

I. Psychopathology
PSY 309
CRN 17139
Monday & Wednesday 2-3:50pm
101 LLCS

Instructor: Maureen Zalewski, Ph.D.

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Course Overview

II. Course Description: This social science course will expose you to key theoretical perspectives on psychopathology and methods used in psychopathology research. Specifically, you will learn about how to assess symptom presentations based on these models as well as how treatments are designed directly from theories of etiology. A significant portion of this course will be dedicated to analyzing the predominant model by which the field currently conceptualizes and classifies mental health disorders. We will compare and contrast the current model with other perspectives. To be able to engage in this discourse, you will be exposed to a variety of tools and methodologies used in psychopathology research so that you can understand the merits and limitations of various forms of evidence. Students will also practice reading original research, designed to facilitate critical thinking about ‘what we know’, and ‘what we don’t know’ about the etiology and treatment of mental health disorders.

This course meets the Social Science General Education requirement because it offers a representative cross-section of key issues, theoretical perspectives, and tools and methods used in psychopathology research. The subject matter of the course is relatively broad, comparing the predominant model of psychopathology to other perspectives.

III. Expected Learning Outcomes:

- Understand various models of psychopathology and treatment
- Critically analyze models of psychopathology
- Practice reading and critiquing original research articles
- Articulate a position/model of psychopathology and formulate a case conceptualization using supporting empirical evidence

IV. Estimated Student Workload

When you complete this course, you will earn 4 credits toward your degree. Four credits is the equivalent of 120 hours of work across the term, or 12 hours a week. You

will spend 4 hours in class each week. The other 8 hours will be spent completing assignments. The bulk of the work comes from reading the text and articles (40 hours total), writing 3 short papers (30 hours total), and studying for quizzes and the exam (at least 10 hours total, although more time may be needed for best results).

V. How grades will be determined

Your grade will be derived from quizzes, essays, and a cumulative exam. The total class points are out of 100. Therefore, class points and percentages are the same in this course.

A. Quizzes are 45% of your total grade. Quizzes are designed to assess your understanding of models of psychopathology and treatment. Each quiz is worth 15 points. Your lowest quiz grade will be dropped. *There are no make-up quizzes in this course.* If you miss a quiz, you will get a zero and presumably, this will become your lowest grade that is then dropped.

1. There will be 15-20 questions on each quiz. Questions will be multiple choice, T/F or short answer. You have 40 minutes to take the quiz. New material is presented after the quizzes so stick around!

2. You will receive a study guide during the previous class session.

3. You are responsible for all the readings assigned in this course (text and articles) and all lecture material. There will be material on the quiz NOT covered in class. Sometimes I will lecture on material NOT covered in the articles or text.

B. Essays are 30% of your total grade. Essays are designed to assess a) your critical thinking about course material and b) your developing ability to incorporate empirical evidence into your writing. Each essay is worth 10 points. Essays must be uploaded to Canvas by 11:59pm before the class they are due. Canvas will not accept late essays. Please save your essay with your last name and assignment #. Example: Zalewski_essay1.doc. Finally, please note that your essay will be run through a VeriCite, which is a sophisticated plagiarism check system.

1. Prompts for essays will be given at least 5 days in advance. Essays should not exceed 500 words total. This typically results in 2 pages, double-spaced. Grading will be based on content and writing style.

C. The final exam is worth 25% of your total grade. It is cumulative. The format for the final exam is multiple-choice. There will be 50 questions on the cumulative exam. There is no make-up final exam.

	Inferior			Satisfactory			Good			Excellent		
F	D-	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
<59.5	59.5-	62.5-	66.5-	69.5-	72.5-	76.5-	79.5-	82.5-	86.5-	89.5-	92.5-	95+

Please see the psychology department guidelines for a description of the type of achievement that each grade signifies: <http://psychology.uoregon.edu/courses/departments-grading-standards/>

VI. Course Schedule and assignments

Date	Topic/Reading	Quizzes, Essays, and Final Exam
1. M, Sept 26	What is psychopathology?	
2. W, Sept 28	What is psychopathology? Chapter 1 (pgs 2-21)	
3. M, Oct 3	Theories of psychopathology Chapter 2 (pgs 22-57)	Receive quiz study guide
4. W, Oct 5	Assessment Chapter 3 (pgs 58-81)	Quiz 1 (40 minutes) Receive essay 1 prompt
5. M, Oct 10	Research Chapter 4 (pgs 82-105)	
6. W, Oct 12	Trauma, anxiety, obsessive compulsive, and related disorders Chapter 5 (pgs 106-149); Article 1	Essay 1 due T, Oct 11 @ 11:59pm
7. M, Oct 17	Trauma, anxiety, obsessive compulsive, and related disorders	Receive quiz study guide
8. W, Oct 19	Mood Disorders and Suicide Chapter 7 (pgs 174-215); Article 2	Quiz 2
9. M, Oct 24	Mood Disorders and Suicide	
10. W, Oct 26	Schizophrenia and the Psychoses Chapter 8 (pgs 216-249)	
11. M, Oct 31	Schizophrenia and the Psychoses	Receive quiz study guide
12. W, Nov 2	Personality Disorders Chapter 9 (pgs 250-281); Article 3	Quiz 3 Receive essay prompt 2
13. M, Nov 7	Personality Disorders	
14. W, Nov 9	Eating Disorders Chapter 12 (pgs 336-361)	Essay 2 due T, Nov 8 @ 11:59pm
15. M, Nov 14	Eating Disorders	Study guide posted over weekend
16. W, Nov 16	Substance Use Chapter 14 (pgs 394-431)	Quiz 4 Receive essay prompt 3
17. M, Nov 21	Substance Use	
18. W, Nov 23 Day before Thanksgiving	Lecture will be recorded so students can watch remotely	
19. M, Nov 28	Treatment of Psychological Disorders: Cognitive Behavior Therapy	Essay 3 due, Sun Nov 27 @ 11:59pm
20. W, Nov 30	Treatment of Psychological Disorders: New approaches	
Monday, Dec 5 @ 2:45	Class Final REQUIRED FINAL EXAM	

VII. Course policies

A. Attending lectures - I do not take attendance, which means that your choosing to come to class is up to you. I can guarantee you will get more out of this course if you attend all lectures. I will post the lectures before class. However, you should not rely on the posted lectures as a substitute for attending class, because I will often elaborate on bullet points within the slides.

B. Classroom etiquette - Please turn off your cell phones before class. If you use a laptop to take notes, please do not browse the web because it distracts others.

C. Academic misconduct - Please familiarize yourself with the University of Oregon's classroom misconduct code, found at <http://conduct.uoregon.edu>. I will follow all procedures to handle misconduct as outlined by the University. This means that instances of suspected cheating or plagiarizing will be reported to the University. In addition, you will receive a zero on any quiz, essay, or cumulative exam in which you cheat or plagiarize and may fail the course. All graded work in this course is to be completed independently.

D. Athletes and students with disabilities - If you have a documented disability or are associated with a University athletic team and may need accommodations, please contact me in the first week of class. Please request that the Accessible Education Center (AEC; formerly Disabilities Services) or the Athletic Director's office send a letter verifying your disability or athletic involvement. Contact the AEC for more information (164 Oregon Hall; 346-1155; aec.uoregon.edu). Without documentation, accommodations are not guaranteed and are to be made at the discretion of the instructor.

VIII. Supporting material

1) Nolen-Hoeksema, S. (2013). *Abnormal Psychology* (6th edition.). New York, NY: McGraw-Hill Humanities. *Can purchase at Duckstore; 1 copy is on reserve

2) We will read 3 original/empirical articles. The 3 articles focus on treatments for disorders using randomized controlled trials. The 3 articles test the effectiveness of treatments for Anxiety, Borderline Personality Disorder, and Depression. All articles are published in the field's leading journals. The citations for these articles are:

1. Chavira, D. A., Golinelli, D., Sherbourne, C., Stein, M. B., Sullivan, G., Bystritsky, A., ... Craske, M. (2014). Treatment engagement and response to CBT among Latinos with anxiety disorders in primary care. *Journal of Consulting and Clinical Psychology, 82*(3), 392–403.
2. Brent DA, Brunwasser SM, Hollon SD, & et al. (2015). Effect of a cognitive-behavioral prevention program on depression 6 years after implementation among at-risk adolescents: A randomized clinical trial. *JAMA Psychiatry, 72*(11), 1110–1118.
3. Linehan MM, Korslund KE, Harned MS, & et al. (2015). Dialectical behavior therapy for high suicide risk in individuals with borderline personality disorder: A randomized clinical trial and component analysis. *JAMA Psychiatry, 72*(5), 475–482.