



PSYC 300A 004 Course Syllabus

Abnormal Psychology

2021/22 Winter Session Term 2

Acknowledgement

UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəyəm (Musqueam) people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on in their culture, history, and traditions from one generation to the next on this site.

Course Information

Course Title: Abnormal Psychology

Course Code Number: PSYC 300A 004

Credit Value: 3

Location: AERL 120

Time: Tuesday and Thursday from 11.00 AM to 12.30 PM

Online classes: The first two weeks of course will be taught online.

Prerequisites

Either (a) PSYC 100, or (b) all of PSYC 101, PSYC 102, or (c) 6 credits of 200-level Psychology (but not 205 or 263).

Contact Information

Instructor: Dr. Rafal Skiba (rskiba@psych.ubc.ca)

TA: Arezoo Shahnaz (arezoo.shahnaz@psych.ubc.ca)

*Include the course number (300A 004) in the subject line of your email. We will typically respond within 3 days. If you haven't heard back after this time, feel free to email again.

Office Hours: are held by appointment. Please email your instructor or TA to set up a meeting.

About Your Instructor

Dr. Rafal Skiba is currently working with Prof. Todd Woodward at the UBC Department of Psychiatry, using neuroscientific and psychological methods to study schizophrenia and testing novel treatment methods to ease psychotic delusions. Dr. Rafal Skiba developed a passion for studying mental disorders such as post-traumatic stress and borderline personality disorders during his master's studies at the City College of New York. This research led him to advance his interests in the working brain. Therefore, he pursued Ph.D. in the Cognitive & Brain Sciences at the University of Nevada, Reno focusing on affordance and sensorimotor processing. During his postdoctoral studies at the Swiss Center for Affective Sciences at the University of Geneva, he investigated the neural mechanisms of dynamic facial expressions. When he joined Neuraltrain, an applied research start-up based in Berlin, he was able to apply academic training in the research and development of a product that may directly help people suffering from depression.

Course Structure

This course is a 3-hour weekly lecture course. In addition to lecture, there will be small group discussions and smaller group projects on Canvas. Canvas modules contain lecture slides, thought questions, and additional reading and online video resources.

Schedule of Topics

Week 1	Overview of Abnormality, Research Design, Historical Views (Online)
Week 2	Causes & Treatment of Mental Illness (Online)
Week 3	Stress and Anxiety
Week 4	OCD and Mood Disorders
Week 5	Bipolar Disorder, Suicide, & NSSI

First group project

Week 6	Midterm Exam (Online, weeks 1 to 5)
Week 7	Midterm Break
Week 8	Eating Disorders
Week 9	Substance Use Disorders
Week 10	Psychosis and Schizophrenia
Week 11	Childhood Disorders
Week 12	Personality Disorders
Week 13	Legal and Ethical Issues

Second group project

Week 14+	Study & Final Exam Period (weeks 8 to 14)
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Learning Outcomes

In this course, we will examine the nature of abnormal psychology, paying close attention to factors that contribute to the etiology (what causes it), presentation (the signs and symptoms), and treatment (how to reduce symptoms and suffering) of mental illness. In order to construct the most complete picture, we will approach this from multiple angles, including biological, psychological, and social perspectives. The primary goal of this course is to develop your ability to think critically about how we think about mental illness using theory, research findings, logic, and applied knowledge. A secondary goal is to become educated consumers of mental health information to be able to predict the factors that increase the likelihood of a given disorder developing and discriminate between treatment types based on efficacy demonstrated in the research literature.

Learning Activities

Over the course of the term, students will attend lectures, have regular small group discussions about selected topics, collaborate on group projects, take quizzes to integrate and apply their knowledge to novel questions/cases, and take 2 exams (midterm and final). There will be regular opportunities to ask questions and discuss issues with Dr. Skiba and other students during lecture and meetings with your instructor and TA.

Learning Materials

Textbook:

Hooley, J.M., Butcher, J.N., Nock, M.K., & Mineka, S. (2020). *Abnormal psychology* (18th edition). Boston, MA: Pearson Education.

This is available in the following formats, any of which are acceptable:

- Hardcover textbook (used or new)
- Loose leaf textbook (used or new)
- Revel (an eTextbook), which has features that improve accessibility (e.g., an app for smart phones, audio of all of the text, test-your-knowledge quizzes to help you learn as you go)

For more information about all things textbook-related, go to the *Assignments* page on the course Canvas site and look at posts under *Textbook readings*. If you elect to use Revel, there is a post there on the steps to access it. The 17th edition of the textbook is fine to use, but older versions are not recommended, unless they are based off of the DSM-5. In the 17th edition, the chapter numbers may be different, so be sure that you are reading on the correct topic.

For availability at the UBC bookstore, go to

Hard copies: <https://shop.bookstore.ubc.ca/courselistbuilder.aspx> Links to an external site.

eTextbook: <https://shop.bookstore.ubc.ca/t-campus-ebookstore-vancouver.aspx>Links to an external site.

Assessments of Learning

Assessment of learning will be based on performance on assigned tasks with the following weightings:

Group project	10%
Participation	3%
Quizzes	20%
Midterm exam	33%
Final exam	34%

****Please do not rely on Canvas to correctly calculate your grade in the course. Based on how assignments are structured, the point values on the Canvas gradebook don't always match those that we use when calculating grades. Additionally, there are many things that can go wrong in Canvas's calculations. Course grades are calculated independent of Canvas.****

In order to reduce grade inflation and maintain equity across multiple course sections, all psychology courses are required to comply with departmental norms on grade distributions: the mean grade in a 300-level class is 70% for a strong class, 68% for an average class, and 66% for a weak class, with a standard deviation of 13. This means that about half of the class will be in the A and B range (combined). **Scaling may be used** in order to comply with these norms; grades may be scaled up or down as necessary by the instructor or department.

GROUP PROJECTS

Students will work in small groups (maximum of 6 people). The groups will be created through a random assignment procedure. The groups will be asked to prepare an Excel spreadsheet (a template will be provided by your TA) describing the effectiveness of one form of treatment is facing one mental disorder discussed in the class before each exam (please see the course the schedule of topics). Each group will be randomly assigned to study one mental illness. Their first task will be to identify treatments popular in curing a given mental disorder and then find the most recent journal articles about the effectiveness of this treatment. Each student in a group will need to find at least one article about the treatment. After preparing the Excel students will have to write a one-page memo about the effectiveness of the treatment. Each group will work on two types of disorders during the semester. The first treatment and mental illness will have to be reviewed until midterm. Next, groups will be assigned to study another mental illness, and they will have time until the end of the semester. The details of the project will be outlined in Canvas under Group Projects folder.

PARTICIPATION

Active participation and engagement will promote better comprehension and retention of the material you are learning. During each class Dr. Skiba will post multiple choice questions to the Top Hat polling app for students to answer in real-time. This allows both you and I to gauge your understanding of the concepts being taught and provides you with practice answering multiple choice questions in preparation for exams. For each class, students will receive 1 mark for answering 75% of the questions, and 1 mark for answering at least 1 question correctly.

QUIZZES

Quizzes are assigned every couple of weeks to ensure comprehension of the material and help prepare you for the midterm and final exams. They range from 5-10 questions each and are open book. There will be 5-6 quizzes. For more information, see the *Quiz Instructions* on the *Assignments* page in Canvas.

EXAMS

The midterm and final exams will include multiple-choice, short answer, fill-in-the-blank questions, and at least 1 biopsychosocial model. They will cover material from lectures and other information included on the modules and course website. They will *not* include information from the textbook that is not covered in lecture or on the modules/course website.

The midterm exam will be offered during the class period on the Thursday of Week 6. You will have the full class period in which to take the exam.

The final exam will be offered during the regular exam period. **Do not make travel plans before the final exam schedule comes out; there is no alternative exam date. For more information, see the *Midterm Exam Information* and *Final Exam Information* on the *Assignments* page.**

Students have the right to view their marked examinations with the instructor, if they apply to do so within a month of receiving their final grades. However, the examination itself is the property of the university.

LATE/MISSED ASSIGNMENTS

Late assignments will not be accepted, unless accompanied by a physician's note documenting the student's incapacitating illness with the dates of incapacity.

The midterm will be given only on the published date. Students with a physician's note documenting the illness and dates of inability to participate in schoolwork will have their marks adjusted accordingly; only under rare circumstances will **a makeup midterm exam be offered.**

Students who miss the final exam must apply for academic concession from [Arts Academic Advising Links to an external site.](#) or the [Centre for Accessibility Links to an external site.](#) **Makeup final exams may consist entirely of essay questions.**

EXTRA CREDIT

Students have the opportunity to earn up to three (3) extra percentage points on their overall final grade by participating in research conducted in the Psychology Department through the Human Subject Pool (HSP). Participating in research allows you to directly observe the research process and contribute to ongoing research at UBC. You may get points via this mechanism by one of two means: a) Participating in a research study that provides extra credit through the HSP or b) completing a library writing project in which you read and summarize a peer-reviewed research article.

More information about how you can earn extra credits through either of these options is provided on the Human Subject Pool website. There you will find a detailed guide about how to participate in the HSP, how-to videos, and a list of FAQs. You can sign up for studies after you If you want to take advantage of these opportunity for extra credit, you must set up an online account at the UBC Psychology Research Participation System to sign up for studies (or submit your research summaries) and manage your extra credit points. **Be sure to assign your credits to this course if that is your intention.**

UNIVERSITY POLICIES

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions.

Details of the policies and how to access support are available on **[the UBC Senate website](#)****Links to an external site.**

ACADEMIC INTEGRITY

Cheating, plagiarism, and other forms of academic misconduct are *very* serious concerns. Please review Academic Honesty and Standards and/or Discipline for Academic Misconduct on the UBC Calendar for the university policy on cheating, plagiarism, and other forms of academic dishonesty, and the consequences of academic misconduct. Also visit the Learning Commons Academic Integrity for information on academic integrity, and tips on appropriate citation of sources.

Evidence of cheating or plagiarism may result in zero credit for the work in question. In cases of academic misconduct, UBC has the right to impose harsher penalties including (but not limited to) a failing grade for the course, suspension or expulsion from the University, cancellation of scholarships, and/or a notation on the student's transcript.

All graded work in this course, unless otherwise specified, is to be original work done independently. This is your education. You are investing a considerable amount of time, effort, and money into it. You won't develop the critical thinking skills

provided by this education (and that you will use in your professional and personal adult life) by using someone else's work.

Learning Analytics

Learning analytics includes the collection and analysis of data about learners to improve teaching and learning. Canvas provides analytics by capturing data about your activity and providing information that can be used to improve the quality of teaching and learning. In this course, I plan to use analytics data to:

- View overall class progress
- Assess overall class understanding (via statistics on quizzes and exams)
- Review statistics on course content being accessed to support improvements in the course
- Track participation in discussion forums
- Assess your participation in the course

HEALTH CONCERNS / PERSONAL MATTERS

If you are experiencing psychological or physical ill-health, please arrange for an appointment with your personal GP, or you can assess UBC's Student Health Services. Please don't hesitate to reach out to me if you are in need and there are any barriers preventing you from accessing any resources. Also, please contact me if there is a way I can help accommodate any of your needs in this course. If you require an extension or have missed a midterm, in the first instance you should aim to contact your Faculty Academic Advising office, and supply any evidence of your circumstances that you may have. They will liaise with me with regards to a new assignment deadline or alternate time to sit the referral midterm. Please see the final page of the syllabus for further details.

COVID-19 SAFETY AND ILLNESS PLAN

Masks:

- Provincial Health Orders and UBC policy now mandate masks in all indoor public spaces on campus. Please show your respect for the health and well-being of our class members and all of our loved ones by wearing a mask over your mouth and nose for every in-person encounter this term, and staying home if you have any symptoms of possible illness. Let's do everything we can as a community to stop the spread of this virus.

o Students who wish to request an exemption to the indoor mask mandate must do so based on one of the grounds for exemption detailed in the PHO Order on Face Coverings (COVID-19). Such requests must be made through the Center for Accessibility. Students that are approved for this accommodation in accordance with Policy LR7 will be provided with a letter of accommodation to share with faculty members teaching courses in which they are registered. In the intervening time, these students are welcome in the class, and may choose to sit in less crowded areas.

- - If you need to, you may drink in the class, but please avoid sipping to

reduce the number of times you are unmasked. Unless you have prior arrangements, eating is not permitted during lectures.

- - The Ministry guidelines state that instructors and other presenters do not need to wear a mask if they can maintain a distance of two metres from students while teaching.

Social Distancing & Social Contact Limitation:

- - For everyone's safety and to avoid clustering of students in/outside the classroom, I will not be taking questions before and after live lectures. Students may ask questions during the lecture, attend my virtual Office Hours, post on Piazza at any time, or, for any personal questions, may email me directly. Our classes will be quite full of material but wherever there may be time at the end of the lecture, I will be very happy to answer questions then too.
- - Seating recommendation: Wherever possible, it will be preferable for students to sit in roughly the same area each class.
- - Learning communities will assist in creating small groups to reduce exposure. You can also/instead connect virtually.

Illness:

- If you are feeling ill, it is important that you stay home. Complete a self-assessment for COVID-19 symptoms.
- If you miss class because of illness:
 - o Make a connection early in the term to your colleagues. You can help each other by sharing notes.
 - o If you don't yet know anyone in the class, post on our Piazza forum to connect with other students.
 - o Consult the class resources on Canvas.
 - o Attend the instructor and/or TA virtual office hours to ask questions.
 - o If you are concerned that you will miss a key activity due to illness, contact me to discuss.
- If you are feeling ill at the time of a final exam, do not attend the exam. You must apply for deferred standing (an academic concession) through Arts Academic Advising.
 - - Students who are granted deferred standing (SD) will write the final exam at a later date.
 - - If I feel unwell, I will not come to class. I will make every reasonable and timely attempt to communicate plans for class

(by Canvas announcement). I may ask you to do an activity or read something in place of class time. Our classroom will still be available for you as a study space in this time. If I am well enough to teach, but am taking precautions to avoid infecting others, I may hold the class online.

Copyright

All materials of this course (course handouts, lecture slides, assessments, course readings, etc.) are the intellectual property of the Course Instructor or licensed to be used in this course by the copyright owner. Redistribution of these materials by any

means without permission of the copyright holder(s) constitutes a breach of copyright and may lead to academic discipline.

WELLNESS RESOURCES

Below you will find a list of resources you may want to utilize if you are struggling in any way to manage your responsibilities while in school or the stresses of life in general.

Student Health Services: students.ubc.ca/livewell/services/student-health-service 604- 822-7011

Student health provides students with a variety of healthcare related services to help you maintain your health while studying. Access to doctors and registered nurses.

Counselling Services: students.ubc.ca/livewell/services/counselling-services Phone number: 604-822-3811

Counselling services offers a variety of resources to help you maintain your mental health while in school. You may see a counsellor on an individual basis, attend group counselling, or to document an illness if you should require academic concession.

Access and Diversity: students.ubc.ca/about/access 604-822-5844

Access and Diversity provides accommodations for students living with physical or mental disabilities.

BC Crisis Center: <https://crisiscentre.bc.ca/> Phone number: 604-872-3311

Non-profit, volunteer-driven organization that provides emotional support to youth, adults, and seniors in crisis in BC. Crisisline available 24/7.

Distress Line:

Phone number: 1-800-Suicide (784-2433)

If you are in distress or are worried about someone in distress who may hurt themselves, call 1-800-SUICIDE 24 hours a day to connect to a BC crisis line, without a wait or busy signal.

UBC Sexual Violence Prevention & Reporting Office <https://svpro.ubc.ca/>

604-822-1588

A safe place for students, faculty, staff who have experienced sexual violence, regardless of where or when it took place. This includes any attempt or act of a sexual nature without consent. All gender identities, expressions and sexualities are welcome.

SASC

<https://www.ams.ubc.ca/student-services/sasc/>

604-822-2101

The AMS Sexual Assault Support Centre is here to educate, support, and empower people of all genders who have experienced sexual violence as well as their friends and family.

SpeakEasy: <http://www.ams.ubc.ca/services/speakeasy/> Phone number: 604-822-9246

A student run service that offers confidential support for students experiencing crisis. Also a good resource for additional information and referrals within the UBC community.

UBC Wellness Centre: students.ubc.ca/livewell/services/wellness-centre Phone number: 604-822-8450

Speak with other students about tips for managing stress, keeping healthy sleep and eating patterns, concerns about safe sex and more.

Mood Disorders Clinic UBC:

<http://ubc-mooddisorders.vch.ca/>

A psychiatric program designed specifically to treat individuals living with depression or bipolar disorder.

Live Well, Learn Well:

<https://students.ubc.ca/health-wellness>

The Live Well, Learn Well initiative is a resource hub that provides students with information to help improve physical and mental wellbeing.

Mental Health Awareness Club:

<http://blogs.ubc.ca/ubcmhac/>

A club that offers opportunities to speak about mental health with others and strives to promote mental health awareness throughout the UBC community.

Pacific Spirit Addiction Services:

3rd Floor, 2110 West 43rd Ave Vancouver B.C. V6M 2E1 Phone number: 604-267-3970

A free and confidential services for youth and young adults upto the age of 24. Services include Adult Counselling, access to an Addiction Physician - including usage of a methadone maintenance program - and a Drug Education Series.

AMS Food Bank:

www.ams.ubc.ca/services/food-bank/

If you are in a financial emergency AMS food bank can provide you with a food hamper. You are able to use the service up to 6 times each term.

UBC Psychology Clinic:

<http://clinic.psych.ubc.ca/>

Professional psychological services provided to the community, including assessment & treatment for children, adults & families by clinical psychology trainees.

The Kaleidoscope: the-kaleidoscope.com

A confidential peer-run mental health support group that takes place on campus 2-3 times a week. You may attend the group if you are experiencing any kind of mental health related challenges, or if you're just feeling stressed about school in general.