GROSSMONT COLLEGE

Official Course Outline

PSYCHOLOGY 170 – ABNORMAL PSYCHOLOGY

1. Course Number Course Title Semester Units Semester Hours

PSY 170 Abnormal Psychology 3 3 hours lecture: 48-54 hours

96-108 outside-of-class hours 144-162 total hours

2. Course Prerequisites

None.

Corequisite

None.

Recommended Preparation

None.

3. Catalog Description

Overview of psychological research and theoretical perspectives involving the diagnoses, causes and treatment of abnormal behavior. The major disorders include anxiety disorders (such as phobias, panic attacks and obsessive-compulsive), mood disorders (such as depression and bipolar disorders), schizophrenia, personality disorders, childhood/adolescent disorders (such as ADHD, eating disorders and disorders of the autism spectrum), substance-related disorders and cognitive disorders.

4. Course Objectives

The student will:

a. Compare theories and paradigms in psychopathology on assessment and treatment of abnormal behavior.

b. Differentiate the major categories of mental disorder in the most current revision of the Diagnostic and Statistical Manual of Psychological and Mental Disorders.

c. Identify the symptoms of the major disorders.

d. Compare the causal/risk factors of major disorders proposed by different theoretical perspectives such as biological, psychodynamic, behavioral, cognitive, humanistic, and existential.

e. Examine and distinguish the forms of therapy used to treat the major disorders.

5. Instructional Facilities

Standard classroom.

6. Special Materials Required of Student

None.

7. Course Content

a. Background.

(1) History.

(2) Theoretical perspectives and paradigms such as biological, psychodynamic, behavioral, cognitive, humanistic and existential.

(3) Diagnostic techniques and research methods.

(4) DSM and its axes

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7. Course Content (continued)

b. Anxiety disorders.

Symptoms, causes and treatment of

(1) Phobias.

(2) Panic disorder and agoraphobia.

(3) Generalized anxiety disorder.

(4) Posttraumatic stress disorder.

(5) Obsessive compulsive disorder.

c. Mood disorders.

Symptoms, causes and treatment of

(1) Major depressive disorder.

(2) Bipolar disorder.

(3) Dysthymic and cyclothymic disorders.

d. Schizophrenia

Symptoms, explanations and treatment of.

e. Personality disorders.

(1) Dramatic, anxious and odd clusters.

(2) Paranoid, Schizoid, Schizotypal, Antisocial, Histrionic, Borderline, Narcissistic, Avoidant, Dependent and Obsessive-compulsive personality disorders

f. Disorders of infancy, childhood, and adolescence.

Symptoms, causes and treatment of

(1) Attention-deficit hyperactivity disorder.

(2) The autism-spectrum disorders

(3) Conduct disorder and Oppositional Defiant disorder.

(4) Eating disorders.

g. Cognitive disorders.

Symptoms, causes, and treatment of dementia of the Alzheimer’s type.

h. Symptoms, causes, treatment, and types of substance-related disorders.

8. Method of Instruction

a. Lectures and group discussion.

b. Multimedia presentations.

c. Discussion of textbook readings and written assignments.

9. Methods of Evaluating Student Performance

a. One or more exams including both objective and essay questions.

b. A comprehensive written final exam.

**c.** Written assignments, term paper and/or oral presentations (for example, but not limited to, advantages and disadvantages of diagnosis and/or differentiating between the symptoms, causes and treatments of major psychological disorders).

10. Outside Class Assignments

a. Reading assigned chapters of the text of approximately one chapter per week.

b. Library research including web sources on major psychological disorders (for example, but not limited to, generalized anxiety disorder, major depressive disorder, anorexia nervosa).

c. Written assignment of minimum 500 words (for example, but not limited to, myths about mental illness; issues in diagnoses and/or comparing theoretical perspectives on psychological disorders).

11. Texts

a. Required texts:

(1) Comer, R. J. *Fundamentals of Abnormal Psychology*, **8t**h edition. Worth Publishers. New York, NY. 2016.

(2) Durand, V. Mark and David H. Barlow. *Essentials of Abnormal Psychology***, 7th** edition. Belmont, Ca. Wadsworth, 2015

(3) Whitbourne & Halgin. *Abnormal Psychology: Clinical Perspectives on Psychological Disorders*, 7th edition. New York, NY. McGraw Hill. 2013.

b. Supplementary texts and workbooks: None

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Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to:

* 1. Differentiate, explain and evaluate the theoretical models used to explain and treat selected psychological disorders.
  2. Identify the criteria for abnormality.
  3. Explain the advantages and disadvantages of diagnosing psychological disorders.
  4. Differentiate the symptoms, effective treatments, and cause of the major psychological disorders.

Date approved by the Governing Board: December 12, 2017