

## PSY240H5F – Introduction to Abnormal Psychology

Thursday 12:00pm – 3:00pm

Room Location: DV 2072 (Davis Building)

### Contact Information

**Prof. Norman Farb**

Office location: Deerfield 4026

Email: [psy240@radlab.zone](mailto:psy240@radlab.zone)

Phone: 905-828-3959

**Office Hours:**

Quercus Discussion Board (anytime)

or by Appointment

**Teaching Assistants:**

**Thomas Anderson**

[metathomas.anderson@mail.utoronto.ca](mailto:metathomas.anderson@mail.utoronto.ca)

**Gabriella Lancia**

[gabriella.lancia@mail.utoronto.ca](mailto:gabriella.lancia@mail.utoronto.ca)

**Rachel Forbes**

[rachel.forbes@mail.utoronto.ca](mailto:rachel.forbes@mail.utoronto.ca)

### 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?"

The course may function a little bit differently in that we will focus more on regular, weekly coursework and discussion board participation, with less of an emphasis on formal examination. My goal here is to get you to work with course concepts in an ongoing fashion, and to reward you for doing so. In this way, I hope that the course content will be processed more deeply and stick with you longer, making a bigger impact on your view of the world, the nature of other people, and your potential for working in the field of abnormal psychology.

Exclusion: PSY240H1/PSYB32H3

### Course Materials

There are 2 required course materials: the Top Hat participation app ([tophat.com](http://tophat.com)), and a corresponding textbook that is integrated into the app. Please note that the textbook this year is the **online version**:

Lyons CA & Martin B. *Abnormal Psychology: Clinical and Scientific Perspectives (6<sup>th</sup> Edition)*. Redding, CA: BVT Publishing. ISBN: 978-1-5178-0284-4

I believe that there will be codes at the bookstore, but you can also sign up directly from [app.tophat.com](http://app.tophat.com); I believe that there are several pricing options for TopHat membership, with a full year subscription at around \$48, and the book itself should be around \$35, which includes lifetime access to the textbook. **You need the textbook in order to fully participate and prepare for the course.** If you email me to request using another textbook, I will copy and paste this paragraph back to you in the email- this is the assigned textbook, if you decide not to use it, don't make it the course instructor's problem!

## Class Participation App – Course Join Code: 697665

Textbook delivery and class participation will be facilitated through the use of an app called “Top Hat” (<http://app.tophat.com>). The app should work on all laptops (with wifi) or smartphones and has a few different purchase options for annual or 4-year subscriptions. If you don’t have a laptop and/or smartphone, alternative means of participation can be set up, but you must let me know early in the term, and the app should be really fun.

**Please sign up and install the app before/during our first lecture if you can!**

## 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 Quercus; 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/>

To access course material, monitor course information, and view your grades you must log into Quercus. For questions regarding Quercus, please visit: <https://q.utoronto.ca/courses/46670/pages/student-quercus-guide>

## Course Evaluation

Course evaluation will be composed of the following:

Weekly Textbook Questions	10 x 1% =	10%	
Participation		10%	<b>= 100%</b>
Randomized Control Trial		5%	
Case Study Report		20%	
Midterm Test		20%	
Final Exam		35%	

## Course Outline

Week	Date	Topic	Text	Something Due?
1	Sept. 5	What is Abnormal? Intro + History	Ch. 1, 2	
2	Sept. 12	Modern Frameworks, Diagnosis & Research	Ch. 3, 4	TQs 3,4
3	Sept. 19	Stress, Trauma, Anxiety + OCD	Ch. 5, 6	TQs 5,6; RCT
4	Sept. 26	Somatic and Dissociative Disorders	Ch. 7	TQs 7; RCT
5	Oct. 3	Mood Disorders and Midterm Review	Ch. 10	TQs 10; RCT
	Oct. 10	<b>Midterm Test</b> (and finish RCT participation)		
	Oct. 17	<i>Fall Reading Week – No Classes – Case Study Assignment Posted</i>		
6	Oct. 24	Personality Disorders	Ch. 8	TQs 8; <b>RCT Report</b>
7	Oct. 31	Schizophrenia	Ch. 13	TQs 13
8	Nov. 7	Substance and Eating Disorders	Ch. 12, 14	TQs 12, 14
9	Nov. 14	Sexual and Gender Disorders	Ch. 11	TQs 11; <b>Case Report</b>
10	Nov. 21	Developmental & Neurocognitive Disorders	Ch. 14, 15	TQs 14, 15
11	Nov. 28	Mental Disorders & the Law; Review	Ch. 16	TQs 16
	Dec 7-19	<b>Final Exam Period</b> (Date to be determined)		

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

Ch = Electronic Textbook Chapter/Module; TQ = Textbook Embedded Questions; RCT = Randomized Control Trial

## Weekly Assignments (25% of final grade)

Each week, you will be asked to 1) complete an online assessment & reflection, and 2) participate online and/or in class.

*Textbook Questions (10% of final grade).* **Every week, you will be expected to read through the assigned textbook chapters before class begins (Noon on Thursdays with a 10 minute grace period, so 12:10pm hard deadline).** The textbook chapters contain a short number of multiple choice comprehension questions embedded within the text. You will be graded on whether or not you have completed these questions before class starts. You will receive 1 final mark per week for completing the questions. If you fail to complete the questions in time, you will only receive the grade if you supply a medical note- it is either completed on time or not. You can work ahead if you are concerned about scheduling conflicts. Everyone in the class should in theory be able to get 10/10 on weekly assignments.

*Participate (10% 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 250 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 use the "Top Hat" app to ask and answer questions, log in attendance, and compete for the admiration of your professor and fellow peers; and
- 2) Post to each week's discussion board folder on blackboard to ask/discuss answers to questions.

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 7.5 out of 10 by participating each week. To get above 7.5 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. This is not the same as grading on a curve for # of participation posts; instead, the teaching staff will review student participation throughout the term and note exceptional students who may fall into the 'A' range for participation. Thus, everyone in the class can get at least 7.5/10 for participation, but only a few students will score above 7.5 (it is clear who is putting in exceptional effort).

## Randomized Control Trial [RCT] (5% of final grade)

This year we are introducing a Randomized Control Trial experiment to the class to give you a first hand experience of what it is like to participate in and 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. Each student will be randomly assigned to one of two types of check-in, and we will debrief on the results, study design, and hypotheses following the midterm test (the midterm is only 2 hours long).

You will be expected to try to do each daily check-in, and 3 slightly longer (10-20 min) assessments at the start, middle, 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-, post-, and mid-assessments, and 0.5% credit if you complete at least 1 but less than 3 of the longer assessments. There will be 28 daily check-ins to complete. For completing 50% of the check-in's, you will receive 0.5% 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 asked to answer some questions about your understanding of the RCT in your own words. **The RCT Report is due by the start of the first class after reading week (Oct 24).**

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, and pending ethics board approval, you will have the opportunity to release your (fully deidentified) data for formal analysis and publication in a peer-reviewed academic journal. There is no pressure to release your data- opting out will have no consequence to your grade!

## Case Study Report (20% of the final grade)

Throughout the term, I will provide case studies in the form of stories, role play, and video clips of people with various examples of abnormal psychology. 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 students learn about this process, we are introducing a case study report this year. The Case Study Report assignment will be released during reading week (week of October 15, 2019), can be submitted on Quercus, and is **due by the start of class on Nov. 14.**

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 October 3, 2019, 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.**

*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.

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 content questions or general evaluation questions belong on the discussion board and I will send this line of the syllabus back to you if you email me a general question.
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.
6. **Marking requests must be submitted in writing** in class, office hours, or the main office.
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>.

Students are to submit original supporting documentation (e.g., medical certificates, verification of extenuating circumstances form, etc.) to the Psychology Academic Counselor or drop it in the drop box located outside the Psychology office, Deerfield Hall, 4th Floor. Students have up-to one week from the date of the missed test to submit request. Late submissions will NOT be considered without a letter of explanation specifying and documenting the reasons for the lateness.

Medical certificates or physician's notes must be completed by the Physician and MUST include the statement "This Student [name] was unable to write the test on [date(s)] for medical reasons". This documentation must show that the physician was consulted within one the day of the missed term test. A statement merely acknowledging a report of illness made by the student to the physician is NOT acceptable. For further information on this procedure please see: <http://www.utm.utoronto.ca/psychology/undergraduate-studies/missed-testslate-submissions>

If you missed your test/assignment deadline for a reason connected to your registered disability, please be advised that the department will accept documentation supplied by the UTM AccessAbility Resource Centre.

**IMPORTANT:** The Department of Psychology verifies the authenticity of medical certificates by contacting medical offices. Students are NOT to make any changes or alteration to completed medical certificates. Students who submit forged or altered documentation are subject to severe academic penalties.

**If your request is approved by the department, the value of the test will be redistributed to the final examination.**

### 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.**

Original supporting documentation (e.g., medical certificates, verification of extenuating circumstances form, etc.) must be submitted to the Psychology Academic Counselor or dropped off in the drop box located outside the Psychology office Deerfield Hall, 4th Floor. Students are expected to submit requests to the Department before the last day of the term, unless demonstrably serious reasons prevent them from doing so. In the event of an illness, medical certificates or doctor's notes must confirm that student was ill on the due date of the assignment (for a one-day extension). For a longer extension, documentation must specify the full duration during which academic work could not be carried out.

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>

## **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**

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/>

## **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](mailto:edo.utm@utoronto.ca) or the University of Toronto Mississauga Students' Union Vice President Equity at [vpequity@utmsu.ca](mailto:vpequity@utmsu.ca).

## **Academic Honesty and Plagiarism**

Honesty and fairness are considered fundamental to the university's mission, and, as a result, all those who violate those principles are dealt with as if they were damaging the integrity of the university itself. When students are suspected of cheating or a similar academic offence, they are typically surprised at how formally and seriously the matter is dealt with -- and how severe the consequences can be if it is determined that cheating did occur. The University of Toronto treats cases of cheating and plagiarism very seriously. Please take the time to review the Academic Integrity website:

<http://www.utm.utoronto.ca/academic-integrity/students>.

- Common trends in academic offences:
- Plagiarizing/concocted references
- Collaboration/unauthorized assistance
- Purchasing work
- Recycling work - "double-dipping"

- Resubmitting of altered work for re-grading
- Electronic devices (cell phones) or any unauthorized aids
- Altering medical certificates and UofT documents

From the Code of Behaviour on Academic Matters: "It shall be an offence for a student to knowingly: represent as one's own any idea or expression of an idea or work of another in any academic examination or term test or in connection with any other form of academic work, i.e. to commit plagiarism. Wherever in the Code an offence is described as depending on "knowing", the offence shall likewise be deemed to have been committed if the person ought reasonably to have known." All students must refer to this website to obtain information on what constitutes plagiarism.

<http://www.writing.utoronto.ca/advice/using-sources/how-not-to-plagiarize>.

If questions arise after reading the material on the website, consult your instructor. **Plagiarism will not be tolerated.**

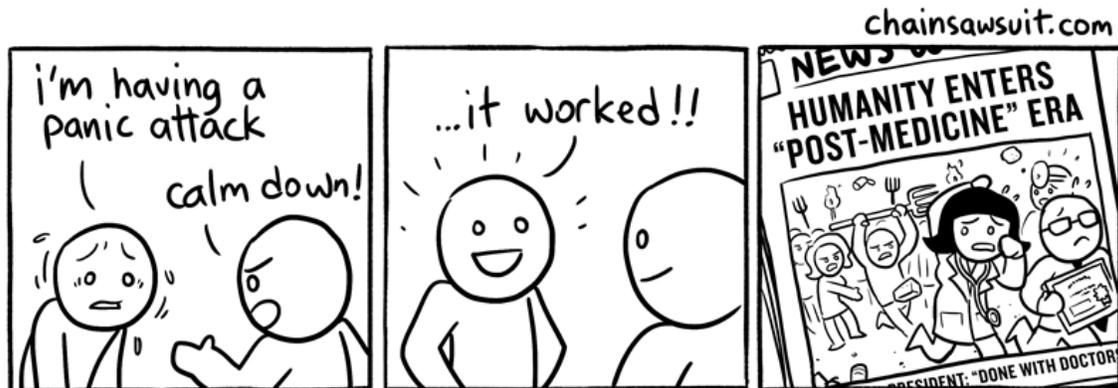
## Academic Rights

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 25% or more 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.

## 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 (to 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. The pictures must be received the start of the 3<sup>rd</sup> lecture to count (little point to finally reading through the syllabus on week 10)!

**Good luck!**