

PSYC C255: ABNORMAL PSYCHOLOGY

Item	Value
Curriculum Committee Approval Date	10/22/2010
Top Code	200100 - Psychology, General
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 4 Social and Behavioral Science (CD1)
California General Education Transfer Curriculum (Cal-GETC)	• Cal-GETC 4 Social & Behavioral Sciences (4)
Intersegmental General Education Transfer Curriculum (IGETC)	• IGETC 4 Social&Behavioral Sci (4)
California State University General Education Breadth (CSU GE-Breadth)	• CSU D Soc Politic Econ Inst (D)

Course Description

Formerly: PSYC C120. An introduction to emotional and mental disorders from a biological, sociocultural, and psychological approach. The course covers the field's historical approaches and the range of psychological disorders as well as their symptoms, treatment, and the prevention of mental problems. PREREQUISITE: PSYC C1000. Transfer Credit: CSU; UC. C-ID: PSYC 120.C-ID: PSYC 120.

Course Level Student Learning Outcome(s)

1. Use three of the "Models of Abnormality" (cognitive, behavioral, biological, psychodynamic, humanistic-existential, or sociocultural) to explain how a person could have developed specific abnormal behaviors.
2. Describe the conditions that make stress disorders more likely to occur, including biological/genetic, personality, childhood experiences, social support variables, and characteristics of the trauma that put people at risk for developing a stress disorder.
3. Using their own personal experiences and/or knowledge, learners will identify themes and coping strategies, and they will analyze the effectiveness of their strategies in controlling symptoms of psychological or physical stress.
4. Learners will compare their own experiences to the role that stress may play in other people's psychological disorders.

Course Objectives

- 1. Describe the various contemporary concepts or models of abnormal behavior.
- 2. Explain the criteria used to define abnormal behavior.
- 3. Discuss the historical origins of modern diagnostic systems.
- 4. Compare the features of depressive disorder, bipolar disorder, personality disorder, substance abuse, and schizophrenic disorder.
- 5. Analyze the strengths and weaknesses of the DSM diagnostic system.
- 6. Explain the advantages and disadvantages of the case study, correlation method, and experimental methods used to study and treat mental illness.

Lecture Content

Abnormal psychology in science and clinical practice
 Abnormal psychology: past and present
 What clinical researchers do
 Models of abnormality
 Biological, psychodynamic, behavioral, cognitive, humanistic-existential, and sociocultural models of abnormality.
 Clinical assessment, diagnosis and treatment
 Characteristics of assessment tools
 Classification systems
 DSM-V
 Research methods
 Problems of anxiety and mood
 Anxiety disorders
 Generalized anxiety disorder
 Phobias
 Panic disorder, obsessive-compulsive disorder
 Stress disorders
 Fight-or-flight response
 Acute and post-traumatic stress disorder
 Physical stress disorder
 Somatoform and dissociative disorders
 Mood disorders
 Unipolar depression
 Bipolar disorders
 Suicide
 Definition, study and research
 Triggering factors; causes
 Treatment and prevention
 Problems of the mind and body
 Eating disorders
 Anorexia nervosa
 Bulimia
 Substance-related disorders
 Depressants, stimulants
 Hallucinogens, cannabis
 Sexual Disorders and gender identity disorder
 Sexual dysfunctions; treatments
 Paraphilias
 Gender identity disorder
 Problems of the psychosis and cognitive factors
 Schizophrenia
 Theories explaining schizophrenia
 Treatment
 Life-span problems
 Personality disorders
 Problems posed by the DSM categories
 Disorders of childhood and adolescence
 Childhood anxiety disorders
 Childhood depression
 Autism/mental retardation
 Disorders of aging and cognition
 Old age and stress
 Depression in later life
 Disorders of cognition
 Issues affecting the mental health of the elderly
 Law, society and the mental health profession
 Clinician influence on the criminal justice system
 Judicial system influence on mental health care
 Ethical principles guiding mental health professionals
 Mental health, business and economics

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Directed/Independent Study (40)
- Video one-way (ITV, video) (63)

Instructional Techniques

The instructor will utilize a variety of instructional techniques such as lecture format augmented by PowerPoint slides, computer-animated demonstrations, classroom demonstrations, and video programs. Learning strategies will include small group activities, case studies, individual student projects, guest speakers, web activities, and discussion board activities. Student evaluation methods will include taking quizzes and tests and writing reports, doing independent reading and studying, and taking midterm and final examinations.

Reading Assignments

Students will read the assigned textbook. Additional articles and sites from the Internet and/or a reader will be provided.

Writing Assignments

Written Assignments: Students will submit at least two written assignments, at least one midterm essay, and responses to discussion topics.

Out-of-class Assignments

Quizzes: In-class and/or take-home quizzes will be given regularly that will cover the textbook, lecture material, and classroom discussion.

Exams: Students will prepare for a Midterm and a Final Examination; these will be objective multiple-choice, fill-in, and/or matching exams as well as an essay.

Demonstration of Critical Thinking

Given a discussion topic, essay topic, or other written assignment, students will compare and contrast behavior within a context that is driven by psychological, biological, or social factors.

Required Writing, Problem Solving, Skills Demonstration

Students will be assigned weekly written assignments in the form of either discussion reaction, essay, journal, or other written assignments. At least two larger written reports will also be required during the class. Students will respond to objective and essay questions demonstrating critical thinking. Participation in small-group, in-class discussions and evaluation of ideas that evolve from the group discussions. Use of critical thinking skills in written assignments and/or reaction papers in class.

Eligible Disciplines

Psychology: Master's degree in psychology OR bachelor's degree in psychology AND master's degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Comer, Ronald J. Fundamentals of Abnormal Psychology, latest edition ed. Worth Publishers, 2019
2. Required Sue, D., Sue, D.W., Sue, S.; Sue, D. M. Understanding Abnormal Behavior, latest edition ed. Cengage, 2022
3. Required Durand, V. M.; Barlow, D. H. Essentials of Abnormal Psychology, latest edition ed. Cengage Learning, 2019

Other Resources

1. Coastline Library
2. Popular press books may be added as readers or supplements so students can apply textbook learning to real life experiences.