

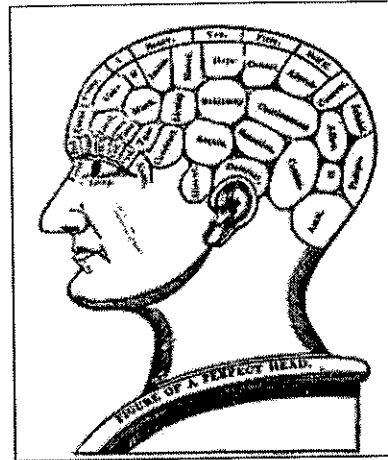
Visit the Psychology Handbook @ [www. http://www.scar.utoronto.ca/~lifesci/psych-handbook/](http://www.scar.utoronto.ca/~lifesci/psych-handbook/)

University of Toronto at Scarborough
Department of Life Sciences

Abnormal Psychology

Psych B32

Thursday's 7-9 pm, AC 223
Professor Konstantine Zakzanis
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Overview of Abnormal Psychology

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?"

Important Notes:

Every effort will be made to post the overheads on the course web-page prior to each lecture. However, on occasion, overheads will be posted following the lecture should there be any server problems (which has happened in the past).

Also, please note that if for any reason (e.g., snow-storm cancellation, unexpected illness) a lecture is cancelled because of an unforeseen circumstance, students are still responsible for the material that was to be presented in the lecture.

Textbook:

Abnormal Psychology (Canadian Edition)

By: Gerald C. Davidson, John M. Neale, Kirk R. Blankstein & Gordon L. Flett

- *The study guide is highly recommended*

Grading Scheme:

(1) First Examination worth 25% of your final grade

- *Your 1st examination will consist of 50 multiple-choice questions.*

(2) Second Examination worth 25% of your final grade

- *Your 2nd examination will consist of 50 multiple-choice questions.*

(3) Third Examination worth 25% of your final grade

- *Your 3rd examination will consist of 50 multiple-choice questions.*

(4) Your Final Examination is worth 25% of your final grade

- *Your final examination will consist of 50 multiple-choice questions.*

Important Dates:

September 6	Labour Day -- University closed.
September 9	Classes begin in F (Fall) and Y (Fall/Winter) courses.
September 22	Last day to add F and Y courses.
October 11	Thanksgiving Day -- University closed.
November 3	Last day to drop F courses without academic penalty.*
December 1	Last day of classes and last day for submission of term assignments in F courses EXCEPT courses that normally meet on a Monday.
December 2	UTSC Monday - Last day of classes and last day for submission of term assignments in F courses that normally meet on a Monday.
December 3-8	Study Break.
December 9-21	Final examinations in 'F' courses. 2004 Summer deferred examinations.
December 22 - January 2	December break -- University closed.
February 15	Last day to confirm intention to graduate at the Spring Convocation.

* After this date grades are recorded on transcripts whether course work is completed or not (with a '0' assigned for incomplete work) and they are calculated into GPAs.

***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.

Lecture Dates & Readings:

September 9: Welcome; Course Description and Requirements

Readings: Chapter 1: Introduction, Definitional and Historical Considerations
Chapter 2: Current Paradigms, Cultural Factors and Canada's Mental Health System

September 16:

Readings: Chapter 3: Classification and Diagnosis
Chapter 4: Clinical Assessment Procedures

September 23: First Examination worth 25% of your final grade

*Your examination will consist of 50 multiple-choice questions.
It will cover the following Chapters from your textbook:*

- Chapters 1-4

September 31:

Readings: Chapter 5: Research Methods in the Study of Abnormal Psychology
Chapter 6: Anxiety Disorders

October 7:

Readings: Chapter 7: Somatoform and Dissociative Disorders
Chapter 8: Psychophysiological Disorders and Health Psychology

October 14:

Readings: Chapter 9: Eating Disorders
Chapter 10: Mood Disorders

October 21: Second Examination worth 25% of your final grade

*Your examination will consist of 50 multiple-choice questions.
It will cover the following Chapters from your textbook:*

- Chapters 5-10

October 28:

Readings: Chapter 11: Schizophrenia
Chapter 12: Substance Related Disorders

November 4:

Readings: Chapter 13: Personality Disorders
Chapter 14: Sexual and Gender Identity Disorders

November 11: Third Examination worth 25% of your final grade

*Your examination will consist of 50 multiple-choice questions.
It will cover the following Chapters from your textbook:*

- Chapters 11-14

November 18:

Readings: Chapter 15: Disorders of Childhood
Chapter 16: Aging and Psychological Disorders

November 25:

Readings: Chapter 17: Outcomes and Issues in Psychological Intervention
Chapter 18: Legal and Ethical Issues

December 9-21: Final Examination Period

Your Final Examination is worth 25% of your final grade and will consist of 50 multiple-choice questions from the following chapters:

- Chapters 15-18

As soon as they are finalized, examination schedules are posted on the web at:
<http://www.utsc.utoronto.ca/registrar>

The date of posting is normally no later than:
2004 August examination period: Mid-July
2004 December examination period: Mid-November
2005 April examination period: Mid-March