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Course Outline for PSYC 6

ABNORMAL PSYCHOLOGY

Effective: Fall

I. CATALOG DESCRIPTION:

PSYC 6 — ABNORMAL PSYCHOLOGY — 3.00 units

Introduction to abnormal psychology. Mental health and the major mental health disorders in adults and children; includes anxiety, mood, personality, sexual, and psychotic disorders. Includes the study of the major psychological, biological, and sociocultural models of mental health disorders and their treatment. Three hours.

3.00 Units Lecture

Grading Methods:

Optional

Discipline:

	<u>MIN</u>
Lecture Hours:	54.00
Total Hours:	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT:

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

1. describe the historical background of the study of abnormal behavior
2. describe and discuss contemporary attitudes toward mental health disorders
3. describe and discuss the major psychological, biological, sociocultural models of mental health
4. identify and describe the current diagnostic system
5. identify and describe the major mental health disorders of children and adults
6. identify and describe current theories and research on the etiology of each mental health disorder
7. identify and describe contemporary methods of mental health treatment

V. CONTENT:

- A. Defining mental health and abnormal behavior
 1. A critical analysis and discussion of mental health
 2. Differentiation of problems of daily living from mental health disorders
 3. Identification of basic criteria for mental health disorders
- B. Assessment and diagnosis
 1. An overview of methods of psychological assessment and diagnoses
 2. An overview of the current diagnostic system
 3. A discussion of prevalence and incidence of mental health disorders
- C. Research and theories of abnormal behavior
 1. Psychodynamic, behavioral, cognitive, humanistic, sociocultural and biological approaches to abnormal behavior
 2. An overview of the role of stress in abnormal behavior]
 3. Research methods in abnormal behavior
- D. Anxiety disorders
 1. Normal versus abnormal anxiety
 2. An overview of the symptom patterns associated with the anxiety disorders
 3. A discussion of etiology and treatment
- E. Somatoform disorders
 1. An overview of the symptom patterns associated with somatoform disorders
 2. A discussion of etiology and treatment
- F. Fictitious disorders
 1. An overview of the symptom patterns associated with somatoform disorders
 2. A discussion of etiology and treatment
- G. Dissociative disorders
 1. An overview of the symptom patterns associated with the dissociative disorders
 2. A discussion of etiology and treatment
 3. A discussion of the issues and controversies regarding dissociative disorders
- H. Mood disorders
 1. An overview of mood and mood disorders
 2. An overview of the signs and symptoms associated with unipolar mood disorders

3. A discussion of the etiology and treatment of unipolar mood disorders
4. A discussion of etiology and treatment
- I. Personality disorders
 1. An overview of personality and personality disorders
 2. An overview of the symptom patterns associated with personality disorders
 3. A discussion of the etiology and treatment
- J. Substance abuse and dependence
 1. An overview of abuse and dependency
 2. A discussion of etiology and treatment
- K. Sexual disorders
 1. An overview of the symptom patterns associated with sexual dysfunction disorders
 2. An overview of the symptom patterns associated with paraphilia
 3. An overview of the symptom patterns associated with gender identity disorders
 4. A discussion of etiology and treatment
- L. Psychosis
 1. Symptoms of psychosis
 2. Symptom patterns associated with the delusional disorders
 3. Symptom patterns associated with the schizophrenias
 4. A discussion of etiology and treatment
- M. Disorders of infancy, childhood, and adolescence
 1. Symptom patterns associated with disruptive behavior disorders
 2. An overview of the symptom patterns associated with developmental disorders
 3. An overview of the symptom patterns associated with eating disorders
 4. A discussion of etiology and treatment
- N. Organic mental disorders and dementia
 1. Symptom patterns associated with organic mental disorders
 2. A discussion of etiology and treatment
- O. Issues in mental health and prevention of abnormal behavior
 1. Legal issues in mental health care
 2. Current trends in mental health care

VI. METHODS OF INSTRUCTION:

- A. **Discussion** -
- B. **Audio-visual Activity** - Video
- C. **Lecture** -
- D. **Written exercises and case studies** - Case studies
- E. **Guest Lecturers** -
- F. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

A. Lecture 1. "The role of stress in the development of panic and agoraphobia." B. Readings 1. "Mood Disorders," Chapter 8, Comer, pp. 269-298 2. "Treatment for Abnormal Psychological Functioning," Chapter 3, Comer, pp. 69-90 C. Class discussion of significant issues and topics 1. What is abnormal behavior? 2. Discussion of attitudes and stereotypes regarding abnormal behavior D. Writing projects 1. Case study reports. Discuss and describe a diagnosis of case. Describe possible explanations for the behavior and treatment approaches. 2. Research and write a paper on a specific mental health disorder

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Other:
 - a. Objective examinations on lecture and reading assignments
 1. Typical questions:
 - a. Psychodynamic therapists believe that fetishes are: a) caused by early childhood loss; b) caused by childhood molestation; c) defense mechanisms to help ease sexual anxiety; d) defense mechanisms to repress normal sexual desires.
 - b. Dissociative amnesias affect _____ memory but not _____ memory: a) semantic, episodic; b) episodic, semantic; c) long term, short term; d) procedural, autobiographical.
 2. Evaluation of written reports and essays
 - a. Evaluation is based on thoroughness and clarity of thought and expression

B. **Frequency**

1. Daily attendance is monitored
2. Minimum of two objective midterm examinations
3. Six case study reports
4. One final examination

IX. TYPICAL TEXTS:

1. Comer, R. *Abnormal Psychology*. 2nd ed., Freeman and Co., 1995.
2. Holmes, D *Abnormal Psychology*. 2nd ed., Harper-Collins, 1994.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Instructor generated handouts, course handbook/workbook