



**COURSE OUTLINE**

**PSYC 204**

**ABNORMAL PSYCHOLOGY**

**45 HOURS  
3 CREDITS**

PREPARED BY: James McClelland      DATE: April, 2016

APPROVED BY:      DATE:

APPROVED BY ACADEMIC COUNCIL: (date)

RENEWED BY ACADEMIC COUNCIL: (date)



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APPLIED ARTS DIVISION  
Psyc 204  
3 Credit Course  
Fall Term, 2016

## ABNORMAL PSYCHOLOGY

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**INSTRUCTOR:** R. James McClelland, Ph.D.      **OFFICE HOURS:** Mondays 10:30 - 12:00  
**OFFICE LOCATION:** A2911A      **CLASSROOM:** TBA  
**E-MAIL:** [jmcclelland@yukoncollege.yk.ca](mailto:jmcclelland@yukoncollege.yk.ca)      **TIME:** 4:00 p.m. - 7:00 p.m.  
**TELEPHONE:** 668-8867      **DATES:** Tuesdays

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### COURSE DESCRIPTION

This course presents a broad introduction to the area of abnormal psychology. Topics include: the definition of abnormal behavior; the diagnostic features, etiology, prevalence and treatment of various disorders; and abnormal psychology and societal issues.

### PREREQUISITES

None.

### EQUIVALENCY OR TRANSFERABILITY

AU PSYC 435 (3)	CAMO PSYC 250 (3)	KPU PSYC 2350 (3)
SFU PSYC 241 (3)	TRU PSYC 2160 (3)	TRU-OL PSYC 2161 (3)
TWU PSYC 200 lev (3)	UBC PSYC 2 <sup>nd</sup> (3)	UNBC PSYC 303 (3)
UVIC PSYC 200 lev (1.5)	UR PSYC 333 (3)	

For more information about transferability please contact the Liberal Arts Office.

### LEARNING OUTCOMES

Upon successful completion of the course, which includes timely submission of *all* assignments, students will:

- demonstrate an understanding of various disorders, their causes and treatments, and the limitations to defining abnormality
- demonstrate an understanding of abnormal psychology terminology and explain

important features of abnormal psychological concepts and theories

- demonstrate an understanding of controversial issues in abnormal psychology
- demonstrate critical thinking skills as they apply to aspects of abnormal psychology
- demonstrate research and writing skills
- evaluate his/her own attitudes (against a political and societal backdrop of labeling and treatment), within a psychological context, towards aspects of abnormal psychology covered in the course

## **COURSE FORMAT**

The course will consist of lectures, class discussions, debates, demonstrations, and supplementary audio-visual materials.

## **COURSE REQUIREMENTS**

Students are expected to attend regularly, complete all assignments, and to participate actively in class discussions. Since a large portion of the examinable material will be based on classroom information, attendance is critical. If you miss a class, please arrange with another student to take notes and to inform you of in-class experiences. Students are responsible for obtaining handouts and completing assignments for any classes missed. Class discussion is an important element in this course. Students will be responsible for the readings assigned and should be prepared to discuss these readings and share their insights in class.

All written assignment must be handed in by 4:00 p.m. on the due date. There is a penalty for late assignments of 5% per day, including weekends. Only in extreme, unforeseen circumstances will a late assignment be accepted without penalty.

## **ASSESSMENTS**

**Attendance/Participation** 10%

Regular attendance, in class participation, and MyPsyLab assignments are expected. Missed classes, assignments, and non-participation will result in a reduction of the mark.

**Midterm Exam** Due: October 25<sup>th</sup> 25%

The mid-term is scheduled for October 25<sup>th</sup> and will be a multiple choice exam.

Alternate arrangements will not be made for students unable to write the midterm examination at the scheduled time/date unless exceptional circumstances prevail and the instructor has given approval in advance.

**Assignment/Presentation**Due: starting November 8<sup>th</sup>

25%

Your assignment/presentation will be due at the beginning of the class scheduled to discuss that common mental disorder. The presentation will describe a person (real or imaginary) with your assigned mental disorder. You will define the disorder, indicate how the person was identified, and describe the person's strengths and weaknesses using the DSM-5, and develop an intervention strategy for addressing the individual's needs. Include the resources you intend to use, how you will monitor and evaluate progress.

**Final Exam**

Due: Exam Week

40%

The final exam will be comprehensive and take place during the regularly scheduled exam period (Dec. 7 - 20). It will be 3 hours in duration and will contain multiple choice, short answer, and essay questions. Students must achieve a passing grade of 50% on the final examination in order to pass the course. A failed final exam will result in a failed course.

Alternate arrangements will not be made for students unable to write the final examination at the scheduled time/date unless exceptional circumstances prevail and the instructor has given approval in advance.

All evaluative components for this course are compulsory, and must be completed in order to pass the course.

**REQUIRED TEXTBOOKS AND MATERIALS**

Nevid, J., Rathus, S., & Greene, B. (2014). *Abnormal psychology in a changing world (Ninth ed.)*. Upper Saddle River, NJ: Pearson Education.

Purchase ISBN 9780205965014 which provides access to MyPsychLab.

The course code for MyPsychLab is mcclelland63001.

**Supplies:** Personality Dimensions Participant Pack \$5.00 available from your instructor.

**ACADEMIC AND STUDENT CONDUCT**

Information on academic standing and student rights and responsibilities can be found in the current Academic Regulations that are posted on the Student Services/ Admissions & Registration web page.

**PLAGIARISM**

Plagiarism is a serious academic offence. Plagiarism occurs when students present the words of someone else as their own. Plagiarism can be the deliberate use of a whole piece of another person's writing, but more frequently it occurs when students fail to acknowledge and document sources from which they have taken material. Whenever the words, research or ideas of others are directly quoted or paraphrased, they must be

documented according to an accepted manuscript style (e.g., APA, CSE, MLA, etc.). Resubmitting a paper which has previously received credit is also considered plagiarism. Students who plagiarize material for assignments will receive a mark of zero (F) on the assignment and may fail the course. Plagiarism may also result in dismissal from a program of study or the College.

## **YUKON FIRST NATIONS CORE COMPETENCY**

Yukon College recognizes that a greater understanding and awareness of Yukon First Nations history, culture and journey towards self-determination will help to build positive relationships among all Yukon citizens. As a result, to graduate from ANY Yukon College program, you will be required to achieve core competency in knowledge of Yukon First Nations. For details, please see [www.yukoncollege.yk.ca/yfnccr](http://www.yukoncollege.yk.ca/yfnccr).

## **ACADEMIC ACCOMMODATION**

Reasonable accommodations are available for students requiring an academic accommodation to fully participate in this class. These accommodations are available for students with a documented disability, chronic condition or any other grounds specified in section 8.0 of the Yukon College Academic Regulations (available on the Yukon College website). It is the student's responsibility to seek these accommodations. If a student requires an academic accommodation, he/she should contact the Learning Assistance Centre (LAC) at (867) 668-8785 or [lassist@yukoncollege.yk.ca](mailto:lassist@yukoncollege.yk.ca).

## TOPIC OUTLINE

**PSYC 204 - Fall 2016 - Syllabus**

**Dr. R. James McClelland**

### Note:

- All scheduled readings must be done ahead of time, i.e., before they are discussed in class.
- The following schedule of readings is tentative; specified texts may be dropped and others added depending on the pace of the class.
- For extra help with any writing make an appointment (online or in person) with the Writing Centre.
- For help with any learning problems make an appointment (online or in-person) with the Learning Assistance Centre.

### September 13

- WELCOME
  - Introductions
  - Course outline and Syllabus
  - Assignments/presentation
  - Use of textbook and supplemental materials
- INTRODUCTION AND METHODS OF RESEARCH (CHAPTER 1)
  - How do we define abnormal behaviour
  - Historical perspectives on abnormal behaviour
  - Contemporary perspectives on abnormal behaviour
  - Research methods in abnormal psychology
  - Thinking critically about abnormal psychology
- Introduction to personality theory

### September 20

- PERSONALITY DIMENSIONS WORKSHOP
- PERSONALITY SELF-PORTRAIT QUESTIONNAIRE

### September 27

- CONTINUED DISCUSSION ON PERSONALITY (PATHOLOGY VS HEALTH)
  - Personality disorders: categories or dimensions?
- PERSONALITY DISORDERS AND IMPULSE CONTROL DISORDERS (CHAPTER 12)
  - Types of personality disorders
  - Theoretical perspectives
  - Treatment of personality disorders
  - Impulse control disorders
  - Thinking critically about abnormal psychology

### October 4

- CONTEMPORARY PERSPECTIVES ON ABNORMAL BEHAVIOUR AND METHOD OF TREATMENT (CHAPTER 2)

- The biological perspective
- The psychological perspective
- The sociocultural perspective
- The biopsychosocial perspective
- METHODS OF TREATMENT (CHAPTER 2)
  - Types of helping professionals
  - Psychotherapy
  - Biomedical therapies
  - Thinking critically about abnormal psychology

#### October 11

- CLASSIFICATION AND ASSESSMENT OF ABNORMAL BEHAVIOUR (CHAPTER 3)
  - How are abnormal behaviour patterns classified
  - Standards of assessment
  - Methods of assessment
  - Sociocultural and ethnic factors in assessment
  - Thinking critically about abnormal psychology

#### October 18

- STRESS-RELATED DISORDERS (CHAPTER 4)
  - Stress and Health
  - Adjustment disorders
  - Traumatic stress disorders
  - Thinking critically about abnormal psychology

#### October 25

- MID-TERM EXAM (3 HOURS)

#### November 1

- ANXIETY DISORDERS AND OBSESSIVE-COMPULSIVE AND RELATED DISORDERS(CHAPTER 5)
  - Overview of anxiety disorders
  - Panic disorder
  - Phobic disorders
  - Generalized anxiety disorder
  - Ethnic differences in anxiety disorders
  - Obsessive-compulsive and related disorder
  - Thinking critically about abnormal psychology
- DISSOCIATIVE DISORDERS, SOMATIC SYMPTOM AND RELATED DISORDERS, AND PSYCHOLOGICAL FACTORS AFFECTING PHYSICAL HEALTH(CHAPTER 6)
  - Dissociative disorders
  - Somatic symptom and related disorders
  - Psychological factors affecting physical health



- Thinking critically about abnormal psychology

## November 8

- MOOD DISORDERS AND SUICIDE(CHAPTER 7)
  - Types of mood disorders
  - Causal factors in depressive disorders
  - Causal factors in bipolar disorders
  - Treatment of mood disorders
  - Suicide
  - Thinking critically about abnormal psychology
- SUBSTANCE -RELATED AND ADDICTIVE DISORDERS (CHAPTER 8)
  - Classification of substance-related and addictive disorders
  - Drugs of abuse
  - Binge drinking
  - Theoretical perspectives
  - How cocaine affects the brain
  - Treatment of substance abuse and dependence
  - Gambling disorder
  - Thinking critically about abnormal psychology

## November 15

- EATING DISORDERS AND SLEEP-WAKE DISORDERS (CHAPTER 9)
  - Eating disorders
  - Sleep-wake disorders
  - Sleep and dreaming
  - Thinking critically about abnormal psychology
- DISORDERS INVOLVING GENDER AND SEXUALITY(CHAPTER 10)
  - Gender dysphoria
  - Sexual dysfunctions
  - Paraphilia disorders
  - Rape
  - Thinking critically about abnormal psychology

## November 22

- SCHIZOPHRENIA SPECTRUM DISORDERS (CHAPTER 11)
  - Schizophrenia
  - Other schizophrenia spectrum disorders
  - Thinking critically about abnormal psychology

- **ABNORMAL BEHAVIOUR IN CHILDHOOD AND ADOLESCENCE (CHAPTER 13)**
  - Normal and abnormal behaviour in childhood and adolescence
  - Autism and autism spectrum disorder
  - Intellectual disability
  - Learning disorders
  - Communication disorders
  - Behavior problems: Attention-deficit /hyperactivity disorder, oppositional defiant, disorder, and conduct disorder
  - Childhood anxiety and depression
  - Elimination disorders
  - Thinking critically about abnormal psychology

**November 29**

- **NEUROCOGNITIVE DISORDERS AND DISORDERS RELATED TO AGING (CHAPTER 14)**
  - Neurocognitive disorders
  - Psychological disorders related to aging
  - Thinking critically about abnormal psychology
- **ABNORMAL PSYCHOLOGY AND THE LAW (CHAPTER 15)**
  - Psychiatric commitment and patients' rights
  - Yukon legislation
  - Falling through the cracks
  - The duty to warn
  - The insanity defense

**December 6**

- Course Catch-up
- Summation

**December 7-20**

- **EXAM PERIOD**
  - PSYC 204 Exam Date and Time TBA

# Pearson's MyLab & Mastering Student Registration Instructions

## To register for [Abnormal Psychology 204](#):

1. Go to [www.pearsonmylabandmastering.com](http://www.pearsonmylabandmastering.com).
2. Under Register, select **Student**.
3. Confirm you have the information needed, then select **OK! Register now**.
4. Enter your instructor's course ID: [mcclelland63001](#), and **Continue**.
5. Enter your existing Pearson account **username** and **password** to **Sign In**.  
You have an account if you have used a Pearson product, for example: MyMathLab, MyITLab, MyPsychLab.  
If you don't have an account, select **Create** and complete the required fields.
6. Select an access option.  
Use the access code that came with your textbook or that you purchased separately from the bookstore.  
Buy access using a credit card or PayPal account.
7. From the confirmation page, select **Go To My Courses**.
8. On the My Courses page, select the course tile [Abnormal Psychology 204](#) to start your work.

## To sign in later:

1. Go to [www.pearsonmylabandmastering.com](http://www.pearsonmylabandmastering.com).
2. Select **Sign In**.
3. Enter your Pearson account **username** and **password**, and **Sign In**.
4. Select the course tile [Abnormal Psychology 204](#) to start your work.

## To upgrade temporary access to full access:

1. Go to [www.pearsonmylabandmastering.com](http://www.pearsonmylabandmastering.com).
2. Select **Sign In**.
3. Enter your Pearson account **username** and **password**, and **Sign In**.
4. Select **Upgrade access** from the course tile [Abnormal Psychology 204](#).
5. Enter an access code or purchase access with a credit card or PayPal account.

For a registration overview, go to [www.pearsonmylabandmastering.com/students/get-registered](http://www.pearsonmylabandmastering.com/students/get-registered). Scroll down to **Need a little help?** and select a video.