



## UNSW Course Outline

# PSYC1024 Clinical Perspectives on Anxiety, Mood and Stress - 2024

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## General Course Information

Course Code : PSYC1024

Year : 2024

Term : Summer

Teaching Period : U1

Is a multi-term course? : No

Faculty : Faculty of Science

Academic Unit : School of Psychology

Delivery Mode : Online

Delivery Format : Standard

Delivery Location : Kensington

Campus : Sydney

Study Level : Undergraduate

Units of Credit : 6

### Useful Links

[Handbook Class Timetable](#)

## Course Details & Outcomes

### Course Description

This course will provide a comprehensive overview of emotions research, how this produces feelings of stress and how these concepts relate to some of the most common mental disorders - depression and anxiety disorders. Students will learn about psychology as a science and how

psychological research is performed (including animal and human studies). Throughout the course we will examine how the findings from this research informs the clinical description of disorders and the treatment of anxiety, stress and low mood.

This course is appropriate for students with and without a background in science and is taught entirely online through Moodle. The final exam will be held online during the formal exam period.

N.B. This course is not a treatment program for mental health disorders and should not be viewed as a substitute for professional intervention.

## **Course Aims**

The general aim of this course is to examine clinical psychology perspectives on some of the most commonly occurring mental disorders in the general population. The disorders to be examined include the anxiety disorders (e.g. specific phobia, panic disorder) and mood disorders (e.g. major depressive disorder). The course will focus on the nature of emotions and the role that they play in depression and anxiety disorders. The course will also examine strategies for managing stress.

# Course Learning Outcomes

Course Learning Outcomes
CLO1 : Demonstrate knowledge of the theoretical perspectives, models, diagnostic features, aetiology and underlying mechanisms of mood and anxiety disorders.
CLO2 : Understand the scientific method and the role of psychological research in informing theoretical understanding of mental health disorders and their treatment.
CLO3 : Demonstrate an understanding of the role that emotions play in depression and anxiety disorders.
CLO4 : Critically analyse written materials (e.g. scientific reports, websites, media articles) to inform your written assessment.
CLO5 : Effectively communicate in a written format.

Course Learning Outcomes	Assessment Item
CLO1 : Demonstrate knowledge of the theoretical perspectives, models, diagnostic features, aetiology and underlying mechanisms of mood and anxiety disorders.	<ul style="list-style-type: none"><li>• Mid-term test</li><li>• Written assignment</li><li>• Final examination</li></ul>
CLO2 : Understand the scientific method and the role of psychological research in informing theoretical understanding of mental health disorders and their treatment.	<ul style="list-style-type: none"><li>• Mid-term test</li><li>• Written assignment</li><li>• Final examination</li></ul>
CLO3 : Demonstrate an understanding of the role that emotions play in depression and anxiety disorders.	<ul style="list-style-type: none"><li>• Mid-term test</li><li>• Written assignment</li><li>• Final examination</li></ul>
CLO4 : Critically analyse written materials (e.g. scientific reports, websites, media articles) to inform your written assessment.	<ul style="list-style-type: none"><li>• Written assignment</li></ul>
CLO5 : Effectively communicate in a written format.	<ul style="list-style-type: none"><li>• Written assignment</li></ul>

## Learning and Teaching Technologies

Moodle - Learning Management System

# Assessments

## Assessment Structure

Assessment Item	Weight	Relevant Dates
Mid-term test Assessment Format: Individual	20%	Start Date: 12/01/2024 09:00 AM Due Date: 12/01/2024 11:59 PM Post Date: 13/01/2024 12:00 AM
Written assignment Assessment Format: Individual	40%	Start Date: Week 1 Due Date: 28/01/2024 11:58 PM Post Date: 12/02/2024 05:00 PM
Final examination Assessment Format: Individual	40%	Start Date: Exam Period Due Date: Exam Period

## Assessment Details

### Mid-term test

#### Assessment Overview

The Mid-term test will contain 20 assessed Multiple Choice Questions from Weeks 1 - 5 (inclusive). The test will be made available on the Moodle web page (i.e. an online exam) from 9 a.m. - 11:59 p.m. on Friday Week 5.

The test will be 15 minutes long (45 seconds per question). The short time limit on this exam will provide ample opportunity to read and answer all the MCQs but its brevity also means that the exam is not to be attempted “open book” with hard copies of reference material nearby, as there will not be enough time to consult reference material. Marks will be made available online via Moodle once the exam window has closed.

#### Course Learning Outcomes

- CLO1 : Demonstrate knowledge of the theoretical perspectives, models, diagnostic features, aetiology and underlying mechanisms of mood and anxiety disorders.
- CLO2 : Understand the scientific method and the role of psychological research in informing theoretical understanding of mental health disorders and their treatment.
- CLO3 : Demonstrate an understanding of the role that emotions play in depression and anxiety disorders.

#### Detailed Assessment Description

#### SUMMER TERM

The Mid-term test will contain 20 assessed Multiple Choice Questions from Weeks 1 - 2 (inclusive, i.e. Week 2 content will be on the mid term test). The test will be made available on

the Moodle web page (i.e. an online exam) from 9 a.m. - 11:59 p.m. on Friday Week 2.

#### **Assessment Length**

20MCQs, 15mins

#### **Assignment submission Turnitin type**

Not Applicable

### **Written assignment**

#### **Assessment Overview**

An extended response written assignment will be required for submission via Turnitin 11:59pm Sunday Week 7 (standard) or Week 4 (intensive). Detailed instructions for this assignment will be released in Week 3 (Week 1 intensive). The assignment will be worth 40% of the total course mark.

Marks and feedback will be returned via Turnitin 10 working days from the due date and no submissions will be accepted after this date – any work submitted after this will not be marked. Late penalties will be applied in accordance with School of Psychology policy.

#### **Course Learning Outcomes**

- CL01 : Demonstrate knowledge of the theoretical perspectives, models, diagnostic features, aetiology and underlying mechanisms of mood and anxiety disorders.
- CL02 : Understand the scientific method and the role of psychological research in informing theoretical understanding of mental health disorders and their treatment.
- CL03 : Demonstrate an understanding of the role that emotions play in depression and anxiety disorders.
- CL04 : Critically analyse written materials (e.g. scientific reports, websites, media articles) to inform your written assessment.
- CL05 : Effectively communicate in a written format.

#### **Assessment Length**

500 words

#### **Submission notes**

.doc, .docx format only (no PDFs)

#### **Assignment submission Turnitin type**

This assignment is submitted through Turnitin and students do not see Turnitin similarity reports.

## Final examination

### Assessment Overview

The Final Exam will contain 80 MCQ taken from all topics in the course and will be worth 40% of the total course mark i.e. 0.5% per question (equally weighted). The exam will be conducted online during the official exam period for the term. Further details will be released closer to the exam date.

### Course Learning Outcomes

- CLO1 : Demonstrate knowledge of the theoretical perspectives, models, diagnostic features, aetiology and underlying mechanisms of mood and anxiety disorders.
- CLO2 : Understand the scientific method and the role of psychological research in informing theoretical understanding of mental health disorders and their treatment.
- CLO3 : Demonstrate an understanding of the role that emotions play in depression and anxiety disorders.

### Assessment Length

80MCQ, 1hr + 15mins reading time

### Assignment submission Turnitin type

Not Applicable

## General Assessment Information

**Special Consideration:** Students who experience circumstances outside of their control that prevent them from completing an assessment task by the assigned due date due can apply for Special Consideration. Special Consideration applications should include a medical certificate or other documentation and be submitted via myUNSW within 3 days of the sitting/due date.

**Important note:** UNSW has a “fit to sit/submit” rule, which means that if you sit an exam or submit a piece of assessment, you are declaring yourself fit to do so and cannot later apply for Special Consideration. This is to ensure that if you feel unwell or are faced with significant circumstances beyond your control that affect your ability to study, you do not sit an examination or submit an assessment that does not reflect your best performance. Instead, you should apply for Special Consideration as soon as you realise you are not well enough or are otherwise unable to sit or submit an assessment.

Once your application has been assessed, you will be contacted via your student email address and advised of the official outcome. If the special consideration application is approved, you may be given an extended due date, or an alternative assessment/supplementary examination may

be set. For more information about special consideration, please visit: <https://student.unsw.edu.au/special-consideration>.

**Alternative assessments:** will be subject to approval and implemented in accordance with UNSW Assessment Implementation Procedure and Psychology Student Guide.

**Supplementary examinations:** will be made available for students with approved special consideration application and implemented in accordance with UNSW Assessment Policy and Psychology Student Guide.

All course assessments have been designed and implemented in accordance with [UNSW Assessment Policy](#).

The APA (7<sup>th</sup> edition) referencing style is to be adopted in this course. Students should consult the publication manual itself (rather than third party interpretations of it) in order to properly adhere to APA style conventions. Students do not need to purchase a copy of the manual, it is available in the library or online. This resource is used by assessment markers and should be the only resource used by students to ensure they adopt this style appropriately.

### **Grading Basis**

Standard

### **Requirements to pass course**

Final course grade of 50+

# Course Schedule

Teaching Week/Module	Activity Type	Content
Week 1 : 1 January - 7 January	Topic	Psychology as a Science Lecture 1: The who's who of psychology Lecture 2: The scientific method
	Topic	The Science of Emotion Lecture 1: What is emotion? Lecture 2: Classification of emotions Lecture 3: Theories of emotions
	Assessment	Written assessment details posted to Moodle (Assessment Hub)
Week 2 : 8 January - 14 January	Topic	The Science of Fear and Anxiety Lecture 1: Stimuli and cognitions Lecture 2: The physiology of fear and anxiety Lecture 3: Fearful behaviours
	Topic	Introduction to Anxiety Disorders Lecture 1: When do fear and anxiety become a disorder? Lecture 2: How are they similar? Lecture 3: How are they different?
	Assessment	Mid term test Friday Week 2
Week 3 : 15 January - 21 January	Topic	Anxiety Disorders Lecture 1: Specific phobias Lecture 2: Generalised anxiety disorder Lecture 3: Panic disorder
	Topic	Polishing your essay! Lecture 1: Plagiarism and Contract Cheating Lecture 2: Paraphrasing and Summarising (YouTube video) Lecture 3: Secondary Citation in APA (YouTube video) N.B. Content from the topic "Polishing your essay!" will not be tested on any exams
Week 4 : 22 January - 28 January	Topic	Mood and Depression Lecture 1: When does it become a disorder? Lecture 2: Depressive disorders Lecture 3: Mechanisms of depression
	Topic	Treatment Lectures 1 & 2: Medication and talking therapies
	Assessment	Written Assessment Due (Sunday 11:59pm)
Week 5 : 29 January - 4 February	Topic	All Stressed Out Lecture 1: A normal part of life? Lecture 2: Managing stress

## Attendance Requirements

Students are strongly encouraged to attend all classes and review lecture recordings.

## General Schedule Information

Each topic of this course typically consists of 1 hour of online lecture material and activities. Students are expected to dedicate an additional 5 hours of self-determined study (per topic) to complete assessments, revision, and exam preparation.



# Course Resources

## Recommended Resources

Mitchell, M. L., Jolley, J. M., & O'Shea, R. P. (2012). Writing for psychology. Cengage Learning.

## Staff Details

Position	Name	Email	Location	Phone	Availability	Equitable Learning Services Contact	Primary Contact
	Jamie Dracup					Yes	Yes

## Other Useful Information

### Academic Information

Upon your enrolment at UNSW, you share responsibility with us for maintaining a safe, harmonious and tolerant University environment.

You are required to:

- Comply with the University's conditions of enrolment.
- Act responsibly, ethically, safely and with integrity.
- Observe standards of equity and respect in dealing with every member of the UNSW community.
- Engage in lawful behaviour.
- Use and care for University resources in a responsible and appropriate manner.
- Maintain the University's reputation and good standing.

For more information, visit the [UNSW Student Code of Conduct Website](#).

### Academic Honesty and Plagiarism

**Referencing** is a way of acknowledging the sources of information that you use to research your assignments. You need to provide a reference whenever you draw on someone else's words, ideas or research. Not referencing other people's work can constitute plagiarism.

Further information about referencing styles can be located at <https://student.unsw.edu.au/referencing>

**Academic integrity** is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits: honesty, trust, fairness, respect,

responsibility and courage. At UNSW, this means that your work must be your own, and others' ideas should be appropriately acknowledged. If you don't follow these rules, plagiarism may be detected in your work.

Further information about academic integrity, plagiarism and the use of AI in assessments can be located at:

- The [Current Students site](#),
- The [ELISE training site](#), and
- The [Use of AI for assessments](#) site.

The Student Conduct and Integrity Unit provides further resources to assist you to understand your conduct obligations as a student: <https://student.unsw.edu.au/conduct>

## Submission of Assessment Tasks

### Penalty for Late Submissions

UNSW has a standard late submission penalty of:

- 5% per day,
- for all assessments where a penalty applies,
- capped at five days (120 hours) from the assessment deadline, after which a student cannot submit an assessment, and
- no permitted variation.

***Any variations to the above will be explicitly stated in the Course Outline for a given course or assessment task.***

Students are expected to manage their time to meet deadlines and to request extensions as early as possible before the deadline.

### Special Consideration

If circumstances prevent you from attending/completing an assessment task, you must officially apply for special consideration, usually within 3 days of the sitting date/due date. You can apply by logging onto myUNSW and following the link in the My Student Profile Tab. Medical documentation or other documentation explaining your absence must be submitted with your application. Once your application has been assessed, you will be contacted via your student email address to be advised of the official outcome and any actions that need to be taken from there. For more information about special consideration, please visit: <https://student.unsw.edu.au/special-consideration>

**Important note:** UNSW has a “fit to sit/submit” rule, which means that if you sit an exam or submit a piece of assessment, you are declaring yourself fit to do so and cannot later apply for Special Consideration. This is to ensure that if you feel unwell or are faced with significant circumstances beyond your control that affect your ability to study, you do not sit an examination or submit an assessment that does not reflect your best performance. Instead, you should apply for Special Consideration as soon as you realise you are not well enough or are otherwise unable to sit or submit an assessment.

## Faculty-specific Information

### Additional support for students

- [The Current Students Gateway](#)
- [Student Support](#)
- [Academic Skills and Support](#)
- [Student Wellbeing, Health and Safety](#)
- [Equitable Learning Services](#)
- [UNSW IT Service Centre](#)
- Science EDI Student [Initiatives](#), [Offerings](#) and [Guidelines](#)