Introduction to Behaviour Modification: Origins and Applications
(PSYB38H3)

Lectures: Tuesdays, 5-8pm- AC 223

Instructor: Mark Morrissey, Ph.D.

Teaching Assistants: Maya Amestoy & Eloise Cote
Course Email: PSYB38.w2023@gmail.com

Office hours: One-on-one appointments - Fridays 12-1pm
Must be reserved 24 hours in advance through: https://calendly.com/morrissey-utsc

A note on email communication: *All questions* regarding the course, lectures, readings, exams, etc. ***must*** be sent to the course email address: PSYB38.w2023@gmail.com. Questions that have already been answered in the course syllabus, in lecture slides, or on Blackboard will **not** receive a response. Students are asked to contact Dr. Morrissey directly for personal or confidential matters only, at mark.morrissey@mail.utoronto.ca

*** **Please note**: Course announcements will be made through Quercus. Students are responsible for monitoring the course website regularly for important announcements and updates. Class emails will also be sent through Quercus. Therefore, students are responsible for making sure that their listed email address is correct. ***

REQUIRED TEXBOOK: Behavior Modification: Principles and Procedures, 6th Edition Raymond G. Miltenberger

COURSE DESCRIPTION: This course will emphasize the fundamental principles of behaviour change, including reinforcement, extinction, punishment, stimulus control, and respondent conditioning. The application of these principles to procedures designed to establish new behaviours or change problem behaviour will be covered and, where appropriate, the use of these procedures in the treatment of abnormal human behaviours, such as depression, anxiety, fear, and substance abuse, will be highlighted.

Prerequisites: PSYA01H3 and PSYA02H3
Exclusion: PSY260H

COURSE OBJECTIVES:

1. Identify and describe basic principles of behaviour modification.
2. Identify and describe basic procedures of behaviour modification.
3. Demonstrate understanding of the application of behaviour modification principles
4. Demonstrate a basic understanding of how to deal with behavioural data in the context of assessment and research.

EVALUATION

Quiz 1	5%	Week 5
Mid-term Exam	30%	TBA
Quiz 2	5%	Week 8 or 9
Case Study	15%	Due March 20
Quiz 3	5%	Week 13
Final Exam	40%	April Exam period

COURSE STRUCTURE

The format of the course will consist primarily of lectures, but will also include video and other methods to help illustrate course material. The material covered in lectures will generally correspond to the material in the textbook, but will often serve to supplement the readings rather than simply duplicate their contents. Therefore, I strongly recommend having completed the relevant readings prior to watching the lecture; having done so will make the learning experience more enjoyable and productive. I will also present material that is not included in the readings; therefore, familiarity with both lectures and course readings is necessary to succeed in this course. **You will be responsible for all material presented in lecture and in the required readings.**

Please note that this outline is subject to change depending on the needs of the class (we may need additional time to cover a topic). Any changes to the syllabus will be announced ahead of time.

LECTURE SCHEDULE

Week	Topic	Readings
Week 1 (Jan 10)	Introduction to Behaviour Modification Behavioural Data	Chapters 1, 2
Week 2 (Jan 17)	Respondent & Operant Conditioning	Chapter 8
Week 3 (Jan 24)	Positive and Conditioned Reinforcement Schedules of Reinforcement	Chapter 4
Week 4 (Jan 31)	Extinction	Chapters 5
Week 5 (Feb 7)	Decreasing Behaviour Escape and Avoidance Conditioning	Chapters 6, 15, 17, 18
Week 6 (Feb 14)	Stimulus Discrimination/Generalization & Shaping	Chapter 7, 9
Week 7 (Feb 20-24)- READING BREAK		
Week 8 (Feb 28)	Fading Behavioural Chaining	Chapters 10, 11
Week 9 (Mar 7)	Respondent and Operant Conditioning Together Generalizing Behavioural Change	Chapter 19
Week 10 (Mar 14)	Antecedent Control Procedures	Chapter 16
Week 11 (Mar 21)	Dealing with Behavioural Data Developing Behavioural Programs 1	Chapters 3, 13
Week 12 (Mar 28)	Developing Behavioural Programs 2 CBT and Other Therapeutic Approaches 1	Chapters 12, 24

| Week 13 (Apr 4) | CBT and Other Therapeutic Approaches 2 | Chapter 25 |
| | Ethics in Behaviour Modification | |

QUIZZES, TERM TEST AND FINAL EXAM

mTuner quizzes (5% each): Students will be required to complete three online quizzes during the semester. These quizzes will be taken online with mTuner. mTuner allows for enhanced online multiple-choice tests specifically designed to help promote students' learning and understanding of the course material. The quizzes are designed to help students keep up with the course material and be prepared for the mid-term and the final exam. **No extensions** will be granted for completing the quizzes. All quizzes are **closed-book.**
Specific details about the mTuner quizzes will be provided on Quercus.

- **Quiz 1**: Will take place during week 5 (Thursday 10am-Friday 10pm)
  - Will cover weeks 1-4
- **Quiz 2**: Will take place during week 8 or 9 (Thursday 10am-Friday 10pm)
  - Will cover weeks 5-8
- **Quiz 3**: Will take place during week 13 (Thursday 10am-Friday 10pm`)
  - Will cover weeks 9-12

Case Study (15%): DUE MARCH 20. The case study will involve applying what you have learned in the course to a case that I provide you. You will be given several options to choose from. You will then provide your response as a formal report in a maximum of 2 pages. The main goal is to perform a functional assessment based on the information provided, propose an intervention to change the behaviour, and explain how you would conduct an experiment to test your intervention. This will be due at the end of the term and more details will be provided.

Late submissions will be assessed late penalties according to the following schedule. 2.5% per day for the first two days. 5% per day for each following day. Papers are accepted without penalty up to March 20-11:59pm.
Papers will be submitted online through the Quercus Assignments page and will be passed through the Plagiarism detection Tool.

> (Normally, students will be required to submit their course essays to the University's plagiarism detection tool for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the tool's reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of this tool are described on the Centre for Teaching Support & Innovation website (https://uoft.me/pdt-faq).)

Mid-term examination (30%): Mid-term date TBA when scheduled by the registrar. The mid-term exam will cover all required readings and lecture material prior to the mid-term date. The exam will be administered through Quercus Quizzes, consist of multiple-choice questions and will not exceed two hours. The specific date and time of the mid-term will be announced once they have been set by the Registrar's Office.

Final examination (40%): The final exam will be cumulative. It will cover all course material however an emphasis will be placed on material covered after the mid-term. The exam will

consist of multiple-choice questions and will not exceed two hours. The final exam will be scheduled during the University examination period.

Virtual Discussion Group Bonus (1%): Each week (starting in week 2) the TA will hold a virtual discussion session where 1-2 discussion questions will be covered for the previous weeks content. Discussion sessions will be sent out to the class at the beginning of the week. Attend **two** of these discussion questions throughout the semester and contribute a thoughtful comment on the discussion question, and you will receive a 1% bonus to your final grade.

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Quercus:

This course uses the University's learning management system, Quercus, to post information about the course. This includes posting readings and other materials required to complete class activities and course assignments, as well as sharing important announcements and updates. The site is dynamic and new information and resources will be posted regularly as we move through the term, so please make it a habit to log in to the site on a regular, even daily, basis. To access the course website, go to the U of T Quercus log-in page at https://q.utoronto.ca. Once you have logged in to Quercus using your UTORid and password, you should see the link or "card" for *Introduction to Behavioural Modification PSYB38*. You may need to scroll through other cards to find this. Click on the *Introduction to Behavioural Modification PSYB38* link to open our course area, view the latest announcements and access your course resources. There are Quercus help guides for students that you can access by clicking on the "?" icon in the left side column.

SPECIAL NOTE ABOUT GRADES POSTED ONLINE: Please also note that any grades posted are for your information only, so you can view and track your progress through the course. No grades are considered official, including any posted in Quercus at any point in the term, until they have been formally approved and posted on ACORN at the end of the course. Please contact me as soon as possible if you think there is an error in any grade posted on Quercus.

Department of Psychology Missed Term Work Policy

For missed term work (assignments and term tests) due to illness, emergency, or other mitigating circumstances, please follow the procedures outlined below.

Note:
- The following reasons are not considered sufficient for missed term work: travel for leisure, weddings, personal commitments, work commitments, human error.
- Missed *Final* Exams are handled by the Registrar's Office and should be declared on eService.
- Instructors cannot accept term work any later than five business days after the last day of class. Beyond this date, accommodations are only possible via the Registrar's Office petition process.

> The email address to submit missed term work accommodation requests is:
> **PSYB38.w2023@gmail.com**

ILLNESS OR EMERGENCY accommodations:
>   For missed work due to ILLNESS OR EMERGENCY, complete the following process:
>   1.   Complete the Request for Missed Term Work Accommodations Form.
>   2.   Declare your absence on ACORN (Profile & Settings > Absence Declaration)

3. Email **both** of the following items to the course email **WITHIN 2 BUSINESS DAYS** of the missed work:
   - the Request for Missed Term Work Accommodations Form
     AND
   - a screenshot of your Self-Declared Absence on ACORN

Note:
- *If you are unable to submit your request within 2 business days, you must still email your instructor within the 2 business day window to explain the nature of the delay. Exceptions to the 2 business day deadline will only be made under exceptional circumstances.*
- *If your absence is declared on ACORN, we do not require any additional supporting documentation (e.g. medical notes) to support your missed term work accommodation request.*

ACADEMIC CONFLICT **accommodations:**

For missed term work due to an ACADEMIC CONFLICT (e.g. two midterms at the same time):
1. Complete the Request for Missed Term Work Accommodations Form.
2. Take screenshots of your course Quercus pages that demonstrate the conflict.
3. Email the form and screenshots to the course email **at least two weeks (10 business days) before the date of the activity,** or as soon as possible if it was not possible to identify the conflict earlier. Requests sent after the activity deadline may not be accommodated.

Note:
- *Multiple assignments due on the same day are <u>not</u> considered conflicts. Students are expected to manage their time effectively to meet assignment deadlines.*
- *Back-to-back tests/quizzes are <u>not</u> considered conflicts. Only overlapping activities are conflicts.*
- *Students are responsible for keeping their course timetables conflict-free. Students who register in two courses with overlapping lecture/tutorial/lab schedules will not be accommodated.*

RELIGIOUS CONFLICT **accommodations:**

For missed term work due to a RELIGIOUS CONFLICT:
1. Complete the Request for Missed Term Work Accommodations Form.
2. Email the form to the course **email at least two weeks (10 business days) before the date of the activity**, or as soon as possible if it was not possible to identify the conflict earlier. Requests sent after the activity deadline may not be accommodated.

ACCESSABILITY SERVICES **accommodations:**

For missed *TERM TESTS* due to ACCESSABILITY REASONS:
- **Contact your AccessAbility consultant** and have them email the course email detailing accommodations required.

For missed *ASSIGNMENTS* due to ACCESSABILITY REASONS:
- If your desired accommodation is **within the scope** of your Accommodation Letter (e.g. your letter includes "extensions of up to 7 days" and you need 3 days):
  1. Complete the Request for Missed Term Work Accommodations Form.
  2. Email the form ***AND*** your **Accommodation Letter** to the course email specifying how many days extension you are requesting.
- If your desired accommodation is **outside the scope** of your Accommodation Letter (e.g. your letter includes "extensions of up to 7 days" but you need more time than that):
  1. **Contact your AccessAbility consultant** and have them email the course email detailing the accommodations required.

Accommodation Procedure:

After submitting your documentation, you will receive a response from your instructor or TA. This form does not guarantee that you will be accommodated. The course instructor reserves the right to decide

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what accommodations (if any) will be made. Failure to adhere to any aspect of this policy may result in a denial of your request. **You are responsible for checking your official U of T email and Quercus course announcements daily**, as accommodations may be time-critical.

For missed assignments, **do not wait for the instructor's response to resume work on your assignment.** Extensions may be as short as one business day, depending on the nature of the illness/emergency. Complete your assignment as soon as you're able, and email it to your instructor.

For an **anticipated absence** (e.g. a scheduled surgery or an illness with a prolonged recovery period), if you would like to request accommodations in advance, submit a Verification of Illness Form completed by your doctor AND the Request for Missed Term Work Accommodations Form to the course email. Absences can be declared up to 14 days into the future on ACORN.

Missed Accommodations

If an accommodation is granted but a continued illness/emergency prevents you from meeting its requirements, you must repeat the missed term work procedure to request additional accommodations. **Please make it clear in your subject line that you are requesting a second accommodation.** E.g. If you are given an extension but are still sick and need more time, or if you miss a make-up term test, you must submit *another* Request for Missed Term Work Accommodations Form and declare your extended absence on ACORN. *Note: In the case of a missed make-up test, an opportunity to write a second make-up test may not necessarily be provided.

Disability-Related Accommodations

Students with diverse learning styles and needs are welcome in this course. In particular, if you have a disability/health consideration that may require accommodations, please feel free to approach me and/or the AccessAbility Services Office (http://www.utsc.utoronto.ca/ability/) as soon as possible.

AccessAbility Services staff (located in Rm AA142, Arts and Administration Building) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations. Please contact 416-287-7560 (tel/TTY) or email ability.utsc@utoronto.ca for more information.
The sooner you let us know your needs the quicker we can assist you in achieving your learning goals in this course.

Academic Integrity

The University treats cases of cheating and plagiarism very seriously. The University of Toronto's Code of Behaviour on Academic Matters (http://www.governingcouncil.utoronto.ca/policies/behaveac.htm) outlines the behaviours that constitute academic dishonesty and the processes for addressing academic offences. Potential offences in papers and assignments include using someone else's ideas or words without appropriate acknowledgement, submitting your own work in more than one course without the permission of the instructor, making up sources or facts, obtaining or providing unauthorized assistance on any assignment.
On tests and exams cheating includes using or possessing unauthorized aids, looking at someone else's answers during an exam or test, misrepresenting your identity, or falsifying or altering any documentation required by the University, including (but not limited to) doctor's notes.

Religious Accommodations

The University has a commitment concerning accommodation for religious observances. I will make every reasonable effort to avoid scheduling tests, examinations, or other compulsory activities on religious holy days not captured by statutory holidays. According to University Policy, if you anticipate being absent from

class or missing a major course activity (like a test, or in-class assignment) due to a religious observance, please let me know as early in the course as possible, and with sufficient notice (at least two to three weeks), so that we can work together to make alternate arrangements.

Equity, Diversity, Inclusion

The University of Toronto is committed to equity, human rights and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect where all members of our community can express themselves, engage with each other, and respect one another's differences. U of T does not condone discrimination or harassment against any persons or communities.

Grade Scale

NUMERICAL MARKS	LETTER GRADE	GRADE POINT VALUE
90 - 100%	A+	4.0
85 - 89%	A	4.0
80 - 84%	A-	3.7
77 - 79%	B+	3.3
73 - 76%	B	3.0
70 - 72%	B-	2.7
67 - 69%	C+	2.3
63 - 66%	C	2.0
60 - 62%	C-	1.7
57 - 59%	D+	1.3
53 - 56%	D	1.0
50 - 52%	D-	0.7
0 - 49%	F	0.0