



ST. JEROME'S UNIVERSITY

St. Jerome's University in the University of Waterloo

Department of Psychology

Psych 257 I Winter 2023

Psychopathology

Lectures: Mondays, 6:30pm – 9:20pm EST, Room: SJ2 1004

We acknowledge that we are living and working on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe and Haudenosaunee peoples. St. Jerome's University is situated on the Haldimand Tract, the land promised to the Six Nations that includes ten kilometres on each side of the Grand River.

INSTRUCTOR INFORMATION

Instructor: Dr. Rebecca Pister
Office: SH 2110
Office Hours: Mondays from 4:00pm to 6:00pm
Email: rpister@uwaterloo.ca

A NOTE ON EMAILING ME:

When emailing, please *include your first and last name and the course code in your message*.

Remember, this is a professional setting. Make sure your emails include a proper salutation and introduction. My last name is literally part of my email address. Please use it.

Email responses: You can expect to hear back from me **within 48 hours** (excluding weekends. I try to take those off). Please make sure that you email me with questions in plenty of time for me to answer them. If you do not hear back from me within 48 hours, please resend your message. More likely than not, I opened it in the middle of the night when I couldn't sleep and made a note to reply the next day and then forgot because the message was marked as read and I was tired because I didn't sleep.

BEFORE EMAILING, PLEASE READ THROUGH THE COURSE OUTLINE CAREFULLY TO SEE IF THE ANSWER TO YOUR QUESTION IS HERE. If it can easily be found here, I likely will not reply or will tell you to consult the syllabus.

COURSE DESCRIPTION

With around half psychology graduates working in clinical settings, a large part of what draws people to psychology as a career path is an interest in mental health and illness. This course offers an introduction to understanding, defining, assessing, and treating mental illness from a psychological perspective. We will explore common psychological disorders including personality, anxiety, and mood disorders; schizophrenia; and substance abuse. As part of this exploration, we will review etiology, symptomology, diagnosis, and treatment, each week covering a different major psychiatric disorder. In addition to learning about mental illnesses, we will examine issues around what it means to be mentally healthy, the impact of stigma, and legal and ethical implications involved in treating mental illness.

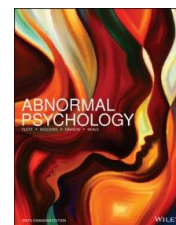
Course Goals and/or Learning Outcomes

By the end of this course, you should be able to:

1. Identify key concepts, principles, and theoretical approaches in abnormal psychology
2. Explain how biological, social, behavioural, emotional and cognitive factors interact to shape mental processes and behaviour
3. Identify major psychological disorders and their symptoms
4. Discuss evidence-based assessments and treatments of major psychological disorders.
5. Demonstrate an understanding of the ethical concerns of abnormal psychology
6. Demonstrate an increased sensitivity and awareness of the impact of mental illness

Required Text

Flett, G. L., Kocovski, N. L., Davison, G. C., & Neale, J. M. (2017). *Abnormal Psychology*, 6th Canadian Edition, Wiley.



Note: We will be using WileyPLUS resources in this course. You can purchase the text only or can purchase the text with the WileyPLUS resources for an additional cost. Purchasing the text with the WileyPLUS resources will give you access to the digital version of the text along with a variety of study resources and tools.

Additional Resources

- Any additional required or optional readings, videos, and other resources will be posted on our course LEARN website
- To the best of my ability, I record and post lectures. Do not depend on these – things can happen with audio quality and other recording issues.

COURSE REQUIREMENTS AND ASSESSMENT

Assessment	Weighting	Location	Due Date
Syllabus Quiz	2%	Online	Ongoing
Online Quizzes (best 5 out of 6)	10%	Online	Ongoing
Test 1	22%	In class	Jan 31 st
Test 2 (non-cumulative)	23%	In class	March 7 th
Test 3 (non-cumulative)	23%	In class	April 4 th
Infographic/Fact Sheet	10%	Online	By April 4 th
<i>Movie Case Study</i>	10%	Online	By April 4 th
<i>Experiential Learning Bonus</i>	2%	<i>Online and in lab</i>	<i>April 10th</i>
Total	100% + 2% bonus = 102%		

The course requirements and assignments have been developed and selected to assess learning throughout the term. You earn the grade you receive in this course by completing these assessments. **DO NOT** ask me to waive or reweight any of the assessments. The answer is no.

LEARNING ACTIVITIES, ASSIGNMENTS, TESTS, QUIZZES AND EXAMINATIONS

Tests and Quizzes (80%)

Syllabus Quiz (2%)

Yes, this is a long document. Yes, you have to read it. All of it. The syllabus is a contract between you and your instructor. It outlines all of the important details needed for you to successfully complete the course including due dates, course policies, learning materials, campus resources, and more. To make sure that you have read the syllabus you will be asked to complete a syllabus quiz between the first day of class and the date that the first online quiz opens up. **You will NOT be able to access online quizzes until you have completed the syllabus quiz.** Any quiz deadlines that pass before you complete the quiz will result in a grade of 0% for that quiz. That means that if you do not complete the syllabus quiz, you risk losing out on up to 10% of your final grade. On the other hand, you need to get 100% on this quiz and have unlimited tries to do so, resulting in a guaranteed 2%.

Online Chapter Quizzes (10%)

The online quizzes can be found under the “Quizzes” tab on the LEARN platform. These quizzes are intended to provide you with an opportunity to practice with more challenging material prior to the test (and to encourage you to study!). Only your top 5 Chapter Quiz grades will count toward your final mark. The remaining quiz grade will be removed from the final grade calculation. Online quizzes will be available for a period of 72 hours and will be open book. These quizzes will take approximately 30 minutes to complete. Grades and correct answers will be released once the quiz period has ended.

Online quizzes will not be rescheduled under any circumstances. You have three days to access them. Once a quiz closes you have missed the opportunity to write that quiz and will receive a zero on that quiz.

In-Class Tests (68%)

All tests will be in-class (there is no final) and will not be cumulative (they will only cover the material reviewed since the last test). Tests will include content from both the assigned readings in the textbook and from lecture material. While the lecture material will be guided by the textbook, lectures will include additional materials, videos, and in-class exercises. In-class tests will be closed book and will consist of multiple choice questions.

Tests will only be rescheduled under very limited conditions; it is your responsibility to read and abide by the following:

1. **You must notify me prior to the test**, by email, if you are unable to write at the scheduled time due to medical or religious circumstances (or at minimum the day of the test). Students who fail to do so will receive a grade of ZERO on the test.
2. You must provide appropriate documentation (see UW Policy Regarding Illness and Missed Tests - a UWaterloo Verification of Illness (VOI) form must be submitted) in order to have a test rescheduled.
3. Rescheduling is at the discretion of the course instructor. VOI form dates will weigh heavily in this decision (e.g., do not expect to write a make-up test one week after your Verification of Illness Form has expired). Tests will typically be scheduled within 2 days of the date on the form.

Written Assignments (20%)

You can do these assignments on your own or with a partner. They can be submitted at any point throughout the term. I will grade them as they come in. They must be submitted **prior to the final test. You have all term to complete these assignments. No extensions will be provided.**

Media Case Study (10%)

For this assignment, you will watch a movie that depicts an individual living with mental illness and provide a written report using course content and outside resources. Details can be found on LEARN.

Infographic/Fact Sheet (10%)

For this assignment, you will create an infographic depicting information about one mental illness that you would like to learn more about. Full details can be found on LEARN.

Experiential Learning (2% Bonus)

Sona Participation and Research Experience Marks Information and Guidelines

Contacting the Research Experience Group

Do not contact me with questions about SONA. I don't have the answers. SONA is run centrally through UW and is separate from my work as an instructor. If you have questions after reading through the information below you can contact them at: regadmin@uwaterloo.ca or find additional resources on [their website here](#).

Experiential learning is considered an integral part of the undergraduate program in Psychology. Research participation is one example of this, article review is another. A number of undergraduate courses have been expanded to include opportunities for Psychology students to earn grades while gaining research experience.

Since experiential learning is highly valued in the Department of Psychology, students may earn a **"bonus" grade of up to 2%** in this course through research experience. Course work will make up 100% of the final mark and a "bonus" of up to 2% may be earned and will be added to the final grade if/as needed to bring your final grade up to 100%.

The two options for earning research experience grades; participation in research through online remotely operated and In Lab studies, as well as article review; are described below. Students may complete any combination of these options to earn research experience grades. For Winter 2023, *credits will be permitted to be earned with half from online, and the other half (1.0) from In-lab or Remote Access studies*

Option 1: Participation in Psychology Research

Research participation is coordinated by the Research Experiences Group (REG). Psychology students may volunteer as research participants in remotely operated, In Lab and/or online (web-based) studies conducted by students and faculty in the Department of Psychology. Participation enables students to learn first-hand about psychology research and related concepts. Many students report that participation in research is both an educational and interesting experience. Please be assured that all Psychology studies have been reviewed and received ethics clearance through a University of Waterloo Research Ethics Board.

How to earn extra marks for your Psychology course(s) this term by participating in studies ...

- You will earn "credits" which will be converted to "marks" (1 credit = 1%)
- You can schedule your remotely operated (replacing in-lab) and ONLINE studies using the "Sona" website.

Educational focus of participation in research

To maximize the educational benefits of participating in research, students will receive feedback information following their participation in each study detailing the following elements:

- Purpose or objectives of the study
- Dependent and independent variables
- Expected results
- References for at least two related research articles
- Provisions to ensure confidentiality of data

- Contact information of the researcher should the student have further questions about the study
- Contact information for the Director of the Office of Research Ethics should the student wish to learn more about the general ethical issues surrounding research with human participants, or specific questions or concerns about the study in which s/he participated.

Participation in remotely operated (counts as the same as in-lab) studies has increment values of 0.5 participation credits (grade percentage points) for each 30-minutes of participation. Participation in ONLINE studies is worth .25 credits for each 15-minutes of participation. Researchers will record student's participation and at the end of the term the REG Coordinator will provide the course instructor with a credit report of the total credits earned by each student.

How to participate?

Study scheduling, participation and grade assignment is managed using the SONA online system. All students enrolled in this course have been set up with a SONA account. You must get started early in the term.

For instructions on how to log in to your SONA account and for a list of important dates and deadlines please, as soon as possible, go to:

[Participating/SONA information: How to log in to Sona and sign up for studies](#)

**** Please do not ask the Course Instructor or REG Coordinator for information unless you have first thoroughly read the information provided on this website.****

More information about the REG program in general is available at:

[Sona Information on the REG Participants website](#) or you can check the [Sona FAQ on the REG website homepage](#) for additional information.

Option 2: Article Review as an alternative to participation in research

Students are not required to participate in research, and not all students wish to do so. As an alternative, students may opt to gain research experience by writing short reviews (1½ to 2 pages) of research articles relevant to the course. The course instructor will specify a suitable source of articles for this course (i.e., scientific journals, newspapers, magazines, other printed media). *You must contact your TA to get approval for the article you have chosen before writing the review.* Each review article counts as one percentage point. To receive credit, you must follow specific guidelines. The article review must:

- **Be submitted before the [last day of lectures](#). Late submissions will NOT be accepted under ANY circumstances.**

- Be typed
- Fully identify the title, author(s), source and date of the article. A copy of the article must be attached.
- Identify the psychological concepts in the article and indicate the pages in the textbook that are applicable. Critically evaluate the application or treatment of those concepts in the article. If inappropriate or incorrect, identify the error and its implications for the validity of the article. You may find, for example, misleading headings, faulty research procedures, alternative explanations that are ignored, failures to distinguish factual findings from opinions, faulty statements of cause-effect relations, errors in reasoning, etc. Provide examples whenever possible.
- Clearly evaluate the application or treatment of those concepts in the article.
- Keep a copy of your review in the unlikely event we misplace the original.

COURSE SCHEDULE

Week	Date	Topic	Readings
1	Jan 9 th	Introduction to the course Definitional and Historical Considerations, and Canada's Mental Health System	Chapter 1
<p style="color: red;">Syllabus Quiz: Open now and available until end of term. Must be completed in order to open any of the other quizzes for this course.</p>			
2	Jan 16 th	Current Paradigms and Integrative Approaches Stigma	Chapter 2
<p style="color: red;">Chapter Quiz 1: Quiz covers Chapter 2 – Current Paradigms and Integrative Approaches Quiz will open at 11:30 am on Thursday, Jan 19th, and will close at 11:30 am on Sunday, Jan 22nd</p>			
3	Jan 23 rd	Clinical Assessment, Classification, and Diagnosis	Chapter 3
<p style="color: red;">Chapter Quiz 2: Quiz covers Chapter 3 – Clinical Assessment, Classification, and Diagnosis Quiz will open at 11:30 am on Thursday, Jan 26th, and will close at 11:30 am on Sunday, Jan 29th</p>			
4	Jan 30 th	<p style="text-align: center;">Part A: 6:30 – 8:00: TEST #1</p> <hr style="width: 50%; margin: 10px auto;"/> <p style="text-align: center;">Part B: 8:15 – 9:20: Lecture Research Methods in the Study of Abnormal Behaviour</p>	<p style="text-align: center;">Part A: Test Content Chapters 1, 2, and 3, along with lecture material</p> <hr style="width: 50%; margin: 10px auto;"/> <p style="text-align: center;">Part B: Lecture Chapter 4</p>
5	Feb 6 th	Anxiety Disorders Obsessive-Compulsive and Related Disorders	Chapter 5 Chapter 6 (OCD and Hoarding)
6	Feb 13 th	Mood Disorders and Suicide	Chapter 8

Week	Date	Topic	Readings
Chapter Quiz 3: Quiz covers Chapter 8 – Mood Disorders and Suicide Quiz will open at 11:30 am on Thursday, Feb 16 th , and will close at 11:30 am on Sunday, Feb 19 th			
7	Feb 20 th	Reading Week - No Class	N/A
8	Feb 27 ^h	Personality Disorders	Chapter 13
Chapter Quiz 4: Quiz covers Chapter 13 – Personality Disorders Quiz will open at 11:30 am on Thursday, March 2 nd , and will close at 11:30 am on Sunday, March 5 th			
9	March 6 th	Part A: 6:30 – 8:00: TEST #2 <hr/> Part B: 8:15 – 9:20: Lecture Schizophrenia	Part A: Test Content Chapters 4, 5, 6, 8 and 13, along with lecture material <hr/> Part B: Lecture Chapter 11
10	March 13 th	Obsessive-Compulsive and Related Disorders Eating Disorders	Chapter 6 (Body Dysmorphic Disorder) Chapter 10
11	March 20 th	Substance-Related Disorders	Chapter 12
Chapter Quiz 5: Quiz covers Chapter 12 – Substance Related Disorders Quiz will open at 11:30 am on Thursday, March 23 rd , and will close at 11:30 am on Sunday, March 26 th			
12	March 27 th	Self-Help and Peer Support Legal and Ethical Issues	Chapter 18
Chapter Quiz 6: Quiz covers Chapter 18 – Legal and Ethical Issues Quiz will open at 11:30 am on Thursday, March 30 th , and will close at 11:30 am on Sunday, April 2 nd			
13	April 3 rd	Part A: 6:30 – 8:00: TEST #3 <hr/> Part B: Nothing! We're done!	Part A: Test Content Chapters 6, 10, 11, 12, and 18 along with lecture material

IMPORTANT DATES TO REMEMBER

Students are encouraged to review the [Academic Calendar](#) for information regarding all important dates, deadlines, and services available on campus.

POLICY ON LATE WORK, MISSED ASSIGNMENTS, AND MAKE-UP TESTS

Tests will only be rescheduled under very limited conditions. As only 5 of the 6 chapter quizzes will count toward your final grade, and you have 72 hours to complete each one, any quizzes not completed within that timeframe will not be rescheduled. Remember, you **MUST** complete and score 100% on the syllabus quiz prior to being able to access the chapter quizzes.

Extensions will not be provided for any assignments for this course. You have the full term to complete them and all of the instructions were provided on the first day of class. Failure to submit assignments before the final test will result in a grade of 0 for that assignment.

See additional details under the learning activities, assignments, tests, quizzes and examinations portion of this document.

ATTENDANCE POLICY

Attendance will not be monitored in this class and you will not earn marks for coming to class. You will, however, do much better on the course assessments if you have attended class and engaged in the lectures each week.

ELECTRONIC DEVICE POLICY

We will be using an online survey platform in this class. You will need a laptop, tablet, or phone if you wish to participate in these activities (it is not mandatory). In the spirit of creating a classroom environment conducive to listening and learning, I ask all students to restrict your laptop use during lectures to note-taking, and to silence your phones and other devices.

INTELLECTUAL PROPERTY

The educational materials developed for this course, including, but not limited to, lecture notes and slides, handout materials, examinations and assignments, and any materials posted to LEARN, are the intellectual property of the course instructors. These materials have been developed for student use only and they are not intended for wider dissemination and/or communication outside of a given course. Posting or providing audio, video, or textual material of course content to third-party websites is prohibited and violates instructors' intellectual property rights, and the [Canadian Copyright Act](#). Recording lectures in any way is not allowed unless specific permission has been granted by instructors.

OTHER IMPORTANT INFORMATION

Academic Integrity: In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect, and responsibility. Check www.uwaterloo.ca/academicintegrity/ for more information.

Grievance: A student who believes that a decision affecting some aspect of their university life has been unfair or unreasonable may have grounds for initiating a grievance. Read the St. Jerome's University Policy on [Student Petitions and Grievances](#). When in doubt, please be certain to contact the St. Jerome's Advising Specialist, Student Affairs Office, who will provide further assistance.

Discipline: A student is expected to know what constitutes academic integrity, to avoid committing an academic offence, and to take responsibility for their actions. Check www.uwaterloo.ca/academicintegrity/ for more information. A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about “rules” for group work/collaboration should seek guidance from the course instructor, academic advisor, or the Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under the St. Jerome’s University Policy on [Student Discipline](#). For information on categories of offences and types of penalties, students should refer to University of Waterloo [Policy 71, Student Discipline](#). For typical penalties, check the [Guidelines for the Assessment of Penalties](#).

Appeals: A decision made or penalty imposed under the St. Jerome’s University Policy on Student Petitions and Grievances (other than a petition) or the St. Jerome’s University Policy on Student Discipline may be appealed if there is a ground. A student who believes they have a ground for an appeal should refer to the St. Jerome’s University Policy on [Student Appeals](#).

Note for students with disabilities: [AccessAbility Services](#), located in Needles Hall (Room 1401) at the University of Waterloo, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with AccessAbility Services at the beginning of each academic term.

Mental health services

All of us need a support system. The SJU faculty and staff encourage students to seek out mental health support if they are needed.

On Campus:

- Counselling Services: counselling.services@uwaterloo.ca / 519-888-4567 x32655
- **MATES:** one-to-one peer support program offered by Federation of Students (FEDS) and Counselling Services
- Health Services Emergency service: located across the creek from Student Life Centre

Off campus, 24/7:

- **Good2Talk:** Free confidential help line for post-secondary students. Phone: 1-866-925-5454
- Grand River Hospital: Emergency care for mental health crisis. Phone: 519-749-4300 x6880
- **Here 24/7:** Mental Health and Crisis Service Team. Phone: 1-844-437-3247
- **OK2BME:** set of support services for lesbian, gay, bisexual, transgender or questioning teens in Waterloo. Phone: 519-884-0000 x213

Full details can be found online on the Faculty of Arts [website](#).

Download [UW and regional mental health resources \(PDF\)](#)

Download the [WatSafe app](#) to your phone to quickly access mental health support information