

Visit the Psychology Handbook @ [www. http://www.scar.utoronto.ca/~lifesci/psych-handbook/](http://www.scar.utoronto.ca/~lifesci/psych-handbook/)

University of Toronto at Scarborough  
Division of Life Sciences

# ABNORMAL PSYCHOLOGY

PSYB32H3 Section S

Thursday 7-10pm in lecture hall S 309

Professor Konstantine Zakzanis

e-mail: [zakzanis@scar.utoronto.ca](mailto:zakzanis@scar.utoronto.ca)

Telephone: 287 7424

Fax: 287 7642

Office: S 564

Office Hours: Thursday 5-6pm

(or by appointment)

Teaching Assistant: Genevieve Quintin

## Overview of Course

Throughout history, whether a person's behavior is labeled abnormal often has depended on the cultural norms for appropriate behavior and the gender and ethnicity of the person. Current definitions of abnormality focus on the person's ability to function in daily life and his or her level of distress and grasp of reality. Many biological and psychological tests are used to assess people's functioning and well-being. The information gathered in these tests is compared to criteria for diagnosing psychological disorders provided in guidebooks such as the DSM. Several modern biological and psychological theories provide different ways of understanding and treating people with psychological disorders. Most disorders appear to be influenced both by biological and psychosocial factors, and theories integrating these factors have proven most useful in understanding and treating abnormality.

The disorders that we will look at in detail involve maladaptive and distressing emotions, thoughts, cognitive deficits and behaviors, that are often chronic and pervade every aspect of people's lives. For example, people with

anxiety disorders and mood disorders frequently experience extreme emotional distress that severely interferes with their ability to function in life. Biology, stressful experiences, and maladaptive ways of thinking all appear to contribute to the anxiety and mood disorders. Fortunately, there are several effective biological and psychosocial treatments for these disorders. In addition, psychosis is a loss of touch with reality, and is the hallmark of the disorder called schizophrenia. Schizophrenia probably has strong biological roots, but can be influenced by environmental stress. Moreover, people with personality disorders maintain a consistent personality style, but it is a highly maladaptive style for them and for people around them. Substance use disorders similarly involve specific maladaptive behaviors and can have negative effects in many domains of life. Finally, cognitive disorders that are progressive in nature (e.g., Alzheimer's disease, frontotemporal dementia, progressive aphasia, Parkinson's disease, Huntington's disease, progressive supranuclear palsy, and multiple sclerosis) can have crippling effects and are becoming ever more prevalent given the burgeoning elderly population.

After reviewing the aforementioned disorders and understanding the nature of methodology, assessment, diagnosis, and treatment, it is hoped that this course will better able the student to answer the question "what is abnormality?"

## Readings

Abnormal Psychology (second edition)

By Susan Nolen-Hoeksema

\*note: there is a study guide available and is recommended

## Evaluation

Three multiple-choice examinations. The first two examinations will each be worth 30% of your final grade and will be completed during the academic term. A final examination worth 40% of your grade will be scheduled during the final examination period. Absolutely no deferred examinations.

## Lecture Dates

### January 11

Chapter 1: Looking at Abnormality

### January 18

Chapter 2: Contemporary Theories of Abnormality

Chapter 3: The Research Endeavor

## **January 25**

Chapter 4: Assessing and Diagnosing Abnormality

Chapter 5: Treatments for Abnormality

## **February 1**

Chapter 6: Anxiety Disorders: Panic, Phobias, and Generalized Anxiety

Chapter 7: Anxiety Disorders: Posttraumatic Stress Disorder and Obsessive-Compulsive Disorder

## **February 8**

Chapter 8: Mood Disorders

Chapter 9: Suicide

## **February 15**

**Examination (30%); Chapters 1-9**

## **February 22**

**Reading Week; No class Scheduled**

## **March 1**

Chapter 10: Schizophrenia

## **March 8**

Chapter 11: Dissociative and Somatoform Disorders

Chapter 12: Personality Disorders

## **March 15**

Chapter 14: Eating Disorders

Chapter 15: Sexual Disorders and Gender Identity Disorder

## **March 22**

**Examination (30%); Chapters 10-12, 14-15**

## **March 29**

Chapter 16: Substance-Related Disorders

Chapter 17: Psychology and Physical Health

## **April 5**

Chapter 18: The Cognitive Disorders: Dementia, Delirium, and Amnesia

**A Final Examination will be Scheduled During the Examination Period and worth 40% of your final grade. The exam questions will mostly**

**cover chapters 16-18, but will include questions from ALL chapters covered in this course (i.e., chapter 1-12, 14-18.**

## **Link to Lecture Overheads by Chapter**

Chapter 1 Looking at Abnormality

Chapter 2 Contemporary Theories of Abnormality

Chapter 3 The Research Endeavor

Chapter 4 Assessing and Diagnosing Abnormality

Chapter 5 Treatments for Abnormality

Chapter 6 Anxiety Disorders: Panic, Phobias, and Generalized Anxiety

Chapter 7 Anxiety Disorders: Posttraumatic Stress Disorder and Obsessive-Compulsive Disorder

Chapter 8 Mood Disorders

Chapter 9 Suicide

Chapter 10 Schizophrenia

Chapter 11 Dissociative and Somatoform Disorders

Chapter 12 Personality Disorders

Chapter 14 Eating Disorders

Chapter 15 Sexual Disorders and Gender Identity Disorder

Chapter 16 Substance-Related Disorders

Chapter 17 Psychology and Physical Health

## Chapter 18 The Cognitive Disorders: Dementia, Delirium, and Amnesia

**\*NOTE: Students with a disability/health consideration are encouraged to approach me and/or the AccessAbility Services Office @287-7560. They can also drop by the office, S302B, inside the Resource Centre. The Coordinator is available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations.**