

PSY240H5S - Introduction to Abnormal Psychology

Wednesday 12:00pm – 3:00pm

Course Delivery

Winter 2022 Return to Campus Update: To curb the spread of COVID-19 amid the emergence of the Omicron variant, most in-person learning has been **delayed until Jan 31, 2022**. This date is subject to change as the University responds to new developments in keeping with the latest evidence and public health guidelines.

Online Delivery Method (until at least January 31, 2022)

Zoom: <https://utoronto.zoom.us/j/86502677730> - you must use your UofT zoom account!

Meeting ID: 865 0267 7730

Learn Anywhere Guide for Students: <https://library.utm.utoronto.ca/students/quercus/learn-anywhere>
University of Toronto tech requirements for online learning

In-Person Delivery Method (expected after January 31, 2022)

Room: CC 1080 (CCT Building @ UTM Campus)

Contact Information

Instructor:

Prof. Norman Farb

Email: psy240@radlab.zone

Office Hours: Quercus Discussion Board (anytime!)
or by Appointment (as needed)

Teaching Assistants:

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Course Description

A survey of contemporary issues in theory and research on abnormal behaviour and its treatment. Topics include the definition of abnormal behaviour, causes and treatment of disorders, diagnosis and assessment, incidence and prevalence, biological and psychological interventions, prevention, as well as legal and ethical issues.

This course is intended to provide you with a strong introduction to the field of abnormal psychology. In this course I hope to get you to really wrestle with questions like: "what is normal?", "how do we measure normality?", and "when do we have the right to dictate another's thoughts, words, and behaviour?"

Exclusion: PSY240H1/PSYB32H3; **Prerequisite:** PSY100Y5

Learning Outcomes

By the end of this course, students should be able to:

- Identify key concepts, principles, and theoretical approaches in abnormal psychology
- Describe & apply diagnostic criteria to real world cases/behaviour
- Explain how developmental, experiential, and biological factors interact to shape mental processes and behaviour
- Describe psychological research techniques and their assumptions
- Analyze & critique empirical evidence of the efficacy of various treatment methods
- Demonstrate an understanding of the ethical concerns of abnormal psychology
- Communicate clearly and concisely

Reading Material

MindTap for **Abnormal Psychology, 6th Canadian Edition** (12 Months/Two Terms Access) by David H. Barlow, V. Mark Durand, Stefan G. Hofmann, and Martin L. Lalumiere. Cengage. ISBN: 9780176874759

Bookstore Link:

https://www.campusebookstore.com/integration/AccessCodes/default.aspx?bookseller_id=96&Course=UTM+WINTER+PSY240H5S&frame=YES&t=permalink

MindTap course key: MTPP8BSQDTTR

MindTap Website: <https://www.cengage.ca/mindtap/>

This is an *online textbook*. It costs \$65 and includes access via online “MindTap” software, which will be very useful for self-directed learning. If you want a hard copy of the textbook, you can special order it from the textbook, but it will cost more than twice as much- this online package was the best deal I could find for covering the course material.

Course Evaluation

Course evaluation will be composed of the following:

Weekly Textbook Quizzes	10%	
Weekly Textbook Case Studies	10%	
Participation	5%	= 100%
Randomized Control Trial	5%	
Case Study Report	10%	
Midterm Test	25%	
Final Exam	35%	

Course Webpage

The website associated with this course is accessible via <http://q.utoronto.ca>

Note: You don't need to create a new login for Canvas; it already knows who you are. You just need your UTORid and password. This is the same login that gets you onto the wireless network with your laptop, and the same one that you use to check your email. If you're confused about your UTORid or don't remember your password, go to:

<https://www.utorid.utoronto.ca/>

In order to access course material, monitor course information, and view your grades you must log into Canvas. If you have any general questions regarding Canvas, please visit the following help site:

<https://library.utm.utoronto.ca/faculty/canvas>

Course Outline

Week	Date	Topic	Text Chapters	Section Quiz?	Case Study?	Assignment Due?
1	Jan. 12	What is Abnormal? History & Approach	1, 2			
2	Jan. 19	Clinical Assessment, Diagnosis & Research	3, 4	3, 4		
3	Jan. 26	Anxiety, Pre-occupation & Obsession	5, 6	5, 6	5, 6	
4	Feb. 2	Trauma and Dissociation	7	7	7	RCT Week 1
5	Feb. 9	Mood Disorders and Midterm Review	8	8	8	RCT Week 2
	Feb. 16	Midterm Test				RCT Week 3
	Feb. 23	Reading Week – Case Study Assignment Posted				RCT Week 4
6	Mar. 2	Eating and Sleeping	9, 10	9, 10	9	
7	Mar. 9	Sex and Gender	11	11	11	RCT Report
8	Mar. 16	Substance Use and Impulse Control	12	12	12	
9	Mar. 23	Psychosis (Schizophrenia)	14	14	14	Case Report
10	Mar. 30	Developmental & Neurocognitive Disorders	15, 16	15, 16	15, 16	
11	Apr. 6	Personality and Mental Health Services	13, 17	13, 17	13	
	Apr. 11-25	Final Exam Period (Date to be determined)				

Final exam: Please note that it is the student's responsibility to be available for the entire exam period.

Weekly Text Chapters, Section Quizzes, and Case Studies are all available from the Textbook MindTap page: <https://account.cengage.com/login>; please note that Week 2, these often include *Case Study questions*; RCT = Randomized Control Trial, the week number is the week of your participation using online links that are emailed to you daily, whereas the RCT Report and Case Report are submitted through Quercus' Assignments section.

Weekly Assignments (25% of final grade) – Due Friday April 8th @ 5pm

Each week, you will be asked to:

- 1) complete online textbook exercises using the MindTap platform, and
- 2) participate online and/or in class.

Section Quizzes (10% of final grade) and Case Studies (10% of final grade). **Each week**, you will be expected to read through the assigned textbook chapters before class begins (12pm on Wednesdays). On the MindTap site, each chapter contain a short number of multiple choice comprehension questions under "**Section Quiz**", and most chapters on specific disorders also contain "**Case Study**" questions. Your grades for each will be your *average percentage* on all of the quiz material for the term. Exactly which quizzes I suggest that you to do each week are listed in the course outline table above- Chapters 1 and 2 are **not** counted in the average so you can do the first couple with minimal stress. This year I am going to relax a 'hard deadline' for completing weekly quizzes, **but you must have them all done by Friday, April 8th @ 5pm**; any unfinished quizzes at that time will get a 0 (which will affect your average) unless you communicate with me - I will likely require a medical note!

Participate (5% of final grade). **Each week**, you are expected to contribute the course community through discussion, both in class, but also on the online discussion board. We are a 'large-sized' class for U of T, capped at 270 students! That means that not everyone will have a chance (or the desire) to speak in front of the class each week. However, there are 2 major ways that you can participate:

- 1) Show up to class and answer polls that are conducted using zoom polls- we are definitely starting the term online, though I may switch to Quercus quizzes in class if/when we move back to in-person; and/or
- 2) Post to each week's discussion board folder on blackboard to ask/discuss answers to questions. I will post at least 1 question of the week to make sure you have something to discuss.

In addition to the 'question of the week', there are forums on Quercus for "Psychology in the Media", or for "Cool Research", where you can post and respond to other posts at any time. Posting thoughtful questions, ideas, criticisms (other than 'the reading was too long') and other links to other papers you have read all count towards participation. The idea here is to share your ideas while respecting each other's time and ideas. Please think through what you want to talk about and then we shall see where the dialogue takes us!

Grading: Please note that participation is measured on a weekly basis; you **cannot** miss most of the term and then write 10 discussion board posts on the last week of class and receive full participation marks. You can only 'guarantee' a 3.5 out of 5 by doing what is expected, i.e., participating on in-class quizzes or making 1 post each week. To get above 4 points, you have to be noted for exceptional participation, i.e., you must stand out in terms of the quality and consistency of your participation. Thus, everyone in the class can get at least 4/5 for participating regularly, but only a few students will score a 4.5 or 5, based on who is putting in exceptional effort. In the past, this has often been more than double the minimum required participation posts, but also a couple longer discussion board posts that do a 'deep dive' into research or current events can count for a lot.

Randomized Control Trial [RCT] (5% of final grade) – Report Due Start of Class March 9, 2022

To give you the *experience* of what it is like doing clinical research, you will be asked to participate in a fully-online Randomized Control Trial; I will analyze the data quickly before the end of term and also communicate the results to you, so you can then see the results of a longitudinal study. In week 2 you will be introduced to the study, which involves completing brief (2-3 min) daily check-ins by responding to an email link that you will receive every day for 28 days (4 weeks). The check-ins will assess your sense of well-being over the 28-day period, which includes the start of midterms and ends during reading week. Each student will be *randomly assigned* to one of several types of check-in conditions; we will debrief on the results, study design, and hypotheses following the midterm test (the midterm is only 2 hours long), either in-person or I will release an asynchronous lecture video to help you with the final part of the RCT assignment.

You will be expected to:

- Try to do each daily check-in, and 2 slightly longer (10-20 min) assessments at the start and end of the 4-week study period. All assessments will come in the form of scheduled emails. You will receive 1% on your final grade for completing the pre-, and post-assessments, and .5% credit if you complete only 1 of the 2 longer assessments. There will be 28 daily check-ins to complete. For completing 50% of the check-in's, you will receive .5% credit and for completing 75% or more, you will receive 1% credit.
- The remaining 3% of the credit will be for an **RCT Report** relating to the study, in which you will be given an online survey link and asked to answer some questions about your understanding of the RCT in your own words. **The RCT Report is due by the start of class on March 9, 2022.**

If you feel that you do not wish to participate in the RCT, you must notify the course instructor as soon as possible and will receive an alternative assignment in lieu of the survey questions. You will still be expected to understand the RCT design and do the **RCT Report**.

Finally, you will have the opportunity to release your (fully deidentified) data for formal analysis and publication in a peer-reviewed academic journal. However, **there is no pressure to release your data**- you will be asked if you feel comfortable consenting to share your data at the end of study, and **opting out will have no consequence to your grade!**

Case Study Report (10% of the final grade) – Report Due Start of Class, March 23, 2022

Throughout the term, I will provide case studies in the form of stories, role play, and video clips of people with various examples of psychopathology, and you will be doing case studies from the textbook as well.

However, assessment for a clinical psychologist is not answering multiple choice questions clearly linked to a specific chapter! Instead, it involves pulling out symptoms from a complex narrative and weaving together a diagnosis from among many options. It is very important to think about how one picks up on symptoms from a person's speech and behavior, as this is one of the primary roles of clinical psychologists in making diagnoses. To help you learn about this process, we ask you to play write a short set of 4 case study reports. The Case Study Report assignment will be released during reading week (week of Feb 23, 2022), can be submitted on Quercus, and is **due by the start of class on March 23, 2022.**

The assignment will present descriptions of 4 people, one at a time. Your job will be to write a 4 page report, with 1 page devoted to each of the descriptions. For each person, you will be asked to do the following:

- 1) Review relevant symptoms and signs that you have observed from the description.
- 2) Rank the symptoms by their importance in this case with respect to being a source of dysfunction and suffering.
- 3) Discuss which disorders could fit based on the criteria in the DSM-V / textbook, and which symptoms lead you to suggest this disorder. Please only list the most likely 2-3 disorders, not every disorder possible.
- 4) Discuss the differential diagnosis criteria between the 2-3 disorders you have suggested. I.e., what are some critical features/symptoms that one would use to decide which disorder is the best fit for this person?
- 5) Based on your comparison of the symptoms, which disorder (if any) do you think best fits the person and what type of therapy would you recommend?

Each of the 5 points above will be worth 1 mark on the report, for each of the 4 cases, for a total of 20 marks. Each case should be in APA format, i.e., a 1 page, 12 point font, double-spaced, no extra line spaces between paragraphs, 1 inch margin write-up. You should use 1 paragraph for each of the 5 points and write in complete sentences. You do not have to use references as we will assume that you are referencing the textbook and lecture for your diagnostic criteria.

Midterm and Final Exam (55% of the final grade)

Midterm (20% of final grade). The midterm will be held in class* on February 16, 2022, starting at precisely 12:10 pm. It will cover all of the chapters assigned prior to the midterm. It will be comprised of ~60 multiple choice questions and 4 short answer questions. No aids are allowed. **Please bring a pencil and pen to the test. Pencil is needed to fill out the multiple choice scan sheet.** *If we end up being still online at this time, we will run the test through Quercus!

Final Exam (35% of final grade). The final exam will be held during the examination period at the end of term. It will be cumulative, with a bias (75%) towards testing material that was introduced since the midterm. **Please bring a pencil and pen to the test. Pencil is needed to fill out the multiple choice scan sheet.**

Exams will focus on things covered in lecture, particularly if we have a film or discussion exercise about them. However, the textbook usually contains more detail about the things discussed in class. I suggest that you use the amount of time we spend on a topic in class to guide your studying from the textbook. In other words, there will be things in the textbook that we don't talk about in class, and I will not to 'catch you' by testing something that is in the textbook but not discussed in class.

The online chapter on Stress, Pain, and Health is super cool but I don't want to break your spirits with even more work, so it will not be required for the test and exam. Similarly, if we have 2 chapters in 1 week, expect fewer questions on each of the 2 chapters than if we only have 1 chapter that week.

In terms of format, both the midterm and final exam will involve a combination of multiple choice questions (~60% of the marks), definition matching (~10% of the marks) and short answer questions (~30% of the marks). Short answer will involve some definitions and descriptions of psychological models, and possibly analysis of case studies in which you will be asked to analyze fictitious patients, diagnose their most likely disorders, and suggest a first course of treatment.

Communication and Conduct

1. The best way to succeed in this class is to **come to lectures and office hours**.
2. Content and general course questions should be posted on the **discussion board**.
3. **Course email is for administrative matters**; course-related email to other addresses will not be answered; content questions to the course email will not be answered.
4. **Missed work requires medical documentation to be excused, no exceptions**.
5. **Please be considerate of others in class**. Silence cell phones, and limit discussion with neighbours. Online, please mute your mic when not asking or answering questions.
6. **Remarking requests must be submitted in writing** to psy240@radlab.zone.
7. **Learn with integrity**. Read about it on: <http://www.utm.utoronto.ca/academic-integrity/>

IMPORTANT COURSE POLICIES ****PLEASE READ****

Missed Test Special Consideration Request Process

Students who miss a test due to circumstances beyond their control (e.g. illness or an accident) can request that the Department grant them special consideration. Students must present their case to the Department (NOT the Instructor) by submitting a request via the online Special Consideration Request form at:

<https://utmapp.utm.utoronto.ca/SpecialRequest>.

Important note: Once the test/exam is available online or in-person and you're unable to write or have an approved request to miss, **DO NOT** at any point attempt to access/write the test/exam. If at any time you access the test/exam or sit down to write, you will **NOT** be able to submit a special consideration and/or your request will be refused.

If your request is approved by the department, the weight of the missed test will be redistributed to the final exam.

Extension of Time Special Consideration Request Process

Students who seek to be granted more time to complete their term work beyond the due date without penalty, owing to circumstances beyond their control (e.g., illness, or an accident), must do so by submitting a request **directly to the Instructor** for the period up to and including the last day of the term. The decision as to whether or not to apply a penalty for the specified period rests with the Instructor.

Students who seek to be granted more time to complete term work beyond the last day of the term must submit their request directly to the Department. This request covers the period following the last day of classes and ends the last day of the exam period. This is done by submitting a request via the online Special Consideration Request form at <https://utmapp.utm.utoronto.ca/SpecialRequest>. You are advised to seek advising by the departmental Undergraduate Counsellor prior to the deadline.

Supporting Documentation

The University is temporarily suspending the need for a doctor's note or medical certificate for any absence from academic participation. However, you are required to use the Absence Declaration tool on ACORN found in the Profile and Settings menu to formally declare an absence from academic participation. The tool is to be used if you require consideration for missed academic work based on the procedures specific to our campus/department.

Missed Final Exam or Extension of Time beyond exam period

Missed final exams or for extensions of time beyond the examination period you must submit a petition through the Office of the Registrar. <http://www.utm.utoronto.ca/registrar/current-students/petitions> and follow their procedures.

Penalties for Lateness

A penalty of 10% per calendar day (i.e., including week-ends and holidays, during which students are not able to submit term work) up to and including the last day of classes, will be applied by the Instructor. After the last day of classes, the penalty of 10% per calendar day will be applied by the Undergraduate Counsellor on behalf of the Department. No penalty will be assigned if request for special consideration, described above, was successful.

Academic Guidelines

It is your responsibility to ensure that you have met all prerequisites listed in the UTM Calendar for this course. If you lack any prerequisites you WILL BE REMOVED from the course up until the last day to add a course. Further information about academic regulations, course withdrawal dates and credits can be found in the University of Toronto Mississauga Calendar at: <http://www.erin.utoronto.ca/regcal/>.

You are encouraged to read this material. If you run into trouble and need advice about studying, preparing for exams, note taking or time management, free workshops and advice are available from the Robert Gillespie Academic Skills Centre at 905-828-5406.

AccessAbility Services

The University provides academic accommodations for students with disabilities in accordance with the terms of the Ontario Human Rights Code. This occurs through a collaborative process that acknowledges a collective obligation to develop an accessible learning environment that both meets the needs of students and preserves the essential academic requirements of the University's courses and programs. Students requiring academic accommodations for learning, physical, sensory, or mental health disabilities or medical conditions should contact the AccessAbility Office (2037B Davis Building), 905-828-3847. <http://www.utm.utoronto.ca/accessability/>

Privacy and Copyright Disclaimer

This course, including your participation, will be recorded on video and will be available to students in the course for viewing remotely and after each session. Course videos and materials belong to your instructor, the University, and/or other sources depending on the specific facts of each situation, and are protected by copyright. Do not download, copy, or share any course or student materials or videos without the explicit permission of the instructor. For questions about recording and use of videos in which you appear please contact your instructor.

Lectures and course materials prepared by the instructor are considered by the University to be an instructor's intellectual property covered by the Copyright Act, RSC 1985, c C-42. Course materials such as PowerPoint slides and lecture recordings are made available to you for your own study purposes. These materials cannot be shared outside of the class or "published" in any way. Posting recordings or slides to other websites without the express permission of the instructor will constitute copyright infringement.

Academic Honesty and Plagiarism

Academic integrity is essential to the pursuit of learning and scholarship in a university, and to ensuring that a degree from the University of Toronto Mississauga is a strong signal of each student's individual academic achievement. As a result, UTM treats cases of cheating and plagiarism very seriously.

The University of Toronto's Code of Behaviour on Academic Matters outlines behaviours that constitute academic dishonesty and the process for addressing academic offences. Potential offences include, but are not limited to:

In papers and assignments:

1. Using someone else's ideas or words without appropriate acknowledgement.
2. Submitting your own work in more than one course without the permission of the instructor.
3. Making up sources or facts.
4. Obtaining or providing unauthorized assistance on any assignment.

On tests and exams:

1. Using or possessing unauthorized aids.
2. Looking at someone else's answers during an exam or test.
3. Misrepresenting your identity.

In academic work:

1. Falsifying institutional documents or grades.
2. Falsifying or altering any documentation required, including (but not limited to) doctor's notes.

With regard to remote learning and online courses, UTM wishes to remind students that they are expected to adhere to **the Code of Behaviour on Academic Matters** regardless of the course delivery method. By offering students the opportunity to learn remotely, UTM expects that students will maintain the same academic honesty and integrity that they would in a classroom setting. Potential academic offences in a digital context include, but are not limited to:

Remote assessments:

1. Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.) for assessments.
2. Using technological aids (e.g. software) beyond what is listed as permitted in an assessment.
3. Posting test, essay, or exam questions to message boards or social media.
4. Creating, accessing, and sharing assessment questions and answers in virtual “course groups.”
5. Working collaboratively, in-person or online, with others on assessments that are expected to be completed individually.

All suspected cases of academic dishonesty will be investigated following procedures outlined **in the Code of Behaviour on Academic Matters**. If you have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, you are expected to seek out additional information on academic integrity from your instructor or from other **institutional resources**.

Academic Rights

You, as a student at UTM, have the right to:

- Receive a syllabus by the first day of class.
- Rely upon a syllabus once a course is started. An instructor may only change marks' assignments by following the University Assessment and Grading Practices Policy provision 1.3.
- Refuse to use turnitin.com (you must be offered an alternative form of submission).
- Have access to your instructor for consultation during a course or follow up with the department chair if the instructor is unavailable.
- Ask the person who marked your term work for a re-evaluation if you feel it was not fairly graded. You have up to one month from the date of return of the item to inquire about the mark. If you are not satisfied with a re-evaluation, you may appeal to the instructor in charge of the course if the instructor did not mark the work. If your work is remarked, you must accept the resulting mark. You may only appeal a mark beyond the instructor if the term work was worth at least 20% of the course mark.
- Receive at least one significant mark (15% for H courses, 25% for Y courses) before the last day you can drop a course for H courses, and the last day of classes in the first week of January for Y courses taught in the Fall/Winter terms.
- Submit handwritten essays so long as they are neatly written.
- Have no assignment worth 100% of your final grade.
- Not have a term test worth more than 25% in the last two weeks of class.
- Retain intellectual property rights to your research.
- Receive all your assignments once graded.
- View your final exams. To see a final exam, you must submit an online Exam Reproduction Request within 6 months of the exam. There is a small non-refundable fee.
- Privacy of your final grades.
- Arrange for representation from Downtown Legal Services (DLS), a representative from the UTM Students' Union (UTMSU), and/or other forms of support if you are charged with an academic offence.

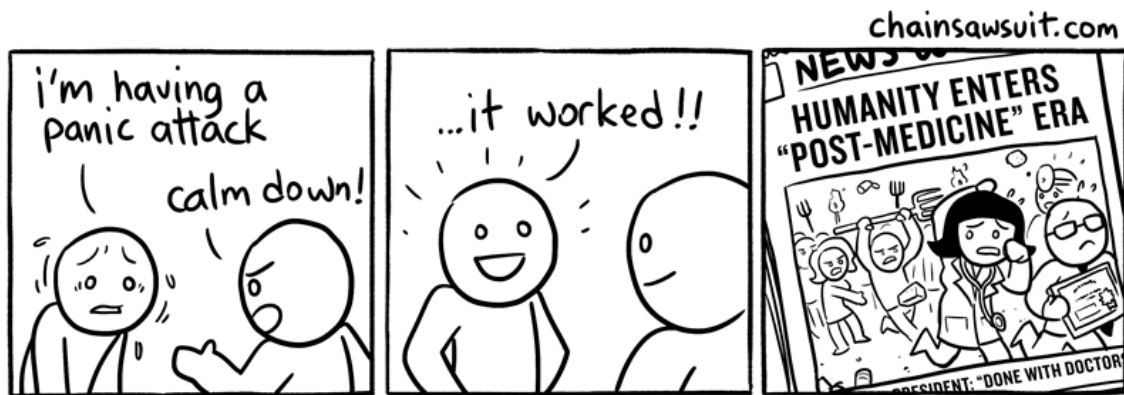
Equity Statement

The University of Toronto is committed to equity and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect. As a course instructor, I will neither condone nor tolerate behaviour that undermines the dignity or self-esteem of any individual in this course and wish to be alerted to any attempt to create an intimidating or hostile environment. It is our collective responsibility to create a space that is inclusive and welcomes discussion. Discrimination, harassment and hate speech will not be tolerated. If you have any

questions, comments, or concerns you may contact the UTM Equity and Diversity officer at edo.utm@utoronto.ca or the University of Toronto Mississauga Students' Union Vice President Equity at vpequity@utmsu.ca.

Final Remarks

University can be stressful. This course delves into how such stress affects one's quality of life, and is structured to support your learning by rewarding consistent weekly effort. Please give it a shot, and jump into the idea of spending some time every week embracing and exploring course concepts. Who knows, you may be the next pioneer in the field of abnormal psychology!



Got more questions? Please check out the course website at: <http://q.utoronto.ca>, in particular the discussion board, in which you can help and be helped by your learned instructors & illustrious peers. If you have read this far, please *email the course email* a picture of your favorite fictional character and describe them for your first participation mark. If the character has a psych disorder, that's even better.

Good luck!