

Summer 2008

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

Psy B32

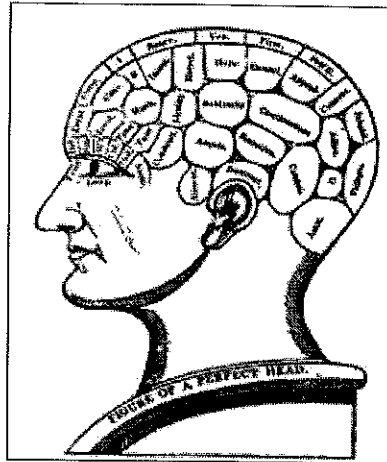
**Web Option – On Line Lectures Only**

**Professor Konstantine Zakzanis**

**Office Hours: Tuesday 3:00 - 4:30pm  
(by appointment)**

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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:**

**THIS COURSE IS AVAILABLE ON-LINE AS A WEB-OPTION COURSE ONLY.**

Please visit the following website for information:

<http://www.utsc.utoronto.ca/%7Ejoordens/WebOptionSite/>

In brief, this web-only course is described as follows:

Given that UTSC uses a trimester system, we want to provided the strongest set of course offerings possible over the summer term. However, students are often working or traveling over the summer, and the professors are often deeply engaged in their research. This can make it difficult for professors to offer traditional courses, or for students to attend them when they do. The webOption has provided an interesting and effective way of offering students a good course selection, while also allowing both the students and professors a much higher level of flexibility in terms of having to be on campus on a regular basis.

Specifically, when a course is offered via either the Augmented Class Model or the Value-Added Model described above, we have videos of the lectures from the term in which they were taught (always either the Fall or Winter term of the previous year to keep things fresh!). The professor who offered that original course is typically happy to administer a summer offering of the course in which their previous lectures are simply reposted over the course of the summer online, and both they and the students need only to be present for exams.

By this model the lectures can only be viewed online as there are no traditional lectures that are being delivered simultaneous with the course. However, this online delivery is perfect for most of our students as they can now easily view lectures no matter what their work schedule, and they can literally watch the lectures from anywhere in the world. As long as they can be on campus for the exams, the rest they can do from any location.

## **Textbook:**

### **Abnormal Psychology (Third 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 1<sup>st</sup> examination will consist of 100 multiple-choice questions.*

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

- *Your 2<sup>nd</sup> 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:**

Friday, May 2 Last day to pay or defer fees.

Monday, May 5 Classes begin in Y and F courses.

Monday, May 19 Victoria Day - University closed.  
Last day to add Y and F courses.

Tuesday, July 1 Canada Day holiday - University closed.

Wednesday, July 2-  
Friday, July 4 Reading Week. (Classes continue on other campuses.)

Monday, July 7 Classes resume in Y courses.

Sunday, July 20 Last day to drop Y courses without academic penalty.  
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.

Friday, August 1 Last day of classes and last day for submission of term assignments in S and Y courses EXCEPT courses that normally meet on a Monday.

Monday, August 4 Civic holiday - University closed.  
Last day to confirm intention to graduate at the Fall Convocation.

Tuesday, August 5 UTSC Monday: Last day of classes and last day for submission of term assignments in S and Y courses that normally meet on a Monday.

Wednesday,  
August 6-  
Friday, August 8 Study Break.

Saturday, August 9-  
Friday, August 22 Final examinations in Y and S courses.

November TBA Fall Convocation. Check "Ceremony Dates" at <http://www.utoronto.ca/convocation> for the date of the UTSC ceremony.

**\*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:**

### **May 5 - 9:**

Welcome; Course Description and Requirements

Chapter 1: Introduction, Definitional and Historical Considerations

### **May 12 - 16:**

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

### **May 19 - 23:**

***Readings:***

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

**May 26 - 30:**

***Readings:*** Chapter 4: Clinical Assessment Procedures

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

**June 3:**

**Fist Examination worth 40 % of your final grade**

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

An exact location and time will be announced prior to the examination of course.

**June 9 - 13:**

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

Guest: Christopher Rodriguez, Gestalt Institute.

**June 16 - 20:**

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

**June 23 - 27:**

***Readings:*** Chapter 11: Schizophrenia

**June 30:**

**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

An exact location and time will be announced prior to the examination of course.

**July 7 - 11:**

**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).

**July 14 - 18:**

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

**July 21 – 25:**

**Readings:** Chapter 16: Aging and Psychological Disorders

**August 9 – 22:**

**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>