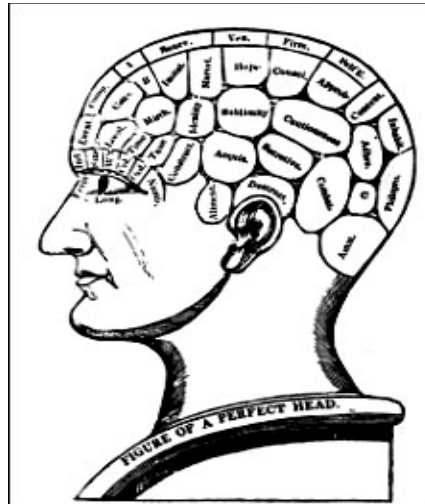


University of Toronto Scarborough College  
Department of Psychology

# Abnormal Psychology

Psy B32

**Monday 7:00-9:30 pm, AC 223**  
**Professor Konstantine Zakzanis**  
**Office Hours: Monday 5:00-6:00pm**  
**Office Location: New Science Building**  
**Teaching Assistant: Diana Jovanovski**  
**E-mail: [diana.jovanovski@utoronto.ca](mailto: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 Lecture Slides on the course web-page prior to each lecture. However, on occasion, Lecture Slides 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 handful 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 (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 50 multiple-choice questions.*

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

- *Your 2<sup>nd</sup> examination will consist of 50 multiple-choice questions.*

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

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

## Important Dates:

Tuesday, August 18	Last day to pay fees.
Monday, September 7	Labour Day - University closed.
Thursday, September 10	Classes begin in F & Y courses.
Wednesday, September 16	Last day for students writing deferred examinations in December to adjust their current course load, if necessary.
Wednesday, September 23	Last day to add F & Y courses.
Monday, October 12	Thanksgiving Day - University closed.
Wednesday, November 18	Last day to drop F courses without academic penalty and have them removed from the transcript.
Wednesday, December 2	Last day of classes in F courses. Last day for submission of term assignments in F courses <b>EXCEPT</b> courses that normally meet on a Monday.
Thursday, December 3	<b>UTSC Monday:</b> Last day of classes and last day for submission of term assignments in F courses that normally meet on a Monday.
Friday, December 4- Sunday, December 6	Study Break. 2009 Summer deferred examinations. (See also Monday, December 7-Friday, December 18.)
Sunday, December 6	Last day to drop UTSC F courses and have them remain on the transcript with a grade of LWD indicating withdrawal without academic penalty.

	<p>After this date, grades are assigned whether or not course work is completed (with a '0' assigned for incomplete work) and are calculated into GPAs.</p> <p><b>Note:</b> See <a href="http://www.utsc.utoronto.ca/registrar/">http://www.utsc.utoronto.ca/registrar/</a> for dates for courses on other campuses.</p>
Monday, December 7- Friday December 18	Final examinations in F courses. 2009 Summer deferred examinations. (See also Friday, December 4-Sunday, December 6.)
Saturday, December 19- Sunday, January 3	December break - University closed.
Friday, January 4	Last day to request a deferred examination in F courses.
Friday, January 15	Last day to pay the deferred examination fee for F courses.
Monday, 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 14:**

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

### **September 21:**

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

### **September 28:**

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

### **October 5:**

*Readings:* Chapter 4: Clinical Assessment Procedures

### **October 12: THANKSGIVING—No Class.**

### **October 19:**

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

The exam will consist of 50 multiple choice questions from chapters 1-5.

**October 26:**

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

Guest: Christopher Rodriguez, Gestalt Institute

**November 2:**

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

Guest: Nancy / Luc

**November 9:**

**Readings:** Chapter 11: Schizophrenia

**November 16:**

**Second Examination worth 30% of your final grade**

The exam will consist of 50 multiple choice questions from chapters 6, 7, 9, 10 and 11

## **November 23:**

***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 30:**

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

**December 3 (\*Please note this lecture, the final one for the semester, will be held on a Thursday, not a Monday):**

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

## **December 7-18: Final Examination Period**

**Your Final Examination is worth 30% of your final grade and will consist of 50 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>