



## COURSE OUTLINE: PSY208 - ABNORMAL PSYCHOLOGY

Prepared: Social Sciences Department

Approved: Martha Irwin, Chair, Community Services and Interdisciplinary Studies

<b>Course Code: Title</b>	PSY208: ABNORMAL PSYCHOLOGY
<b>Program Number: Name</b>	
<b>Department:</b>	SOCIAL SCIENCES
<b>Semesters/Terms:</b>	22W
<b>Course Description:</b>	This course is designed to assist students in gaining an understanding of the causes, symptoms, and treatment of various behavioral and psychological disorders. Discussions will include societal and community reactions to persons with abnormal behaviour.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	PSY102
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Substitutes:</b>	OEL537
<b>Essential Employability Skills (EES) addressed in this course:</b>	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience. EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication. EES 5 Use a variety of thinking skills to anticipate and solve problems. EES 6 Locate, select, organize, and document information using appropriate technology and information systems. EES 7 Analyze, evaluate, and apply relevant information from a variety of sources. EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others. EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals. EES 10 Manage the use of time and other resources to complete projects. EES 11 Take responsibility for ones own actions, decisions, and consequences.
<b>General Education Themes:</b>	Social and Cultural Understanding
<b>Course Evaluation:</b>	Passing Grade: 50%, D  A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.
<b>Books and Required</b>	Essentials of Abnormal Psychology in a Changing World by Nevid, Greene, Johnson and

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**Resources:**

Taylor

Publisher: Pearson/Prentice Hall Publishing Company Edition: 4th Canadian

ISBN: 9780134048703

Additional audio-visual material may be used in conjunction with the above text. Students will be tested on text, lecture and all other materials used

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Be able to discuss what is meant by abnormal behaviour and how historical and cultural perspectives influence what is and is not abnormal behaviour.	1.1 Describe the various historical and contemporary criteria used to define abnormal behaviour 1.2 Review and discuss the historical demonological approach to abnormal behaviour during the ancient and medieval periods and how treatment centres developed from asylums to current mental health care. 1.3 Review and discuss the various assessment methods used to classify abnormal behaviour, i.e. DSM V, clinical interview, IQ tests, personality tests, behavioural assessment, cognitive and neurophysiological assessment
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Describe what stress is and its impact on humans both psychologically and physically.	2.1 Define stress and review stress in relation to significant life transitions 2.2 Describe the characteristics of adjustment disorders and related causal factors 2.3 Examine and explain the significant relationships of stress and disease and methods for coping 2.4 Explain the significance of personality types, socio-economic, socio-cultural, and ethnic factors as they relate to health and illness
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Define and describe the various forms of anxiety disorders and how they can affect human behaviour.	3.1 Define and describe generalized anxiety, panic attacks, phobias and obsessive compulsive disorders 3.2 Describe and explain the factors/symptoms related to post-traumatic stress disorder 3.3 Discuss and evaluate the various treatment perspectives related to anxiety disorders
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Define and discuss the various forms of dissociative and somatoform disorders.	4.1 Compare and contrast dissociative disorders and somatoform disorders 4.2 Discuss the historical and current changes associated in the classification of dissociative disorders such as multiple personality disorder, fugue states, amnesia, and depersonalization 4.3 Describe and discuss the features of conversion disorders, hypochondrias, somatoform disorders, and Munchausen syndrome
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
5. Be able to define various types of mood disorders and	5.1 Define a mood disorder and differentiate between normal and abnormally depressed moods

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	be able to recognize the major symptoms related to the various mood disorders.	5.2 Differentiate between the various forms of mood disorders such as major depression, dysthymic, bipolar, cyclothymic disorders, seasonal affective disorder, and postpartum depression 5.3 Discuss genetic and biochemical factors in mood disorders including biological treatment and psychological perspectives in treating depression
	<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
	6. Recognize what personality disorders are and discuss the difficulty and controversies surrounding the diagnosis of such disorders.	6.1 Define personality and personality disorders 6.2 Discuss problems in diagnosing personality disorders 6.3 Review and discuss the major features related to various personality disorders including anti-social, borderline, histrionic, narcissistic, avoidant, obsessive-compulsive personality disorder, schizoid and schizotypal
	<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
	7. List and explain the various types of eating and sleep disorders and discuss the causes and challenges of obesity.	7.1 Define and describe the characteristics and causes of anorexia nervosa, bulimia nervosa, binge-eating, dyssomnias, and parasomnias 7.2 Discuss the treatments for anorexia, bulimia and sleep disorders 7.3 Define and discuss obesity and the ethnic and socioeconomic differences in obesity
	<b>Course Outcome 8</b>	<b>Learning Objectives for Course Outcome 8</b>
	8. List and describe the major forms of schizophrenia and prognosis for treatment.	8.1 Define and discuss what schizophrenia is, its prevalence, patterns, and general symptoms 8.2 List and describe the various types of schizophrenia including disorganized, catatonic, and paranoid types 8.3 Discuss the theoretical perspectives related to causes and treatment

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Assignments	30%
Tests	70%

**Date:**

July 28, 2021

**Addendum:**

Please refer to the course outline addendum on the Learning Management System for further information.

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