

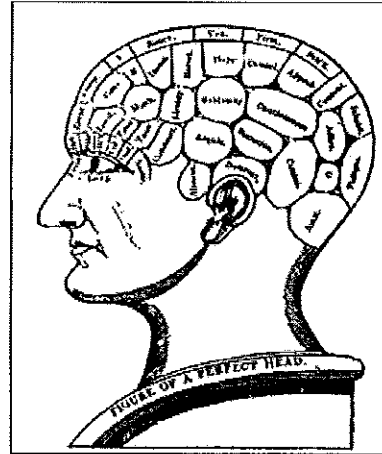
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University of Toronto at Scarborough
Department of Life Sciences

Abnormal Psychology

Psych B32

Thursday's 7-9 pm, AC 223
Professor Konstantine Zakzanis
Office Hours: Thursdays 5:30-6:30pm
Office Locations: S-Wing 564
Teaching Assistant: Diana Jovanovski
E-mail: diana.jovanovski@utoronto.ca



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.

Lastly, there will be a number of persons invited to give brief talks/demonstrations of their work as it relates to course content. To this end, prior to each visit, I will announce the content of the talk/demonstration. These health care professions will join us to share their experience and understanding of specific course content, and it is important that you attend. However, there may be some content that some individuals might find offensive—such is the case when our topic is abnormal psychology, and if this is such to anyone, you will not be penalized should you wish to leave a lecture. Again, these talks/demonstrations are meant to help you answer the question "what is abnormality?"

Textbook:

Abnormal Psychology (Second 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 40% of your final grade

- *Your 1st examination will consist of 100 multiple-choice questions.*

(2) Second Examination worth 30% of your final grade

- *Your 2nd examination will consist of 100 multiple-choice questions.*

(3) Your **Final Examination** is worth 30% of your final grade

- *Your final examination will consist of 100 multiple-choice questions.*

Important Dates:

August 21	Last day to pay or defer fees.
September 3	Labour Day - University closed.
September 10	Classes begin in F & Y courses.
September 23	Last day to add F & Y courses.
October 8	Thanksgiving Day - University closed.
November 18	Last day to drop F courses without academic penalty.*
December 3	Last day of classes in F courses. Last day for submission of term assignments in F courses.
December 4-6	Study Break.
December 7-21	Final examinations in F courses. 2007 Summer deferred examinations.
December 24-January 4	December break - University closed.
February 15	Last day to confirm intention to graduate at the Spring Convocation.

***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 13:

Welcome; Course Description and Requirements & Questions Answered
Chapter 1: Introduction, Definitional and Historical Considerations

September 20:

Readings: Chapter 2: Current Paradigms and the Role of Cultural Factors

September 27:

Readings:
Chapter 3: Classification and Diagnosis
Chapter 5: Research Methods in the Study of Abnormal Psychology

October 4:

Readings: Chapter 4: Clinical Assessment Procedures

Dr. Zakzanis and Guest: Mark Watson, M.A.

October 11:

Fist Examination worth 40 % of your final grade

The exam will consist of 100 multiple choice questions from chapters 1-5.

October 18:

Readings: Chapter 7: Somatoform and Dissociative Disorders
Chapter 6: Anxiety Disorders

Guest: Christopher Rodriguez, Gestalt Institute.

October 25:

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

November 1:

Readings: Chapter 11: Schizophrenia

November 8:

Second Examination worth 30% of your final grade

The exam will consist of 100 multiple choice questions from chapters 6, 7, 9, 10 and 11

November 15:

Readings: Chapter 14: Sexual and Gender Identity Disorders

Guest: Maxine Peterson, Ph.D., CAMH Scientist. (*Please note the content of this lecture may offend some. You have been forewarned).

November 22:

Readings: Chapter 13: Personality Disorders
Chapter 12: Substance Related Disorders

November 29:

Readings: Chapter 16: Aging and Psychological Disorders

December 7-21: Final Examination Period

Your **Final Examination** is worth 30% of your final grade and will consist of 100 multiple-choice questions. You will be tested on material from chapters 12, 13, 14 and 16.

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