

**Email:** rskiba@psych.ubc.ca

**Phone:** 604-822-2755

**Office Hours:** by appointment

### **Course Information**

**Course Title:** Abnormal Psychology

**Course Code Number:** PSYC 300A-901

**Credit Value:** 3

**Location:** Friedman 153

**Time:** Thursday from 5.00 PM to 8.00 PM

### **Contact Information**

**Instructor:** Dr. Rafal Skiba ([rskiba@psych.ubc.ca](mailto:rskiba@psych.ubc.ca))

**TA:** Dr. Martin Smith ([martin.smith@psych.ubc.ca](mailto:martin.smith@psych.ubc.ca))

\*Include the course number (300A 901) in the subject line of your email. We will typically respond within three 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

### **• COMMUNICATION**

If you have a question about course material, you should first post your question on the Piazza website. You will receive access to Piazza through your Canvas. You can also join the piazza class by going to [piazza.com](http://piazza.com) and entering our course name: PSYC 300A 901 2022W1. Your colleagues, TA, and instructor monitor Piazza and will answer your questions there.

If you have a personal matter such as an illness, you should first email your TA and next your *instructor*. *If we do not reply in 72 hours, please email us again.*

## About Your Instructor

Dr. Rafal M. Skiba is the recipient of the Michael Smith Health Research postdoctoral trainee award and 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 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.

## About Your TA

Dr. Martin M. Smith obtained a Ph.D. in Personality and Measurement from the University of Western Ontario and is an associate editor of Personality and Individual Differences. Dr. Smith has published 58 peer-reviewed articles in high impact journals such as Clinical Psychology Review and has received over 200,000\$ (CAN) in research grants. From February 2018 to April 2020, Dr. Smith was a permanent lecturer in the School of Science, Technology, and Health at York St John University. Currently, Dr. Smith is pursuing a second PhD in Clinical Psychology from the University of British Columbia under the supervision of Dr. Paul Hewitt."

## Course Structure

This course is a 3-hour weekly **in-person** lecture course. The lectures will not be live-streamed and recorded. In the past, we had found many pedagogical and technological concerns regarding the benefits of recorded classes, such as problems with group assignments during the lecture, not attending the lectures, and low quality of recorded lectures. All lecture slides and video materials will be posted on our class Canvas page.

In addition to lectures, 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

<b>Week</b>	<b>Topic</b>	<b>Reading</b>
1	Overview of Abnormality and Research Design	Chapter 1
2	Historical Views and Causes of Mental Illness	Chapters 2 and 3
3	Causes of Mental Illness	Chapters 3
4	Stress and Anxiety	Chapter 5 Quiz 1 is due on Sep 30th
5	Anxiety and Related Disorders	Chapter 6
<b>6</b>	<b>**Midterm #1 and review**</b>	<b>October 13 (weeks 1 to 5)</b>
7	Mood disorders & <b>Frist group project due</b>	Chapter 7
8	Suicide and Eating Disorders	Chapters 7 and 9
9	Personality Disorders and Substance Use Disorders	Chapters 10 and 11
10	Psychosis and Schizophrenia	Chapter 13
<b>11</b>	<b>**Midterm #2 and review **</b>	<b>November 17 (weeks 7 to 10)</b>
12	Childhood Disorders & <b>Second group project due</b>	Chapter 15
13	Personality Disorders and Treatment for Mental Illness, Ethical Issues	Chapters 10, 16 and 17
14+	<b>**Final Exam Period**</b>	<b>Final cumulative</b>

## 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. 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 you 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 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 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 three exams (two midterms and final). There will be regular opportunities to ask questions and discuss issues with Dr. Skiba and other students during lectures 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 smartphones, audio of all of the text, and 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 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 on 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:

Group projects	10% (2 x 5%)
Participation	3%
Quizzes	20%
Midterms	34% (2 x 17%)
Final exam	33%

**\*\*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 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.\*\***

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 75% for a strong class, 73% for an average class, and 71% 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** 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 *instructor*) describing the effectiveness of one form of treatment of one mental disorder discussed in the class before each exam (please see the course 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 the first midterm. Next, groups will be assigned to study another mental illness and have time until the end of the semester. The project details will be outlined in Canvas under the 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 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 one mark for answering 75% of the questions and one for answering at least one 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. Each quiz ranges from 10-15 questions and is an 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 one biopsychosocial model. They will cover material from lectures and other information on the modules and course website. At the end of your lecture slides, you will find listed pages of the textbook chapter that you need to review in addition to the material in the lecture slides, which will be covered during the exams.

The midterm exams will be offered during the class period. After the midterm, we will review each question. Therefore, if you miss the midterm, there will be no option of retaking it. If you miss a midterm (17% of your final grade) will be added to your final exam.

The final exam will be offered during the regular exam period and will be cumulative. **Do not make travel plans before the final exam schedule; there is no alternative exam date.**

Students have the right to view their marked examinations with the instructor or TA if they apply 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 midterms will be given only on the published date. If you miss a midterm, 17% of your final grade will be added to your final exam. However, only if you present a valid reason for missing the midterm to your TA and instructor. Otherwise, you will receive 0 points for your midterm.

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

## EXTRA CREDIT

Students can 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 observe the process and contribute to ongoing research at UBC. You may get points via this mechanism by one of two: 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 If you want to take advantage of these opportunities 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) manage your extra credit points. **Be sure to assign your credits to this course if that is your intention.**

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If you have a personal matter such as an illness, you should first email your TA and next your instructor. *If we do not reply in 72 hours, please email us again.*

## *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 (which 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 contact me if you are in need and if there are any barriers preventing you from assessing 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 regarding a new assignment deadline or alternate time to sit the referral midterm. Please see the final page of the syllabus for further details.

**COVID Safety:** For our in-person meetings in this class, it is important that all of us feel as comfortable as possible engaging in class activities while sharing an indoor space. Non-medical masks that cover our noses and mouths are a primary tool to make it harder for COVID-19 to find a new host. Please wear a non-medical mask during our class meetings, for your own protection, and the safety and comfort of everyone else in the class. If you have not yet had a chance to get vaccinated against COVID-19, vaccines are available to you, free (see <https://covid19.ubc.ca/> for more information). The higher the rate of vaccination in our community overall, the lower the chance of spreading this virus. You are an important part of the UBC community. Please arrange to get vaccinated if you have not already done so.

**If you're sick, it's important that you stay home – no matter what you think you may be sick with (e.g., cold, flu, other). If you think you might have COVID symptoms and/or have tested positive for COVID and/or are required to quarantine:** You can do a self-assessment for COVID symptoms here: <https://bc.thrive.health/covid19/en>

Do not come to class if you are sick, have COVID symptoms, have recently tested positive for COVID, or are required to quarantine. This precaution will help reduce risk and keep everyone safer. In this class, the marking scheme is intended to provide flexibility so that you can prioritize your health and still be able to succeed:

- If your final exam grade is higher than your participation mark, we will replace your participation mark with your final exam grade.
- We automatically drop your lowest score among the two midterms.
- We automatically drop your two lowest assignment scores, so it's OK to occasionally miss an assignment (though it will help you on exams to complete them all, even for practice).

**If you do miss class because of illness:**

- Make a connection early in the term to another student or a group of students in the class. You can help each other by sharing notes. If you don't yet know anyone in the class, post on the discussion forum to connect with other students.
- Consult the class resources on Canvas.
- Use the discussion forum for help
- Come to office hours (they can be online so you can join from anywhere).
- See the marking scheme for reassurance about what flexibility you have.

- If you are concerned that you will need to miss a particular key activity due to illness, contact us to discuss.

### ***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 the 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](https://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](https://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](https://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. Crisis line 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://sypro.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](https://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 up to 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/](http://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](http://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.