

PSY 281 Abnormal Psychology

COURSE DESCRIPTION:

Prerequisites: PSY 150; or satisfactory score on placement test

Corequisites: None

This course provides an examination of the various psychological disorders as well as theoretical, clinical, and experimental perspectives of the study of psychopathology. Emphasis is on terminology, classification, etiology, assessment, and treatment of the major disorders. Upon completion, students should be able to distinguish between normal and abnormal behavior patterns as well as demonstrate knowledge of etiology, symptoms, and therapeutic techniques. *This course has been approved to satisfy the Comprehensive Articulation Agreement for the general education core requirement in social/behavioral sciences.*

Course Hours per Week: Class, 3. Semester Hours Credit, 3.

LEARNING OUTCOMES:

Upon completing requirements for this course, the student will be able to:

1. Demonstrate an understanding of the categories and symptoms of major psychological disorders.
2. Evaluate different theoretical perspectives behind the causes of abnormal behavior.
3. Learn the leading evidence-based methods of treatment for major psychological disorders, taking into account individual and cultural differences.
4. Demonstrate an understanding of the empirical evidence linking biological, psychological, and sociocultural factors with major psychological disorders.
5. Discuss the scientific research methods and diagnostic assessment tools used in the study of abnormal psychology.

OUTLINE OF INSTRUCTION:

- I. Looking at Abnormality
 - A. Defining Abnormality
 - B. Historical Perspectives on Abnormality
 - C. Modern Perspectives on Abnormality
 - D. Modern Mental Health Care
- II. Theories and Treatment of Abnormality
 - A. Biological Approaches
 - B. Cognitive Approaches
 - C. Sociocultural Approaches
 - D. Common Elements in Effective Treatments
- III. Assessing and Diagnosing Abnormality
 - A. Assessment Tools
 - B. Challenges in Assessment
 - C. Diagnosis
- IV. The Research Endeavor
- V. Anxiety, Obsessive-Compulsive, Trauma, and Stressor-Related Disorders
 - A. Panic Disorder
 - B. Separation Anxiety Disorder
 - C. Selective Mutism
 - D. Generalized Anxiety Disorder
 - E. Social Anxiety Disorder

- F. Specific Phobias and Agoraphobia
- G. Obsessive-Compulsive Disorder
- H. Posttraumatic Stress Disorder and Acute Stress Disorder
- VI. Somatic Symptom and Dissociative Disorders
 - A. Somatic Symptoms and Related Disorders
 - B. Dissociative Disorders
- VII. Mood Disorders and Suicide
 - A. Depressive Disorders
 - B. Bipolar Disorders
 - C. Suicide
- VIII. Schizophrenia Spectrum and Other Psychotic Disorders
 - A. Symptoms, Diagnosis, and Course
 - B. Biological Theories
 - C. Psychosocial Perspectives
 - D. Treatment
- IX. Personality Disorders
 - A. Odd-Eccentric Personality Disorders
 - B. Dramatic-Emotional Personality Disorders
 - C. Anxious-Fearful Personality Disorders
- X. Neurodevelopmental and Neurocognitive Disorders
 - A. Attention-Deficit/Hyperactivity Disorder
 - B. Autism Spectrum Disorder
 - C. Intellectual Developmental Disorder
 - D. Learning, Communication, and Motor Disorders
 - E. Neurocognitive Disorders
 - F. Delirium
- XI. Disruptive, Impulse-Control, and Conduct Disorders
 - A. Conduct Disorder and Oppositional Defiant Disorder
 - B. Antisocial Personality Disorder
 - C. Intermittent Explosive Disorder
- XII. Eating Disorders
 - A. Anorexia Nervosa
 - B. Bulimia Nervosa
 - C. Binge-Eating Disorder
 - D. Other Specified Feeding or Eating Disorders
 - E. Obesity
- XIII. Substance Abuse and Gambling Disorders
 - A. Substance Use Disorders
 - B. Gambling Disorders

REQUIRED TEXTBOOK AND MATERIAL:

The textbook and other instructional material will be determined by the instructor.