

Spring Semester 2018

Wed, 9-12, Xianlin I-112

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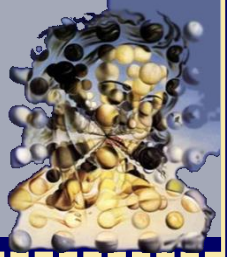


## 11. Review

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& expansive detail...

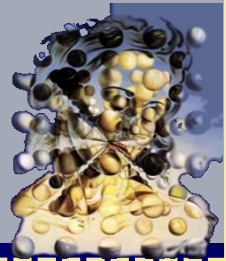
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# Review

# Learning progress exercise (voluntary)



cluster A	aphonia	rapid cycling
alogia	delusions	compulsions
DSM-5	schizoid	delusions
borderline	incidence	agoraphobia
obsessions	panic disorder	bipolar II
depressive episode	hallucinations	panic attack
prevalence	narcissistic	CCMD-3
anhedonia	ICD-10	avoidant
negative symptoms		

Group these terms into categories according to your current knowledge about these phenomena!

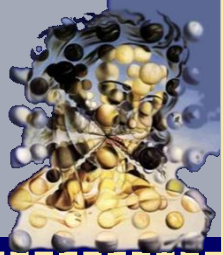


# Goals/Objectives



- To get an overview over mental disorders, their etiology, classification and (basic) treatment options
- To become familiar with the key terms of clinical psychological language
- To be able to do basic research on a given topic
- 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 and their public portrayal
- To learn how to give “crispy” feedback

# Recall



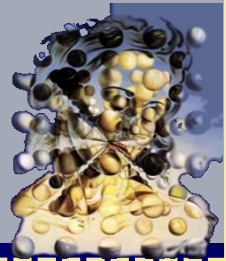
1. Think back over this semester and recall what from this class you remember most vividly.
2. Fill out the evaluation form.
3. Go into groups of 4 people and share.
4. After every student has shared her/his experience exchange freely about what you would have needed to gain an even better harvest from this class.
5. Choose one representative who gives a brief summary of your results.

# Missing self-reflections



- Liu Ziqiang
- Shen Bingyao
- Zhao Jingqi
- Cai Zhaoqin
- Li Mengyuan
- Lin Yuping
- Jiang Xin
- Wen zhiyin (Jueyn)

# Syllabus (1)



- What is Abnormal Psychology? Historical background
- Paradigms and etiology of mental disorders
- Classification (DSM-5, ICD-10, CCMD-3), assessment
- Anxiety disorders  
(phobias, panic disorder, GAD, OCD)
- Mood disorders  
(depression, bipolar I, bipolar II)
- Eating disorders

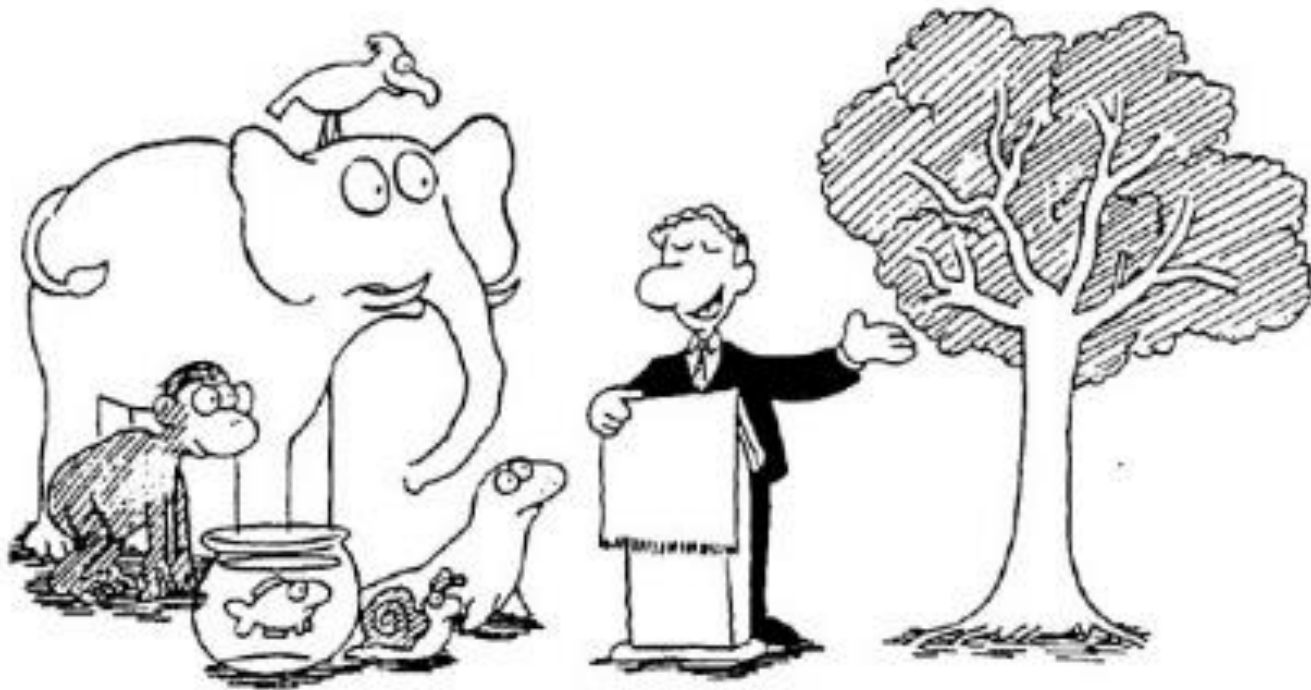


# Syllabus (2)



- Substance-related disorders (e.g., alcohol)
- Schizophrenia
- Personality disorders
- Disorders related to sexuality and gender
- Ethical and legal issues
- Review

# Justice



In order to make it fair, everyone receives the same exam task: climb up that tree!

# Final Exam

11 questions (50pts +3)



- Fact knowledge via example (8q, 24pts)
  - Case example – disorder/symptom (3q, 7pts)
  - Example of symptoms – symptom (1q, 4pts)
  - Knowledge application (2q, 4pts)
  - Concept – disorder match (1q, 6 pts)
  - Cartoon interpretation (1q, 3 pts)
- Direct fact knowledge (3q, 6pts)
- Evaluation based on background knowledge/opinion
  - Evaluate an example (4q, 12pts)
- Interpret statistical information (1q, 3pts)
- Right or wrong (5q, 5pts)
- Extra credit: 3pts (A or B)

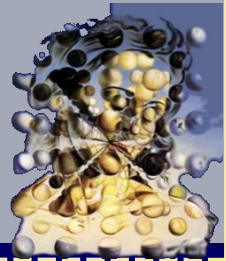
Utensils allowed: dictionary, one handwritten A4 paper

# Topics distribution in the exam



- Schizophrenia **XX**xxx
- Personality disorders **X**xxx
- Eating disorders **XXX**x
- Substance-related disorders **XXX**
- General paradigm/research knowledge **XXXX**
- Ethics **X**x
- Anxiety x
- Mood disorder x
- Disorder related to sex and gender x

# Reading preparation



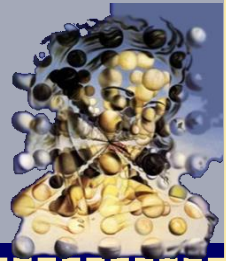
David was an attorney in his early 40s when he sought treatment for depressed mood. He cited business and marital problems as the source of his distress and wondered if he was having a midlife crisis. David had grown up in a comfortable suburb of a large city, the oldest of three children and the only son of a successful businessman and a former secretary. David spoke of being an “ace” student and a “super” athlete but could not provide any details that would validate a superior performance in these areas. He also recollected that he had his pick of girlfriends, as most women were “thrilled” to have a date with him.

David went to college, fantasizing about being famous in a high-profile career. He majored in communications, planning to go on to law school and eventually into politics. He met his first wife during college, the year she was the university homecoming queen. They married shortly after their joint graduation. He then went on to law school, and she went to work to support the couple.

During law school, David became a workaholic, fueled by fantasies of brilliant work and international recognition. He spent minimal time with his wife and, after their son was born, even less time with either of them. At the same time, he continued a string of extramarital affairs, mostly brief sexual encounters. He spoke of his wife in an annoyed, devaluing way, complaining about how she just did not live up to his expectations. He waited until he felt reasonably secure in his first job so that he could let go of her financial support and then he sought a divorce. He continued to see his son occasionally, but he rarely paid his child support.

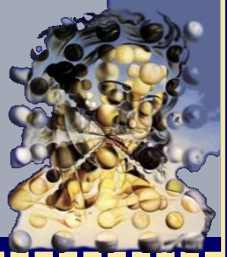
After his divorce, David decided that he was totally free to just please himself. He loved spending all his money on himself, and he lavishly decorated his condominium and bought an attention-getting wardrobe. He constantly sought the companionship of attractive women. He was very successful at making initial contacts and getting dates, but he rarely found anyone good enough to date more than once or twice. At work, David believed that because he was “different” from other people, they had no right to criticize him. But he had every right to criticize others. He also believed that other people were weak and needed contact with someone like him in order to bring direction or pleasure into their lives. He saw no problem in taking advantage of other people if they were “stupid” enough to allow him to do so.

# Avoid common mistakes!



- Do A and B! => first do A, then do B; please do both!
- Which would you prefer....and why? => first, tell me what you prefer, then give reasons why you made that choice
- What is the difference? => work out the difference, do not just state A is like this and B is like that
- Interpret... => interpret all information and make sure you are not simply repeating/describing what's already stated
- Evaluate... => weigh the pros and cons, come to an overall conclusion
- “Why?” => ...because; name reasons.
- Generally: Use whole sentences!!!





“Be patient toward all that is unsolved in your heart and try to love the questions themselves. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions.”

Rainer Maria Rilke