

## ABNORMAL PSYCHOLOGY

50:830:340

FALL 2021

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**Instructor:** Dr. Courtenay Cavanaugh

**Office Hours:** Tuesdays 10 a.m.-12p.m. or by appointment

**Office Location & Phone:** 359 Armitage Hall, 856-225-6120

**Email Address:** [cocavana@camden.rutgers.edu](mailto:cocavana@camden.rutgers.edu)

**Class Meetings & Location:** Tuesdays & Thursdays 8:00 AM-9:20 AM; PEN 401

**Teaching Assistant:** Stanislava Klymova

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**COURSE DESCRIPTION & OBJECTIVES:** This course will focus primarily on describing different types of psychological disorders, as defined by the primary diagnostic system used by clinicians and researchers. To a lesser extent, this course will describe different causes of these disorders and the treatments for them. Students will also work to improve their own mental health care and be more compassionate to those who may be at risk for or affected by mental health problems. The course objectives are to enhance students understanding of (1) mental disorders including their nature, classification, assessment, and treatment; (2) clinical research and practice; (3) how to improve their own mental health care and compassion for others who may be at risk for or affected by mental health problems.

**LEARNING OBJECTIVES:** Students who successfully complete this course should be able to do the following:

- Identify the symptoms and causes of the mental disorders classified in the Diagnostic and Statistical Manual for Mental Disorders-5 and describe the treatments for them
- Discuss the difference between clinical psychologists and psychiatrists
- Demonstrate knowledge of how clinicians assess mental disorders, develop case formulations, and develop treatment plans
- Describe research methods used for understanding the nature and treatment of mental disorders
- Explain controversies associated with the DSM and challenges for clinical research and practice
- Identify risk and protective factors for mental disorders

**METHODS OF ASSESSMENT:** Students learning will be assessed with scheduled exams and the care and compassion project. The exams will cover material from required reading and/or class.

**REQUIRED BOOK:** Whitbourne, S.K. (2020). Abnormal Psychology: Clinical Perspectives on Psychological Disorders. Ninth Edition. ISBN 978-1-260-50019-6 (bound edition) ISBN 978-1-260-07688-4 (loose-leaf edition).

A hard copy of the textbook is on reserve in the library. The book is available for 2 hours at a time. An electronic copy of the textbook is also available and may be accessed here:

[https://rutgers.alma.exlibrisgroup.com/leganto/public/01RUT\\_INST/lists/17544498680004646?auth=SA ML](https://rutgers.alma.exlibrisgroup.com/leganto/public/01RUT_INST/lists/17544498680004646?auth=SA ML)

**REQUIRED READING:** Chapters in the textbook are required reading. Students are responsible for reading the assigned reading before the class date on the same horizontal line in the table below on page 4. For example, chapter 1 of Whitbourne textbook is to be read before class on 9/7/2021.

**GRADING:** Your course grade will be based upon your performance on three exams (each worth 50 points) and a care and compassion project. See the table below with the course activities, related points, and percent of your total grade.

Activity	Points	Percent Total Grade
Exam 1	50	25
Exam 2	50	25
Exam 3	50	25
Care & Compassion Project	50	25
<b>Total</b>	<b>200</b>	--
Extra Credit	10	5

**GRADING SCALE:** Final grades will be based upon a grading system not more stringent than the one below.

- A 179-200 points, 90-100%
- B+ 171-178 points, 86%-89%
- B 159-170 points, 80%-85%
- C+ 151-158 points, 76%-79%
- C 139-150 points, 70%-75%
- D 119-138 points, 60-69%
- F 0-118 points, 0-59%

### COURSE ACTIVITIES

**Exams (50 points each and 75% of final grade):** The three exams will be based upon the required readings and material covered in class. The exams will take place during class time. Please see page 4 for the exact dates. Each exam will consist of 50 multiple choice questions. **Make-up exams will only be given for what I think are truly exceptional circumstances. In these cases, contact me within 24 hours of the exam and explain the situation.** You will also need to provide evidence of this exceptional circumstance.

**Care and Compassion Project (50 points and 25% of final grade):** You will need to select an activity you will do to improve your own mental health care and to also improve compassion towards others at risk for or affected by mental health problems, familiarize yourself with supporting science for this activity, monitor your activities over the course of the semester, and write a 5-page, double spaced paper that describes your project. Additional instructions are available in the first module of the course.

### CLASSROOM CONDUCT

In order to promote a positive environment for learning, I expect students to adhere to the following classroom rules:

- No electronic devices (cell phones, computers, etc.) will be allowed in this class unless you provide evidence of a disability that warrants the use of such technology. In this case, you need to provide me with a note from the disability coordinator

(<https://success.camden.rutgers.edu/disability-services>). Make sure you turn off cell phones before class and keep all electronic devices put away.

- You are expected to communicate with me and other students in a respectful manner. Some of the material presented in class as well as opinions of other students may not be the same as yours and it is fine to have a different opinion, but it is essential that you express yourself in a respectful manner.
- No cheating, plagiarizing, or other academic misconduct will be tolerated. It is your responsibility to know these rules and their consequences. More information about plagiarism and consequences of it can be found at the following website <http://academicintegrity.rutgers.edu/> . If you have questions about this matter after reviewing the above websites, ask me.
- You are expected to arrive to class on time and not leave early.
- Finally, I expect you to pay attention and not engage in side conversations with other students.
- I reserve the right to lower your grade on exams and possibly your overall grade further if you violate these rules.
- Also, please use the restroom before class in order to avoid distractions.

**OTHER COURSE INFORMATION:** I will use Canvas to communicate with you about this class and may contact you through your Rutgers email addresses so you need to check that email account and use Canvas in order to stay informed.

This syllabus is a working document and may be revised throughout the course.

**PSYCHOLOGICAL SERVICES:** If you are interested in receiving psychological services, please see the following link that describes the psychological services available to Rutgers University students: <https://wellnesscenter.camden.rutgers.edu/psychological-counseling-services/>

**DISABILITY SERVICES:** Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the disability services office (<https://success.camden.rutgers.edu/disability-services>), participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines> . If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with me and discuss the accommodations with me as early in your courses as possible. To begin this process, please complete the Registration form at <https://webapps.rutgers.edu/student-ods/forms/registration> .

<b>DATE</b>	<b>TOPIC</b>	<b>READING</b>
Week: 1, Th, 9/2	Introduction & Course Overview	
Week: 2, T, 9/7	Understanding Abnormality	Chapter 1
Week: 2, Th, 9/9	<b>Guest Speakers: NAMI*Virtual meeting</b>	
Week: 3, T, 9/14	Diagnosis & Treatment	Chapter 2
Week: 3, TH, 9/16	Continued Discussion	
Week: 4, T, 9/21	Assessment* <b>Start CC log this week</b>	Chapter 3
Week: 4, TH, 9/23	Theoretical Perspectives	Chapter 4
Week: 5, T, 9/28	Neurodevelopmental Disorders	Chapter 5
Week: 5, TH, 9/30	Continued Discussion	
Week: 6, T, 10/5	<b>Exam 1 (chapters 1-5)</b>	
Week: 6, TH, 10/7	Psychotic Disorders	Chapter 6
Week: 7, T, 10/12	Mood Disorders	Chapter 7
Week: 7, TH, 10/14	Continued Discussion	
Week: 8, T, 10/19	Anxiety & Related Disorders	Chapter 8
Week: 8, TH, 10/21	Anxiety Disorders/ <b>Guest Speaker*Virtual meeting</b>	
Week: 9, T 10/26	Dissociative & Somatic Disorders	Chapter 9
Week: 9, TH, 10/28	Other Disorders	Chapter 10
Week: 10, T, 11/2	Continued Discussion	
Week 10: TH, 11/4	<b>Exam 2 (chapters 6-10)</b>	
Week: 11, T, 11/9	Paraphilic Disorders, etc.	Chapter 11
Week: 11, TH, 11/11	Continued Discussion* <b>CC log ends this week</b>	
Week: 12, T, 11/16	Substance-Related & Addictive Disorders	Chapter 12
Week: 12, TH, 11/18	Continued Discussion* <b>Guest Speaker</b>	
Week: 13 T, 11/23	Neurocognitive Disorders	Chapter 13
Week: 13, TH, 11/25	<b>No Class. Thanksgiving Holiday</b>	
Week: 14, T, 11/30	Personality Disorders* <b>CC Project Paper Due</b>	Chapter 14
Week: 14, TH, 12/2	Ethical & Legal Issues	Chapter 15
Week: 15, T, 12/7	Continued Discussion	
Week: 15, TH, 12/9	<b>Last day of class/ Exam 3 (Chapters 11-15)</b>	