


Annette Hillers-Chen



Spring Semester 2018  
Wed 9-12, Xianlin I-112

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## Abnormal Psychology



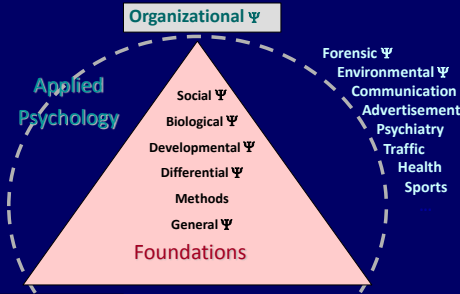
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### What is Abnormal Psychology?



Organizational Ψ

Applied Psychology

Forensic Ψ

Environmental Ψ

Communication

Psychiatry

Traffic

Health

Sports

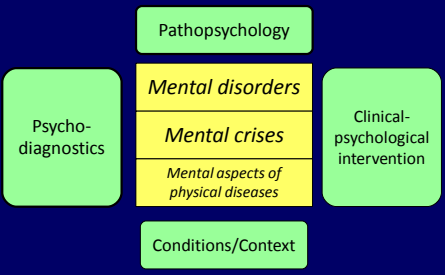
Foundations

Clinical Ψ  
(→ „Abnormal“)

Educational Ψ

Psychology – Spring

### Parts of clinical psychology



Pathopsychology

Mental disorders

Mental crises

Mental aspects of physical diseases

Clinical-psychological intervention

Psycho-diagnostics

Conditions/Context

Bastine, R. (1998). *Klinische Psychologie*. Stuttgart: Kohlhammer.

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### Confidentiality

= shared responsibility to keep private information confidential

- Not discussing information on any classmate with anyone (not with family, roommates, significant others or any person not in this group)
- Not reviewing digital CD records of anyone in the group
- Not discussing private information where it could be overheard
- Not releasing any information except for cases of emergency without the group members consent.

Simply: What happens in this room stays in this room.


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### Getting started

Find two partners that you already know very well and get into groups of three. Exchange:

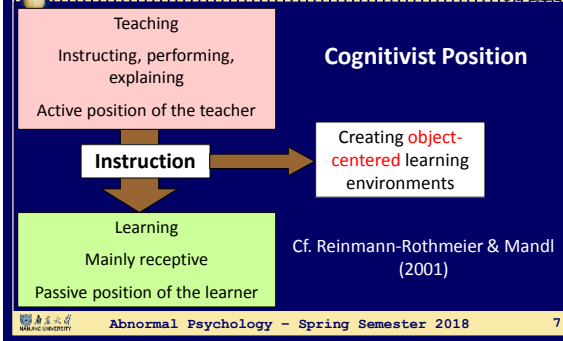
- Do you know anybody who has suffered from a mental disorder or mental crisis? Exchange on your experiences.
- Which questions would you like to answer related to such topics in this course?

Choose one representative who will present a summary to us in the end.

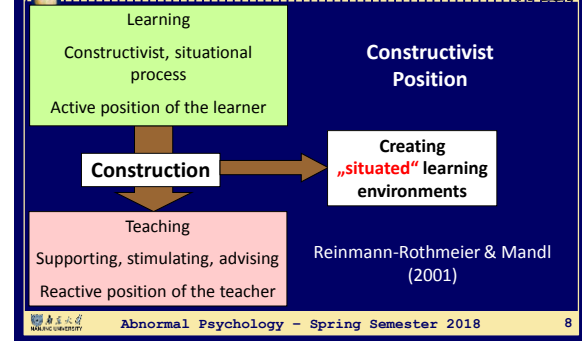


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### Teaching Approach (1)



### Teaching Approach (2)



### Teaching Approach (3)

#### Main ideas of this constructivist approach

- Learning according to real problems
- Learning in different contexts
- Learning from multiple perspectives
- Learning in social contexts (groups)
- Teacher as a coach

#### References

- Cognitive flexibility theory (Jacobson & Spiro, 1992)
- Cognitive apprenticeship approach (Collins, Brown, & Newman, 1989)
- Anchored instruction approach (Cognition and Technology Group at Vanderbilt, 1993, 1997)
- Active learning (Johnson, Johnson, & Smith, 1998)

### Movie recommendation

Are our kids tough enough? Chinese school (Rumney, BBC, 2015)



### Teaching Approach (4)

#### Important policies

- Papers: "APA style"
- Plagiarism: "Zero points, no discussion."
- Deadlines: "Deadlines for fairness."
- Holidays: "A holiday is a holiday is a holiday."
- Life: "After working together, enjoying together."
- Computers: "Not in the classroom!"
- Cell phone usage: experimental throughout class



### Evidence against laptops in class

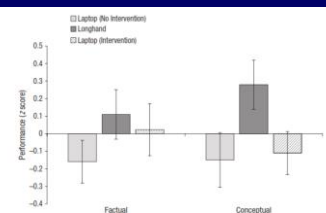


Fig. 4. Mean z-scores performance on factual recall and conceptual application questions as a function of note-taking condition (Study 2). Error bars indicate standard error of the mean.

Mueller, P. A., & Oppenheimer, D. M. (2014). The pen is mightier than the keyboard: Advantages of longhand over laptop note taking. *Psychological Science*, 25(6), 1159-1168. doi:10.1177/0956797614524581

## Goals/Objectives

- To get an overview over mental disorders, their etiology, classification and treatment (basics)
- To become familiar with the key terms of clinical psychological language in English
- To be able to do basic research on a given topic and to present it in a limited period of time
- To be able to express one's opinion on a given topic clearly in written form
- To become wise consumers of reports about mental disorders
- To stimulate flexible thinking from multiple perspectives
- To learn how to give "crispy" feedback



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## Syllabus (1)

- What is Abnormal Psychology? Historical background
- Paradigms and etiology of mental disorders
- Classification (DSM-5, ICD-10, CCMD-3), assessment
- Anxiety, obsessive compulsive, and related disorders
- Depressive and bipolar disorders

- midterm -



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## Syllabus (2)

- Eating disorders
- Substance use and addictive behaviors
- Schizophrenia
- Personality disorders
- Ethical and legal issues
- Review
- Feedback



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## What do you have to do?

- Enjoy class and participate actively
- Take care of receiving the material and emails
- Bring a little booklet to class every time
- Write feedback for every presenting group
- Write two exams (60%)
  - a midterm (15% - corrected version)
  - a final (45%)
- Present a project (15%)
- Reflect on the project (5%)
- Write a movie analysis (20%)



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## What do I have to do?

- Speak slowly
- Improve time-management
- Provide material on time
- Make class interactive (cf. participation)
- Be open for feedback suggestions



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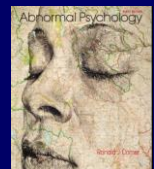
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## Literature

Comer, R. J. (2015). *Abnormal psychology* (9th ed.). New York: Worth.

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.

Original articles will be sent to you by email.



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## Projects (1)

### Presentation (15% of final grade)

- Groups of 3-4 students
- Presentation of the "Chinese perspective" on one mental disorder
- Presentation time: 20-30 minutes
- All group members have to participate!
- APA-style for citations

### Reflective statement (5% of final grade)

- Reflective statement about the project (CRISP, learning effects), one statement per group
- E.g., group organization, preparatory steps, the presentation itself, **concrete measures** you will take for the next presentation, etc.



## Projects (2)

### Anxiety disorders, obsessive compulsive disorders

Common disorders dealing with anxiety in specific situations, with or without specific triggers. (GAD, phobias, social anxiety disorder, obsessive-compulsive disorders, OCD)

### Depressive and bipolar disorders

common disorder with symptoms of severely bad mood, no interest in otherwise pleasurable activities, in/decreased appetite etc., or highly elevated mood (major depression, bipolar disorders)



## Projects (3)

### Eating disorders

psychosomatic disorders with severe physiological consequences, either by eating too little (anorexia) or inappropriate compensatory behavior (bulimia)

### Substance use and addictive disorders

phenomena related to abuse of drugs (intoxication) and drug dependence



## Projects (4)

### Schizophrenia

severe mental disorder with positive symptoms (hallucinations, delusions) and negative symptoms (flattened speech, difficulties concentrating)

### Personality disorders

summary term for interpersonal, ego-syntonic disorders (e.g. dependent, histrionic, schizoid etc.) with little consciousness of problematic behavior by the persons suffering from them.

### Ethical and legal issues



## Projects (5)

### What about this disorder in mainland China?

- Goal: add a Chinese perspective to the disorders introduced in class
  - Does the disorder make sense at all? Was it an "imported" concept, if yes, when did the translation appear for the first time?
  - Are similar phenomena described in Chinese early texts?
  - Are there different visible features? Anything missing?
  - Is it less/more prevalent?
  - Are there different risk factors or theoretical explanations for the disorder in China?
  - ...
- Criteria for grading
  - Content
  - Reliability/credibility of sources
  - Presentation style ("interesting")
  - Reflective statement



## Projects (6)

### What about this disorder in mainland China?

### Sources

- textbooks written in Chinese (careful: not simple translations of foreign language books!)
- Chinese databases
- articles in English about China
- talk to a Chinese expert
- case illustrations

Citations according to APA-style!



## Homework



1. Choose two topics (top 1 and top 2 choice) for your group project and send me an email by Sunday, March 11.  
If everybody wants to do the same topic we can split certain topics or have to find volunteers to change groups or decide it by drawing lots next Thursday.
2. In that email: Do you any worries about this course? Is there anything you definitely do not want to happen?
3. Review some information about Lin Daiyu (林黛玉). Some people claimed that she had a mental disorder. Did she?

