

PSYC 300A: Abnormal Psychology

Distance Education

UBC



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 (98A, 99A, 99C)

Credit Value: 3

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. Bethany Michel (bmichel@psych.ubc.ca)

TA: TBD

*Include the course number (300A 98A, 99A, or 99C) 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: Virtual office hours are held online every few weeks on Canvas. See *Course Summary* on Canvas for dates. Go to the *Collaborate Ultra* tab on the menu to access the discussion rooms on the date & time of scheduled office hours. You will need to enable microphone (and video, if you like) access to be heard (and seen). Otherwise, you will need to type in your questions.

About Your Instructor

Dr. Michel is a registered psychologist and a sessional lecturer in the Department of Psychology. She teaches Abnormal Psychology (undergraduate level) and Psychological Treatment of Childhood Disorders (graduate level). She also works as a clinician with children and youth (ages 5-26) and their families at the DBT Centre of Vancouver. Dr. Michel earned her doctorate in Clinical Science at Harvard University and completed her pre-doctoral internship at the Alpert Medical School at Brown University. Her research interests include child and adolescent suicide and self-injury, as well as factors that influence their response to treatment. She may or may not be obsessed with dogs.

Course Structure

This course is a self-directed lecture-based course with modules containing lecture videos (slides, voiceover), thought questions, and additional reading and online video resources.

Schedule of Topics

Week 1	Overview of Abnormality, Research Design, Historical Views
Week 2	Causes of Mental Illness
Week 3	Treatment for Mental Illness
Week 4	Stress and Anxiety
Week 5	Anxiety and Related Disorders
Week 6	Midterm Exam
Week 7	Mood Disorders
Week 8	Suicide and 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
Week 14	Final Exam Period

Learning Outcomes

In this course, we will examine the nature of psychopathology, 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 watch and listen to lecture videos, 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. Michel and other students during virtual office hours.

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>

eTextbook: <https://shop.bookstore.ubc.ca/t-campus-ebookstore-vancouver.aspx>

Assessments of Learning

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

Discussions	12%
Group projects	4%
Quizzes	15%
Midterm exam	34%
Final exam	35%

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.

DISCUSSIONS

Students are required to post responses to questions/prompts (and responses to other students' posts) that address an issue related to the lecture material for the week. There are 5 graded discussions that will be available over the course of the term. ***You are required post 3 original posts and 3 replies/comments to other students' posts in the any of the 5 Discussions.*** You will be assigned to a discussion group for the term to keep these discussions engaging. For more information, see the *Graded Discussion Instructions* on the *Assignments* page.

GROUP PROJECTS

Students will work in small groups to collaborate on a biopsychosocial model of an assigned psychological disorder. There are 2 group project assignments over the course of the term. You will be assigned to a small group project group. For more information, see the *Group Project Instructions* on the *Assignments* page.

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.

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.

All students will be expected to write the midterm and final exams with online invigilation via Zoom in their own personal space. You will need a Windows or Mac desktop or laptop computer that has a working microphone and webcam.

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 or the Centre for Accessibility. Makeup final exams may consist entirely of essay questions.

Human Subjects Pool (HSP)

Up to 2 HSP credits may be applied to your course grade. You can gain research experience by serving as a participant in one of the many different psychological studies that are being conducted by the department. For each hour of experimental participation you can earn one credit towards your final grade. You can sign up for studies by visiting <https://ubc-psych.sona-systems.com/>. If you prefer, you can earn these same extra credits by completing a library-writing project, in which you read and summarize a peer-reviewed research article. You can find out more about how you can earn extra credits at <https://psych.ubc.ca/hsp>. There you will find a detailed guide about how to participate in the HSP, how-to videos, and a list of frequently asked questions.

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.

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

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.