considering in arriving at a mark. See the specific assignment instructions for details.

ASSIGNMENT 3: WRITTEN ASSIGNMENT (25%)

A short essay focusing on specific disorders for the **Units 7-10**; integrating information from the case study book, textbook, and instructional content. This might require you to be able to discuss issues such as the diagnosis, causes, treatment and treatment outcome. It might ask you to compare or contrast two or more disorders. The term paper may and should consider any information taken up to this point in the course. Other reading material may be posted with this assignment; otherwise outside sources of information are not required (but can be used). The topic will be posted for you by the end of the second week of the course. Your assignment will be submitted in an online drop box.

FORMAT FOR WRITTEN ASSIGNMENTS: ASSIGNMENTS 2 & 3

The format for these essays is APA. The expected length is about 1250-1500 words or 4-5 pages, but there is no minimum or maximum page restriction. An extensive general bibliography is not required nor expected, as you will primarily be using text and case book materials. However, in order to obtain a good mark it is very important that you use your own words and not copy from the text or casebook (or paraphrase the text too closely). The marker is looking for your depth of understanding, which is not conveyed by copying word for word or closely paraphrasing the text. Brief quotations can be used where appropriate, but need to be properly noted and referenced.

FINAL EXAM (30%)

Two hour multiple choice test for **Units 5 to 10**. Multiple choice questions are based on the textbook, casebook, and online course materials for these Units. The time and place of this exam will be scheduled by the University of Manitoba.

FINAL EXAMINATION

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.

The Registrar's Office is responsible for the [final exam schedule](#) which is available approximately one month after the start of the course.

ASSIGNMENT DUE DATES

Consult your course schedule for the assignment due dates.

The assignments will occur in the following weeks:

Assignment	Week of course
Practice Online test (practice)	2
Assignment 1: Online midterm test	5
Assignment 2: Written assignment	8
Assignment 3: Written assignment	13
Final exam	Exam Period

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