

## PSYC38: Adult Psychopathology

### **Instructor**

Dr. Michael Best, Ph.D., C.Psych.

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### **Teaching Assistants**

Aqsa Zahid

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### **Class Time & Location**

Tuesdays 1:00pm – 3:00pm

Location: IC 220

Sabrina Adamo

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### **Office Hours**

Mondays: 3:00pm – 4:00pm

Location: Microsoft Teams:

[https://teams.microsoft.com/l/meetup-](https://teams.microsoft.com/l/meetup-join/19%3ameeting_YWJlY2NjYzUtYjFkNC00NTUxLWJlMTItZjdkZDg0NTgwMzY0%40thread.v2/0?context=%7b%22Tid%22%3a%2278aac226-2f03-4b4d-9037-b46d56c55210%22%2c%22Oid%22%3a%22fe40472d-950d-42d9-9c34-55f7b19bb024%22%7d)

[join/19%3ameeting\\_YWJlY2NjYzUtYjFkNC00NTUxLWJlMTItZjdkZDg0NTgwMzY0%40thread.v2/0?context=%7b%22Tid%22%3a%2278aac226-2f03-4b4d-9037-](https://teams.microsoft.com/l/meetup-join/19%3ameeting_YWJlY2NjYzUtYjFkNC00NTUxLWJlMTItZjdkZDg0NTgwMzY0%40thread.v2/0?context=%7b%22Tid%22%3a%2278aac226-2f03-4b4d-9037-b46d56c55210%22%2c%22Oid%22%3a%22fe40472d-950d-42d9-9c34-55f7b19bb024%22%7d)

[b46d56c55210%22%2c%22Oid%22%3a%22fe40472d-950d-42d9-9c34-55f7b19bb024%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_YWJlY2NjYzUtYjFkNC00NTUxLWJlMTItZjdkZDg0NTgwMzY0%40thread.v2/0?context=%7b%22Tid%22%3a%2278aac226-2f03-4b4d-9037-b46d56c55210%22%2c%22Oid%22%3a%22fe40472d-950d-42d9-9c34-55f7b19bb024%22%7d)

### **Course Description**

This course will provide an advanced understanding of mental disorders. Course content will focus on an advanced understanding of etiological theories, psychopathology, and treatment of mental health disorders. Theory and research will be discussed emphasizing domains of biological, psychological, and social domains of functioning. The influence of diversity factors such as cultural, gender, sexuality, and ethnicity will be discussed in the etiology and presentation of psychopathology. Disorder-specific theories and treatments will be discussed in addition to discussion of transdiagnostic theories and treatment. Special emphasis will be placed on discussing how etiological theories have informed the development of evidence-based treatments and vice-versa.

### **Learning Outcomes**

Upon successful completion of this course, students should be able to:

1. Describe the major etiological models of psychopathology
2. Describe the major evidence-based treatment modalities for psychopathology
3. Compare and contrast diagnosis-specific and transdiagnostic etiological theories and treatments
4. Apply knowledge of etiological treatment models for psychopathology to develop novel research questions
5. Understand how diversity (cultural, gender, sexuality, ethnicity, etc.) affects the development and presentation of psychopathology.

### **Required Reading**

Craighead, W.E., Miklowitz, D.J., & Craighead, L.W. (2017). *Psychopathology: History, Diagnosis, and Empirical Foundations*. 3<sup>rd</sup> ed. Wiley: New York.

### **Course Requirements**

1. Midterm Exam (40%)
2. Final Exam (40%)
3. Research Poster Presentation (20%)

### **Exams:**

Exams will consist of multiple choice questions and are non-cumulative. The midterm exam will cover material from the first half of the course and the final exam will cover material from the second half of the course.

### **Research Poster Presentation:**

Students will be randomly assigned to groups of 5 and will be responsible for developing a research poster that will be presented to the class in the final two weeks. Each presentation will be pre-recorded with a voiceover of the poster presentation. Every group member is expected to contribute to both the creation of the poster and to the delivery of the presentation.

Groups will be randomly assigned a disorder that is discussed during the course and will be required to develop a proposed research study to examine an unanswered question in the field.

### **Format:**

There are 12 classes. The first 10 classes will involve discussion of mental health disorders. The final two classes will be dedicated to the research poster presentations. All students are expected to read the required reading(s) for the week. The required reading(s) will provide an overview of the concept being discussed that week.

### **Weekly Course Outline**

Jan 10 Week 1: Diagnosis: Conceptual Issues and Controversies

- Chapter 1

Jan 17 Week 2: Generalized Anxiety Disorder & Posttraumatic Stress Disorder

- Chapters 4 & 6

Jan 24 Week 3: Obsessive-Compulsive and Related Disorders

- Chapter 5

Jan 31 Week 4: Depressive Disorders

- Chapter 7

Feb 7 Week 5: MIDTERM EXAM

Feb 14 Week 6: Bipolar Disorders

- Chapter 8

Feb 21 READING WEEK

Feb 28 Week 7: Schizophrenia and the Psychosis Spectrum

- Chapter 10

Mar 7 Week 8: Substance Use Disorders

- Chapter 11

Mar 14 Week 9: Eating Disorders

- Chapter 12

Mar 21 Week 10: Borderline Personality Disorder

- Chapter 14

Mar 28 Week 11: Research Poster Presentations

Apr 4 Week 12: Research Poster Presentations

## 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 PSYD33. You may need to scroll through other cards to find this. Click on the PSYD33 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 in **PSYD33** is:  
**m.best@utoronto.ca**

### **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 not considered conflicts. Students are expected to manage their time effectively to meet assignment deadlines.*
- *Back-to-back tests/quizzes are not 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 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.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.utoronto.ca](mailto:ability.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.

## Masks in the Classroom

While the mask mandate has been paused as of 1 July 2022, the use of medical masks continues to be strongly encouraged at U of T Scarborough in indoor settings where physical distancing is not possible.

We ask everyone to respect each other's decisions, comfort levels, and health needs. Masks are available at all building entrances at U of T Scarborough and in all classrooms.