

Abnormal Psychology

CLP3144
Spring 2019

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OBJECTIVES

My objective? For you to be able to have thoughtful dialogue with yourself and others about the following question: *what is mental illness?*

Formal Objectives that I'm told I should have:

- Understand the basic principles of abnormal psychology;
- Identify the major classes of mental disorders;
- List the specific criteria that mental health professionals use to diagnose common psychological conditions;
- Identify psychological myths;
- Understand current research and treatment approaches;
- Understand the cultural and societal contexts of psychopathology

TL;DR: Understand what it means to be *abnormal*, psychologically speaking, and how it is treated.

WHAT YOU'LL NEED

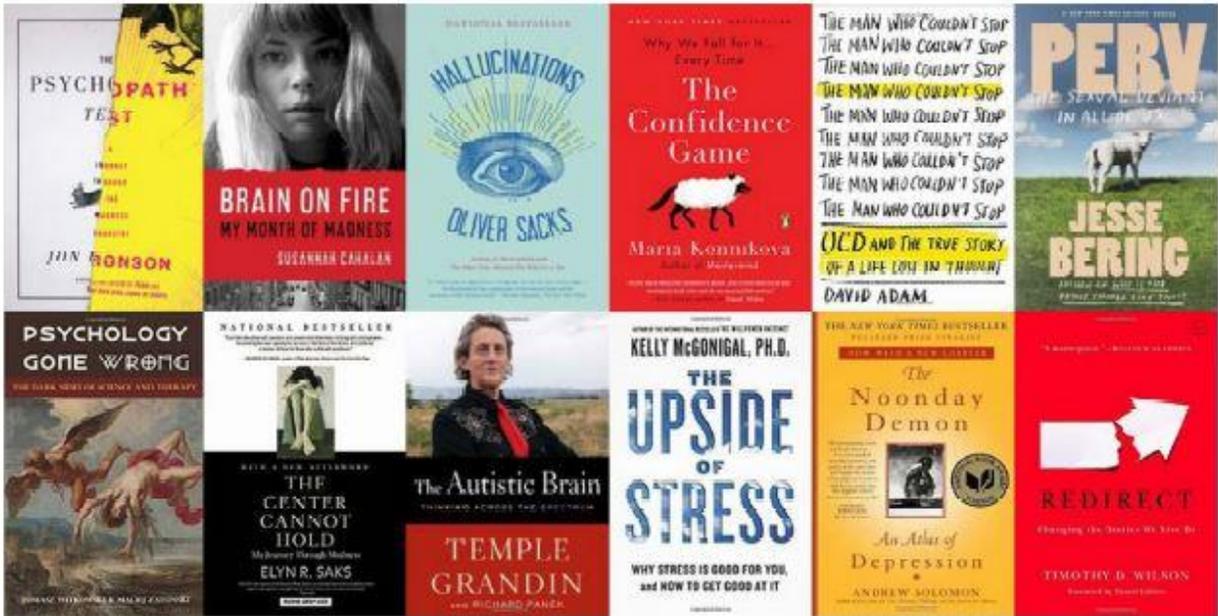
1. Reliable access to UF's Canvas System

Canvas will be our hub for communication. Here I will post announcements, lectures, and any relevant content that supplements what we discuss in class.

If you aren't familiar with Canvas (can be nightmarish to navigate), I recommend heading over as soon as possible to <http://elearning.ufl.edu> to familiarize yourself.

[Here is](#) a Quickstart Guide provided by UF. It is also great for those of us who suffer from insomnia... give it a try.

2. One of these books:



Pick one of these books to read as we move through the semester. More to be said on this assignment later in this syllabus! Below you will find a full APA-style citation for each book, a paperback ISBN, and a link to each book's Amazon.com page.

There is no required textbook for this course; however, if you are the type of person that finds this topic fascinating (my goal!), I recommend this textbook to follow along throughout the semester:

Nolen-Hoeksema, S. (2014). *(Ab)normal Psychology* (6th ed.). New York: McGraw-Hill.

- Ronson, J. (2011). *The psychopath test: A journey through the madness industry*. Riverhead Trade. (Paperback ISBN: 1594485755; about 300 pages.)
- Cahalan, S. (2012). *Brain on fire: My month of madness*. Simon & Schuster. (Paperback ISBN: 1451621388; about 300 pages.)
- Sacks, O. (2008). *Hallucinations*. Vintage. (Paperback ISBN: 0307947432; about 350 pages.)
- Konnikova, M. (2016). *The confidence game: Why we fall for it...every time*. Penguin Books. (Paperback ISBN: 0143109871; about 350 pages.)
- Adam, D. (2015). *The man who couldn't stop: OCD and the true story of a life lost in thought*. Sarah Crichton Books. (Paperback ISBN: 1250083184; about 330 pages.)
- Bering, J. (2014). *Perv: The sexual deviant in all of us*. Scientific American Press. (Paperback ISBN: 0374534837; about 300 pages.)
- Witkowski, T., & Zatorski, M. (2015). *Psychology gone wrong: The dark sides of science and therapy*. Brown Walker Press. (Paperback ISBN: 1627345280; about 300 pages.)
- Saks, E. R. (2008). *The center cannot hold: My journey through madness*. Vintage. (Paperback ISBN: 1401309445; about 350 pages.)
- Grandin, T. (2013). *The autistic brain: Thinking across the spectrum*. Houghton Mifflin Harcourt (Paperback ISBN: 0544227735; about 250 pages.) (Sometimes listed with an alternative subtitle, *Helping Different Kinds of Minds Succeed*)
- McGonigal, K. (2016). *The upside of stress: Why stress is good for you, and how to get good at it*. Avery. (Paperback ISBN: 1101982934; about 300 pages.)
- Solomon, A. (2015). *The noonday demon: An atlas of depression (2nd ed)*. Scribner. (Paperback ISBN: 1501123882; about 600 pages. Worth it. Trust me. If depression is your thing, read this.)
- Wilson, T. (2015). *Redirect: Changing the stories we live by*. Penguin. (Paperback ISBN: 0141042249; about 300 pages.).

HOW YOU'LL BE GRADED

Canvas will calculate your final letter grade based on completion of the following:

1. Attendance (60 points)

This course will be split into part lecture, part group/discussion/activity time (read: fun, interesting stuff instead of listening to Kristen's voice for three hours). This will happen most classes excluding any unforeseen circumstances. Attendance will be taken weekly by your group's TA. Because life happens, sometimes we can't make it to class. That's okay, you have **two free passes**.

2. Podcast Paper (30 points)

Listen to the podcast "The Problem with the Solution" (July 1st, 2016), which can be accessed from this link:

<https://www.npr.org/programs/invisibilia/483855073/the-problem-with-the-solution>. It's just under an hour long, so be sure to plan accordingly. After

listening to the podcast, you will submit a reflection paper in Canvas. You will write a minimum of **one page**, double-spaced, times new roman size 12 font, addressing these points:

- a. What did you think about the approach to mental illness discussed in the podcast?
- b. In your opinion, what are some pros and cons regarding the approach to mental illness discussed in the podcast?
- c. Would you serve as a host as described in the podcast? Why or why not?
- d. What did you like and dislike about the podcast as a whole?

3. Diagnosis Paper (30 points)

Find a fictional character from a movie, book, or TV show that meets criteria for one or more psychological disorders in the DSM V. Using this character, write a minimum of **two pages**, double-spaced, using times new roman size 12 font, and 1-inch page margins (excluding references) that discusses the following information:

- a. A brief biography of the character.
- b. A current understanding of what is going on in the character's life.
- c. The symptoms the character is exhibiting.
- d. A summary of the DSM-V diagnosis(es) that have specified criteria met from these symptoms.

- e. Prognosis and treatment recommendations using APA style references (<http://www.apastyle.org/>).
- f. Submit in Canvas

4. Book Club Paper (30 points)

The twelve trade books listed earlier in the syllabus all cover psychopathology-related topics. Some present cutting-edge, controversial ideas. Others are critically-acclaimed personal memoirs, designed to pull readers into the *bona fide* phenomenological experience of someone living with a “mental disorder.” I ask that you **pick one (just one!)** of the twelve books listed at the beginning of the syllabus to read as we move through the semester. It’s up to you to read your trade book at your own pace during the semester. You can get started on this right away if you choose. When you are done, you will be asked to write an Amazon-esque review of the book. This is not a book report! It is more a reflection of your thoughts about the book’s content and your reactions to the material. I will never test your memory on your book’s content.

I recommend cracking open your book of choice no later than a month the due date in order to avoid intense anxiety the night before it is due. You will submit your review (roughly 300 words), double spaced, times new roman size 12 font in Canvas.

5. Two exams (50 points each, 100 points total)

There will be two non-cumulative, multiple-choice exams during class time. Exams will require the comprehension, application, and integration of course materials. All exams are closed book and closed notes, and you will need a #2 pencil for the Scantron. Exams will be based on lectures and discussion materials. Exams will consist of 50 multiple choice questions. Questions will be worth 1 point each. Please be on time for exams. Policy states that after the first person has completed and turned in their exam, you will not be able to start the exam. Please see the syllabus schedule below for exam dates.

6. Extra Credit

If 90% of the class fills out the anonymous UF Faculty Evaluation, I will give every student in the class the opportunity to earn 2 extra credit points. If 100% of the class completes the evaluation, I will give the class the opportunity to earn 4 extra credit points. Be on the lookout for other extra credit opportunities! These will be mentioned during our class time!

In the end, your final course grade will reflect how many total points (out of 250) you accumulate:

Graded Item	Points	Grade	Total Points	Percentage
Two exams (50 points each)	100	A	225-250	≥90%
Three Written assignments (30 points each)	90	B+	220-224	88-89%
Attendance	60 (5 per class)	B	200-219	80-87%
Total points available	250	C+	195-199	78-79%
		C	175-194	70-77%
		D+	170-174	68-69%
		D	150-169	60-67%
		E	149 and below	≤ 59%

HOW TO PASS?

Show up every week. Take part in class discussions. Submit the 3 assignments. Take the 2 exams. Change your life. Cake.

A word (or two) on class environment...

Due to the content of this course you may experience curiosity or discomfort. If you encounter personal issues you would like to explore further, I *highly* recommend speaking with a counselor at the UF Counseling & Wellness Center (<http://www.counseling.ufl.edu/cwc/>, 352-392-1575), or Alachua County Crisis Center (<http://www.alachuacounty.us/Depts/CSS/CrisisCenter/Pages/CrisisCenter.aspx>), 352-264-6789). Crisis intervention is always available 24/7 from The Alachua County Crisis Center: (352) 264- 6789.

I believe that students learn best when there is a class atmosphere of safety and respect for all. As the Instructor, I will make every effort to create a safe class atmosphere, where debate and discussion can take place and students feel free to express their reactions, viewpoints, and experiences. I will treat each and every student enrolled in the course with respect. I will never demean or belittle a student, nor chastise students for asking questions or raising concerns regarding the course material.

Likewise, I ask that students treat me, the teaching assistants, and one another with respect. You are free to disagree with each other or with the Instructor or the teaching assistants—but you are required to keep your disagreement professional and respectful. As outlined in the UF Student Honor Code and Student Conduct Code, *“The University requires civility, respect, and integrity in the curricular program and encourages these behaviors in other activities among all members of the student community. Students are taught to exhibit high standards of behavior and concern for others and are encouraged to live up to these standards.”*

Make-up Exams

Make-up exams will only be administered for official University approved absences, which include documented illness, deaths in the immediate family and other documented crises, call to active military duty or jury duty, religious holidays, and official University activities, and proper documentation will be required (<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx#absences>). A student health receipt is not sufficient documentation. Without documentation, missed exams will receive a score of zero. For unexcused absences, there will be no make-ups or extensions without penalty. In the event of a medical or personal emergency that forces you to miss an exam, you will be given an opportunity to make up the missed exam. If you experience an emergency, you are expected to contact me as soon as possible to schedule a make-up (and provide documentation). In all instances of tests taken before or after their scheduled administration, instructors maintain the right to substitute tests different from those administered to the rest of the class at the same level of difficulty as the missed exam. In all cases, decisions about whether and when to allow a student to make up a test or assignment are left to the discretion of the professor. Make-up exams must take place within one week of the original exam unless there are extenuating circumstances. It is your responsibility as the student to work in conjunction with the instructor to determine a time/location of the make-up.

Religious Observances

Please compare your calendars to the schedule. Any student having a conflict in the exam schedule or feeling that missing a class due to religious observance will disadvantage them should contact me as soon as possible so that we can make any necessary arrangements!

Academic Honesty

“Cheating is defined in the UF Handbook, and it is the student’s responsibility to be familiar with its many forms (including plagiarism). If a student is caught cheating, the first offense will result in a zero for that exam or assignment and a record of the event will be placed in a temporary file with the Office of Student Affairs. The second offense will result in an “E” for the course, and the student will go before the Honor Court. As a result of completing registration at UF, every student has agreed to the following statement: “I understand that UF expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in disciplinary action up to and including expulsion from the University.”

Disability Accommodations

“Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc/) by providing

appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.”

Late Work Policy

Behavioral incentive (they work): each late-day levels a 10% point deduction (e.g., a paper submitted two days late can at best receive a 8/10).

Customer Satisfaction

“Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results/>.”

Schedule below



Tentative Schedule

Tentative is important- the schedule is subject to change. Announcements will be posted if/when this happens!

Week	Dates	Title	Assignments Due
1	1/8	Overview of syllabus/ Looking at Abnormality	
2	1/15	Theories and Treatment of Abnormality/ Assessing and Diagnosing Abnormality Small groups assigned!	
3	1/22	No Class 😊	
4	1/29	Trauma, Anxiety, Obsessive-Compulsive, and Related Disorders	Podcast Paper
5	2/5	Personality Disorders	
6	2/12	Mood Disorders and Suicide	<i>1/3 of book read</i>
7	2/19	Schizophrenia Spectrum and Other Psychotic Disorders	
8	2/26	Exam 1	
9	3/5	No Class 😊 Enjoy Spring Break!	
10	3/12	Eating Disorders	<i>2/3 of book read</i>
11	3/19	Disruptive, Impulse Control, and Conduct Disorders	
12	3/26	Sexual Disorders	Diagnosis Paper
13	4/2	Substance use and Gambling Disorders	
14	4/9	Neurodevelopmental and Neurocognitive Disorders	
15	4/16	Somatic Symptoms and Dissociative Disorders Wrap Up	Book Club Paper Happy studying!
16	4/23	Exam 2	

****All assignments are due by the start of class- 3:00 pm- unless otherwise stated*****

