



DARWINIAN PERSPECTIVES ON MENTAL HEALTH

Psychology 208: Section 003 11:00am – 11:50am, MWF (CIRS 1250)

COURSE WEB SITE: www.vista.ubc.ca

On this site, you will find lecture notes, exam grades, updated course outline & handouts. Please visit this site regularly for the duration of the course.

ACCESS: Use your CWL to login into “www.vista.ubc.ca”. Click the link “*PSYC 208 - 003 – Contemporary Topics in Social, Developmental, Personality, & Clinical Psychology – 2012W - Wehr*”.

COURSE DESCRIPTION

This course will introduce students to Darwinian applications to mental health and illness. Although still underutilized, adaptationist approaches are increasingly gaining favour in the social sciences because they offer a unique and useful perspective on human cognition, emotion, and behaviour. When evolutionary theory is applied to mental and physical illness, however, an interesting question arises: Given that pathologies are heritable (there is a nontrivial underlying genetic component) and that they have a significant negative impact on fitness (decrease survival and reproduction) why do pathologies persist in the population? In other words, why has natural selection failed to remove genes that lead to physical and mental disease? In addition to mental illness, this course will present a unique perspective on mental health: For instance, how can we use Darwinian theory to improve people’s lives? And what kind of mistakes might psychologists make about mental health when they ignore Darwinian theory, as traditional approaches in the social sciences have done?

	INSTRUCTOR	TEACHING ASSISTANT
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Office Hours	Wednesdays, 12:00pm – 2:00pm (or by appointment)	

Note: Every attempt is made to respond to emails within 24 hours or by the end of Monday if received on the weekend.

TEXTBOOK

REQUIRED: Brune, M. (2008). *Textbook of evolutionary psychiatry: The origins of psychopathology*. New York: Oxford University Press.

ASSESSMENT

<i>Exam</i>	<i>Date</i>	<i>Topics</i>	<i>Percentage</i>
Midterm 1	Feb 1	Chapters 1 – 4	30%
Midterm 2	Mar 8	Chapter 6 – 10	30%
Final	Apr 10 - 24	Cumulative	40%

EXAMS:

Exams will cover all material in the assigned chapters and all lecture material. This includes material covered in the classes that do not appear in the text and material in the text that is not covered in class. You should focus, however, on material that overlaps both the textbook and the lectures. **Midterm exams** will consist of 30 multiple-choice questions 10 marks for fill-in-the-blank and short-answer questions. The **Final exam** will consist of 50 multiple-choice questions and 20 marks for fill-in-the-blank and short-answer questions; the final will cover ALL content covered during the term. The exact dates of final exam will be announced once the university publishes the final exam schedule.

The Registrar's Office could schedule the end of term exams for any time during the examination periods. **Students are responsible for ensuring that they are available throughout that period.** Bring picture I.D. (student card) to all examinations.

Make-up Exams: If a Midterm or final exam is missed for a legitimate reason (e.g., illness or incarceration), and a doctor's note or other verification is provided, a make-up exam will be permitted. Contact the instructor as soon as possible in the event of a missed exam (beforehand if possible).

EXTRA CREDIT SCHEME

You can earn bonus credit up to a maximum of 3% through participation in accredited psychological experiments or by completing library projects. Extra credit is added at the end of the course.

EXPERIMENTAL PARTICIPATION:

You can earn 1 credit point (1%) for each hour of participation in experiments. Students are required initially to request a Human Subject Pool (HSP) user account using the self-creation tool, at <http://hsp.psych.ubc.ca>. You can then browse advertised experiments offering credit, view available time slots, sign-up for experiments, and register or check-on course credits you've earned. Please consult the "Subject Pool Information for Participants Guide" at the following web-link: www.psych.ubc.ca/resguide.psy **Important Note:** You may participate in a maximum of 1 hour of online experiments, not including the online pretesting survey.

LIBRARY OPTION:

As an alternative to experimental participation, students may obtain extra credit by completing a library project. Such projects consist of reading and summarizing (in written form) a recent research article from the journal *Psychological Science*. The article must have been published **no earlier than 2000**, and the summary should be about **500 words** in length. The student will receive 1 participation credit (1%) for each article summary. Article summaries, together with a copy of the summarized article(s), must be submitted online to www.turnitin.com **at least 10 days before the end of classes**. For more information on how to do this, please consult the "Subject Pool Information for Participants Guide" at the following web-link: www.psych.ubc.ca/resguide.psy

WITHDRAWAL DATES

If you wish to withdraw from this course without any record of the course on your transcript, you must do so on or before **January 14th, 2013**. If you wish to withdraw with a "W" on your transcript, you must do so on or before **February 8th, 2013**.

GRADING & ATTENDANCE

GRADING:

The marks for each exam will be posted on the course web site under "Grades". Students who wish to inspect their exams may do so by visiting the teaching assistant during office hours or by appointment.

All faculties, departments and schools at UBC reserve the right to scale grades in order to maintain equity among sections and conformity to university, faculty, department or school norms. Students should therefore note that the faculty or department might change an unofficial grade given by an instructor. Grades are not official until they appear on a student's academic record. With regard to this grading practice, 1st and 2nd year courses in Psychology are obliged to achieve a grade average at the end of the course of between 63 - 67%. Therefore, although this seldom occurs, grades may be scaled to meet this requirement.

ATTENDANCE:

In this course, material that is taught in class might be different from or supplement the text material. It is, therefore, essential that you attend classes and it is strongly recommended to read ahead in the text. If, however, you do have to miss a class, you are responsible for getting class notes from another student. If an exam is missed, a medical note from a physician (or verification of another valid excuse) is required in order to avoid receiving a zero for that exam. Make-up exams will only be provided for students with valid absences. Please submit your documentation to the instructor as soon as possible. Refer to the UBC Calendar for details of 'academic concession'.

The University accommodates students with disabilities who have registered with the Disability Resource Centre. The University also accommodates students whose religious obligations conflict with attendance or scheduled tests or exams. Please let the instructor know in advance if you will require any accommodation on these grounds. Other absences for varsity athletics, family obligations or other similar commitments are not part of University policy and students should not assume that they would be accommodated. If you have a pressing issue that conflicts with an exam, you should discuss this with your instructor as soon as possible.

PSYCHOLOGY DEPARTMENT'S POSITION ON ACADEMIC MISCONDUCT

Cheating, plagiarism, and other forms of academic misconduct are very serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. In the first place, the Department has implemented software that can reliably detect cheating on multiple-choice exams by analyzing the patterns of students' responses. In addition, the Department subscribes to *TurnItIn*--a service designed to detect and deter plagiarism. All materials (term papers, lab reports, etc.) that students submit for grading will be scanned and compared to over 4.5 billion pages of content located on the Internet or in TurnItIn's own proprietary databases. The results of these comparisons are compiled into customized "Originality Reports" containing several, sensitive measures of plagiarism; instructors receive copies of these reports for every student in their class.

In all cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent dictated by the guidelines of the University. Strong evidence of cheating or plagiarism may result in a zero credit for the work in question. According to the University Act (section 61), the President of UBC has the right to impose harsher penalties including (but not limited to) a failing grade for the course, suspension from the University, cancellation of scholarships, or a notation added to a student's transcript.

All graded work in this course, unless otherwise specified, is to be original work done independently by individuals. If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult your instructor. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>) and read the University's Policy 69 (available at <http://www.universitycounsel.ubc.ca/policies/policy69.html>).

TERM SCHEDULE

WEEK (DATES)	CLASS TOPIC	ASSIGNED READING
Week 1 (Jan 02 – 04)	Course Outline & Principles of Evolution	
Week 2 (Jan 07 – 11)	Inclusive Fitness, Parental Investment, & Parent-Offspring Conflict	Chapter 1
Week 3 (Jan 14 – 18)	Form, Function, & Evolution of the Human Brain	Chapter 2
Week 4 (Jan 21 – 25)	Life History Theory	Chapter 3
Week 5 (Jan 28 – Feb 01)	Causes of Disease, Psychopathology Midterm Exam 1 (FEB 1ST)	Chapter 4
Week 6 (Feb 04 – 08)	Developmental Disorders	Chapters 6 & 7
Week 7 (Feb 13 – 15)	Dementia Feb 11 – Family Day – no class	Chapter 8
(Feb 18 – 22)	READING BREAK – NO CLASS	
Week 8 (Feb 25 – Mar 01)	Substance Abuse	Chapter 9
Week 9 (Mar 04 – 08)	Schizophrenia Midterm Exam 2 (MAR 8th)	Chapter 10
Week 10 (MAR 11 – 15)	Affective Disorders	Chapter 11
Week 11 (MAR 18 – 22)	Anxiety Disorders	Chapter 12
Week 12 (MAR 25 – 27)	Eating Disorders MAR 29 – GOOD FRIDAY – no class	Chapter 13
Week 13 (APR 03 – 05)	Suicide & Self-injury APR 01 – EASTER – no class	Chapter 15
	Final Examination Period: APRIL 10 – 24, 2013	

Note: Occasionally it will be necessary for a topic to be extended into a prior or subsequent week.