

Adult Psychopathology Syllabus

Department of Psychology and Neuroscience

PSYO 2220 Fall 2023

Dalhousie University acknowledges that we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People and pays respect to the Indigenous knowledges held by the Mi'kmaq People, and to the wisdom of their Elders past and present. The Mi'kmaq People signed Peace and Friendship Treaties with the Crown, and section 35 of the Constitution Act, 1982 recognizes and affirms Aboriginal and Treaty rights. We are all Treaty people.

Dalhousie University also acknowledges the histories, contributions, and legacies of African Nova Scotians, who have been here for over 400 years.

Course Instructor

Name	Email	Office Hours
Rebecca Tucker PhD Candidate, Clinical Psychology	rebecca.tucker@dal.ca	Thursdays 1:00pm – 3:00pm or by appointment Online via Teams (unless by request)

Course Description

This course involves the study of a broad range of manifestations of abnormal behaviour in adults (e.g., anxiety disorders, substance abuse/dependence, schizophrenia, affective disorders, personality disorders). Causes of abnormal behaviour and the scientific techniques developed to better understand and intervene with various forms of behavioural dysfunction are appraised.

Course Prerequisites

To enroll in PSYO 2220, students must have completed the following prerequisites with final grades of B– or better:

- PSYO 1011 **or** PSYO 1021, **or** PSYO 1031 (Introduction to Psychology and Neuroscience I: From Neuron to Person),

AND

- PSYO 1012 **or** PSYO 1022, **or** PSYO 1032 (Introduction to Psychology and Neuroscience II: From Social Interaction

Course Structure

Lectures

Asynchronous, with new lecture materials and assessments released as per the class schedule below.

Course Delivery

I will follow a predictable weekly schedule for this course to help you know, and be able to plan for, what is expected each week. **New lecture video(s) will become available no later than 4:00pm on Wednesdays, as per the schedule below.** This way you can, if you want, plan to watch the lectures at the same time each week, similar to if we were doing an in-person class at that time. Once the lectures are uploaded, you are able to watch them in your own time based on your schedule.

Course Materials

Barlow, Durand, & Hofmann (2023). *Psychopathology: An Integrative Approach to Mental Disorders, 9th Edition.*

Both digital and hard-copy versions of the book are available at the Dalhousie bookstore.

Note: MindTap access is **NOT** required (though it is sometimes packaged with electronic copies by default). Don't worry about finding a copy that comes with an access code.

All required information and materials for the course can be found on the PSYO 2220 Brightspace page. It will be helpful to check the webpage often as that is where I will post all relevant updates, lecture slides, and grades.

Assessment

Component	Weight (% of final grade)	Due Date(s)
Brightspace Chapter Quizzes	30%	Weekly (see schedule)
Midterm	35%	October 11, 2023
Final Exam	35%	TBD by Registrar

Assessment Details

1) **Brightspace Quizzes (open book)**

30%

We have an asynchronous chapter quiz scheduled for each chapter covered throughout the term, for a total of 11 quizzes. Each quiz will have approximately 10 to 12 questions, all of which are multiple choice, true/false, or multi-select format. They will give you a sense of what to expect on the exams.

Your best 10 quizzes count toward your final grade (each worth 3%). This means you can:

- Complete all 10 quizzes; I'll drop your lowest score

OR

- Skip one quiz; I'll drop the zero

Each week the quiz will go live on Brightspace on Wednesday along with the lecture video(s) and will be due the following Tuesday by 11:59pm (Atlantic). For example, Quiz 1 will be available from Wednesday Sept. 6 until Tuesday Sept. 12 at 11:59pm. You can choose when to write the quiz within that timeframe. Once you start a quiz, you'll have 20 minutes to complete it.

You will only have one attempt at each quiz. The only exception will be for technical issues, like if your computer crashes mid-quiz. In that situation, email me as soon as possible—right away, unless you've also lost internet access. I may not see your email immediately (e.g., if you're writing the quiz during the middle of the night), but you will not be penalized for any delays after you email me.

Shortly after the deadline, everyone will get access to the correct answers. As such, quizzes are the only type of assessment where I can't grant extensions on that specific quiz—doing so would mean holding up feedback for the rest of the class. See class policies section for more information about what happens if you miss more than one quiz.

2) *Midterm and Final Exam (open book)*

70% total

You will write two open-book exams in this course, each worth 35%. Both exams contain a mix of questions with the following formats: multiple choice, true/false, multi-select, and fill-in-the-blank.

The exams will be **available for a 48-hour window**; within that window, you can choose when to complete the exam. Once you start an exam, you will have **up to 2 hours to complete it** (students whose accommodations allow for extra time will have it added before the exam begins).

- Midterm exam: Available from **October 11 at 9:00am** Atlantic time to **October 13 at 9:00am** Atlantic time.
- Final exam: During exam period, with the start date and time **to be determined** by the registrar. The 48-hour window for the final exam will start from the registrar-approved date & time.

You will only have one attempt at each exam; the only exception will be for technical issues, such as if your computer crashes mid-exam.

In that situation, email me as soon as possible—right away, unless you've also lost internet access—so I can restore your access to the exam. I may not see your email immediately (e.g., if you are writing the exam during the middle of the night in my time zone), but you will not be penalized for any delays after you email me.

The final exam will be “loosely” cumulative, in that (1) some topics come up throughout the course (e.g., definitions of abnormality), and (2) I might ask you to compare disorders we cover before the

midterm with those we cover after. However, I will not ask detail-oriented questions about specific disorders that were covered before the midterm.

NOTE: Conversion of numerical grades to final letter grades follows the Dalhousie Grade Scale

A+ (90-100)	B+ (77-79)	C+ (65-69)	D (50-54)
A (85-89)	B (73-76)	C (60-64)	F (0-49)
A- (80-84)	B- (70-72)	C- (55-59)	

Course Content

Date	Class	General Topic	Readings	Assessment
Sept 6	1	Welcome to 2220! Defining Abnormality	Chapter 1	Quiz 1 (due Sept 12 at 11:59pm)
Sept 13	2	An Integrative Approach to Psychopathology	Chapter 2	Quiz 2 (due Sept 19 at 11:59pm)
Sept 20	3	Clinical Assessment and Diagnosis	Chapter 3	Quiz 3 (due Sept 26 at 11:59pm)
Sept 27	4	Anxiety Disorders	Chapter 5	Quiz 4 (due Oct 3 at 11:59pm)
Oct 4	5	Obsessive-Compulsive Disorder & Post-Traumatic Stress Disorder	Chapter 6 (p. 176 - 187) Chapter 7 (p. 190–201)	Quiz 5 (due Oct 10 at 11:59pm)
Oct 11	MIDTERM EXAM – No New Content			
Oct 18	6	Mood Disorders	Chapter 8	Quiz 6 (due Oct 24 at 11:59pm)
Oct 25	7	Schizophrenia-Spectrum Disorders	Chapter 14	Quiz 7 (due Oct 31 at 11:59pm)
Nov 1	8	Personality Disorders	Chapter 13	Quiz 8 (due Nov 7 at 11:59pm)
Nov 8	9	Substance Use Disorders	Chapter 12	Quiz 9 (due Nov 21 at 11:59pm)
Nov 15	READING WEEK – NO CLASS			
Nov 22	10	Eating Disorders	Chapter 9	Quiz 10 (due Nov 28 at 11:59pm)
Nov 29	11	Common Health-Related Disorders: Sleep, Stress, and Chronic Pain	Chapter 10 Chapter 18 (p. 543 – 550 & 563 – 568)	Quiz 11 (due Dec 5 at 11:59pm)

TBD

FINAL EXAM – Scheduled by Registrar

Note. Some dates and some topics may change

Course Policies on Missed or Late Academic Requirements

Bonus Points

You can earn bonus points in this course by participating in SONA research. Sign up for research studies through the online SONA credit point system. Each study will indicate how many credit points you'll earn by participating. You can apply up to 2.0 credit points to this course. If you assign more than that, I will round down to 2.0. Be sure to assign your points to the appropriate course(s) in your SONA account—you'll get reminder emails to this effect throughout the term.

Open-book Quizzes and Exams Dos and Don'ts

DO:

- **Prepare** by attending/watching lectures and doing the readings
- **Use your lecture notes, lecture slides, lecture recordings, textbook, and any other course materials while writing the quiz or exam.**

Note that, in principle, you can conduct general internet searches (I'm not willing to use proctoring software to prevent it). However, this can yield misleading results when you're under time constraints—I don't recommend it as a strategy!

DON'T:

- **Collaborate with your classmates.** I have created a test library with a range of questions on a given topic—your exam will include a sampling of questions from that library. This means that everyone will be assessed on the same material at the same level of difficulty, but you will not see the exact same questions as your peers.
- **Seek out direct answers to specific exam questions online** (e.g., on sites like Chegg, where students post old exams).

Student Declaration of Absence

Dalhousie University recognizes that students may experience short-term illness, distress, or other extenuating circumstances (such as caregiving duties; immediate family illness, injury or death; involvement in an accident; legal proceedings or being a victim of a crime) that may affect their ability to complete required graded academic requirements. Student declaration of absence forms are a standardized way to handle student absences that interfere with the completion of graded academic requirements (exams, quizzes, presentations, papers, etc.)

Student declaration of absence forms cannot be used to reschedule assessments for leisure activities (e.g., going to the beach, leaving town on vacation). They also cannot be used to cover up lack of planning/preparation (e.g., forgetting to study, procrastinating on a paper). Using a student declaration of

absence form for these purposes constitutes academic dishonesty and may make you subject to University discipline.

Here is the procedure you should follow if you experience short-term illness, distress or other extenuating circumstances that affects your ability to complete assessment components:

- a) The Student Declaration of Absence form or alternate verification of the absence must be submitted to the course instructor, or to the instructor's designate online through Brightspace within three (3) calendar days following the last day of absence.
- b) The Declaration may only be used a maximum of 2 times throughout the term and may only cover 3 consecutive days of absence per form.

Here are the specific rules:

Missed quiz: If you miss just one quiz, then that 0 will be the lowest grade and will be dropped. I cannot allow you to write the quiz at a later date due to the answers being provided to your classmates; however, if you miss more than one quiz due to reasons outside of your control, arrange to speak with me regarding options for a make-up quiz or assignment.

Missed Midterm or Exam: It will be the student's responsibility to contact the instructor prior to the exam. Students will be expected to submit a Student Declaration of Absence, which must be signed and submitted before a make-up exam is completed.

Concern re: mark/grade

If you have a concern with a grade on an assignment, please document your concern(s) in writing and submit to Ms. Tucker. A meeting will be scheduled to address your concerns. All concerns must be raised within three weeks of the time when the mark is provided by the course instructor.

Learning Objectives

1. Compare and contrast historical perspectives and current approaches to defining and treating abnormal behaviour
2. Describe the multiple causes of psychopathology (e.g., biological, psychological, social, and developmental) as view from a multidimensional model.
3. Describe the purpose of the DSM system for diagnosis and review DSM-5 diagnostic criteria.
4. Explain the purpose of clinical assessment in the diagnosis of psychopathology
5. Identify the symptoms, causes, and evidence-based treatments for select psychological disorders.

University Policies and Statements

Recognition of Mi'kmaq Territory

Dalhousie University would like to acknowledge that the University is on Traditional Mi'kmaq Territory. The Elders in Residence program provides students with access to First Nations elders for guidance, counsel, and support. Visit or e-mail the Indigenous Student Centre at 1321 Edward St or elders@dal.ca. Additional information regarding the Indigenous Student Centre can be found at:

https://www.dal.ca/campus_life/communities/indigenous.html

Internationalization

At Dalhousie, 'thinking and acting globally' enhances the quality and impact of education, supporting learning that is "interdisciplinary, cross-cultural, global in reach, and orientated toward solving problems that extend across national borders." Additional internationalization information can be found at:

<https://www.dal.ca/about-dal/internationalization.html>

Academic Integrity

At Dalhousie University, we are guided in all our work by the values of academic integrity: honesty, trust, fairness, responsibility, and respect. As a student, you are required to demonstrate these values in all the work you do. The University provides policies and procedures that every member of the university community is required to follow to ensure academic integrity. Additional academic integrity information can be found at:

https://www.dal.ca/dept/university_secretariat/academic-integrity.html

Accessibility

The Student Accessibility Centre is Dalhousie's centre of expertise for matters related to student accessibility and accommodation. If there are aspects of the design, instruction, and/or experiences within this course (online or in-person) that result in barriers to your inclusion, please contact the Student Accessibility Centre (https://www.dal.ca/campus_life/academic-support/accessibility.html) for all courses offered by Dalhousie with the exception of Truro. For courses offered by the Faculty of Agriculture, please contact the Student Success Centre in Truro (<https://www.dal.ca/about-dal/agricultural-campus/student-success-centre.html>)

Conduct in the Classroom – Culture of Respect

Substantial and constructive dialogue on challenging issues is an important part of academic inquiry and exchange. It requires willingness to listen and tolerance of opposing points of view. Consideration of individual differences and alternative viewpoints is required of all class members, towards each other, towards instructors, and towards guest speakers. While expressions of differing perspectives are welcome and encouraged, the words and language used should remain within acceptable bounds of civility and respect.

Diversity and Inclusion – Culture of Respect

Every person at Dalhousie has a right to be respected and safe. We believe inclusiveness is fundamental to education. We stand for equality. Dalhousie is strengthened in our diversity. We are a respectful and inclusive community. We are committed to being a place where everyone feels welcome and supported, which is why our Strategic Direction prioritizes fostering a culture of diversity and inclusiveness (Strategic Priority 5.2). Additional diversity and inclusion information can be found at: <http://www.dal.ca/cultureofrespect.html>

Student Code of Conduct

Everyone at Dalhousie is expected to treat others with dignity and respect. The Code of Student Conduct allows Dalhousie to take disciplinary action if students don't follow this community expectation. When appropriate, violations of the code can be resolved in a reasonable and informal manner - perhaps through a restorative justice process. If an informal resolution can't be reached, or would be inappropriate, procedures exist for formal dispute resolution. The full Code of Student Conduct can be found at:

https://www.dal.ca/dept/university_secretariat/policies/student-life/code-of-student-conduct.html

Fair Dealing Policy

The Dalhousie University Fair Dealing Policy provides guidance for the limited use of copyright protected material without the risk of infringement and without having to seek the permission of copyright owners. It is intended to provide a balance between the rights of creators and the rights of users at Dalhousie. Additional information regarding the Fair Dealing Policy can be found at:

https://www.dal.ca/dept/university_secretariat/policies/academic/fair-dealing-policy-.html

Originality Checking Software

The course instructor may use Dalhousie's approved originality checking software and Google to check the originality of any work submitted for credit, in accordance with the Student Submission of Assignments and Use of Originality Checking Software Policy. Students are free, without penalty of grade, to choose an alternative method of attesting to the authenticity of their work and must inform the instructor no later than the last day to add/drop classes of their intent to choose an alternate method. Additional information regarding Originality Checking Software can be found at:

https://www.dal.ca/dept/university_secretariat/policies/academic/student-submission-of-assignments-and-use-of-originality-checking-software-policy-.html

Student Use of Course Materials

Course materials are designed for use as part of this course at Dalhousie University and are the property of the instructor unless otherwise stated. Third party copyrighted materials (such as books, journal articles, music, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law. Copying this course material for distribution (e.g. uploading to a commercial third-party website) may lead to a violation of Copyright law.

Faculty of Science

Student Resources and Support

University Policies and Programs

Important Dates in the Academic Year (including add/drop dates):

http://www.dal.ca/academics/important_dates.html

Classroom Recording Protocol: https://www.dal.ca/dept/university_secretariat/policies/academic/classroom-recording-protocol.html

Dalhousie Grading Practices Policies:

https://www.dal.ca/dept/university_secretariat/policies/academic/grading-practices-policy.html

Grade Appeal Process: https://www.dal.ca/campus_life/academic-support/grades-and-student-records/appealing-a-grade.html

Sexualized Violence Policy: https://www.dal.ca/dept/university_secretariat/policies/health-and-safety/sexualized-violence-policy.html

Scent-Free Program: <https://www.dal.ca/dept/safety/programs-services/occupational-safety/scent-free.html>

Learning and Support Resources

General Academic Support – Advising (Halifax): https://www.dal.ca/campus_life/academic-support/advising.html

General Academic Support – Advising (Truro): <https://www.dal.ca/about-dal/agricultural-campus/ssc/academic-support/advising.html>

Student Health & Wellness Centre: https://www.dal.ca/campus_life/health-and-wellness.html

On Track (helps you transition into university, and supports you through your first year at Dalhousie and beyond): https://www.dal.ca/campus_life/academic-support/On-track.html

Indigenous Student Centre: https://www.dal.ca/campus_life/communities/indigenous.html

Indigenous Connection: <https://www.dal.ca/about-dal/indigenous-connection.html>

Elders-in-Residence (The Elders in Residence program provides students with access to First Nations elders for guidance, counsel, and support. Visit the office in the Indigenous Student Centre or contact the program at elders@dal.ca or 902-494-6803: <https://cdn.dal.ca/content/dam/dalhousie/pdf/academics/UG/indigenous-studies/Elder-Protocol-July2018.pdf>

Black Student Advising Centre: https://www.dal.ca/campus_life/communities/black-student-advising.html

International Centre: https://www.dal.ca/campus_life/international-centre.html

South House Sexual and Gender Resource Centre: <https://southhousehalifax.ca/about/>

LGBTQ2SIA+ Collaborative: <https://www.dal.ca/dept/vpei/edia/education/community-specific-spaces/LGBTQ2SIA-collaborative.html>

Dalhousie Libraries: <http://libraries.dal.ca/>

Copyright Office: <https://libraries.dal.ca/services/copyright-office.html>

Dalhousie Student Advocacy Services: <https://www.dsu.ca/dsas?rq=student%20advocacy>

Dalhousie Ombudsperson: https://www.dal.ca/campus_life/safety-respect/student-rights-and-responsibilities/where-to-get-help/ombudsperson.html

Human Rights and Equity Services: <https://www.dal.ca/dept/hres.html>

Writing Centre: https://www.dal.ca/campus_life/academic-support/writing-and-study-skills.html

Study Skills/Tutoring: http://www.dal.ca/campus_life/academic-support/study-skills-and-tutoring.html

Faculty of Science Advising Support: <https://www.dal.ca/faculty/science/current-students/undergrad-students/degree-planning.html>

Safety

Biosafety: <http://www.dal.ca/dept/safety/programs-services/biosafety.html>

Chemical Safety: <https://www.dal.ca/dept/safety/programs-services/chemical-safety.html>

Radiation Safety: <http://www.dal.ca/dept/safety/programs-services/radiation-safety.html>

Laser Safety: <https://www.dal.ca/dept/safety/programs-services/radiation-safety/laser-safety.html>