Abnormal Psychology Lab

Course 341:02
Fall 2018
Wednesdays 3:20pm-6:20pm

Instructor: Benjamin Billingsley, B.A.
Office: Room 105, Busch Campus
Office Hours: By Appointment
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Textbooks: Any required reading for this class will be distributed during class or posted on Sakai. However, it is highly recommended that you purchase the Publication Manual of the American Psychological Association: Current Edition ($28.00) if you do not own it already.

Purpose: The ability to understand and conduct empirical research is essential for students interested in clinical and abnormal psychology. This course is designed to help you develop the necessary knowledge and skills to engage in research as a clinical scientist. We will learn the basic steps involved in conducting a study in clinical psychology (e.g., ethical considerations, formulating hypotheses, choosing measures, collecting and analyzing data).

As a student in this course, you will be immersed in every step of the process, and will come away with a solid foundation in research in abnormal and clinical psychology, which is necessary for graduate training. A comprehensive research report (i.e. a research paper) **in APA format** is due at the end of the class.

The course is restricted to undergraduate majors in psychology who have taken Quantitative Methods and Abnormal Psychology. It is designed to meet one lab course requirement of the psychology major. Like any lab course, *this class requires more than the average amount of work for you to earn a high grade.*

Attendance and Assignments

Because this course is challenging and we cover a lot of material in every class, you are expected to attend *every class*.   Inconsistent attendance will result in a lowered grade. In addition, **you must arrive on time to lab/lecture.** If you are more than 15 minutes late, you will receive a 0 for the assigned homework. Missed assignments that are not excused will be given a "0." You CANNOT make up any of the take-home assignments. Absences will only be excused, with the presentation of a dean's note or other comparable notification. Late assignments will be docked 2 points per day for up to 3 days. **Assignments more than 3 days late will not be accepted.** If you miss two classes, you will be placed on probation. **If you miss three or more classes, you will automatically receive an "F" for the course. Missed classes include those that you were more than 15 minutes late to.** Please type all assignments in 12-point font and use double spacing.

Core Requirements

This course has been certified as satisfying four of the Writing and Communication Learning Outcome Goals (including WCR and WCD) of the SAS Core Curriculum. Specifically, students will be able to:

    a) Respond effectively to editorial feedback from peers, instructors, and/or supervisors through successive drafts and revision (WCR)

    b) Communicate effectively in modes appropriate to a discipline or area of inquiry (WCD)

    c) Evaluate & critically assess sources & use the conventions of attribution & citation correctly

    d) Analyze and synthesize information and ideas from multiple sources to generate new insights.

Course website: If you are properly registered for the course, you have access to the course website through Sakai. There you will find copies of all slides and handouts, study guides, and special notices. Please note that I will be posting the slides from each class **after** every class. **It is important to note that the syllabus is subject to change, so please consistently check the syllabus on Sakai so that you are aware of these changes.**

Computer Room (Room 105):

- No food or drink is allowed in the computer lab!
- The student computers have a folder structure with a link on the desktop for the various types of labs (Psych 302, Psych 306). There are subfolders for the various sections (Mo 12, Mo 34, Mo 56 Mo 78, Tue 12 etc.).
- You are supposed to use the same computer during the entire semester and should be saving your data, analyses, and work to the correct folder for your section
  - **Back up your assignments and data each day via a flash drive (or emailing them to yourself) is HIGHLY recommended. *You* are responsible for securing *your own* files and data. Loss of files could result in a lowered grade. Please remember to do this, as the computers in the lab make a habit of disappearing people's data. You have been warned.**
  - Do NOT save things on the desktops! They **can** be cleared **every time you log off.**
  - Do NOT download anything non-class related!
- Use of the computers is a privilege, and inappropriate use of the computers may result in loss of that privilege. The computers are to be used for **class work only,** that means that you should not be using them during lecture. If you are on the computer and not paying attention during lecture, your computer privileges will be revoked.

Students with disabilities: Any student who feels he or she needs accommodation for a physical or learning disability, please contact the Office of Disability Services (151 College Ave, Suite 123; phone 732-932-2848) and read more about Rutgers' policy at http://disability/services.rutgers.edu . If you request accommodations for this course, you will need a letter from Disability Services. This letter must be provided to me *by our fourth class*, at

which point you may make a request for course-specific accommodations. The Chair of Undergraduate Psychology and I will review your request and may choose to modify it before it is approved.

Office hours: My office hours are by appointment only, since my schedule tends to change week-to-week. We can also meet before or after class if you schedule with me in advance. I welcome and encourage any student to contact me if he or she has any questions concerning an assignment, or something covered in class.

Plagiarism. All work that students turn in must be their own work. Students *should not* work collaboratively on assignments without prior approval from the instructor. Any outside sources (including help from other people) must be appropriately referenced in all written work. Turning in someone else's work as your own is completely unacceptable. This includes downloading information from the web and pasting it into your paper. For each written assignment, I use Google, Wikipedia, etc to check for plagiarism. Additionally, we require that your paper be turned in as electronic as well as hard copies so that we can check for plagiarism by matching content to information on the web (the Rutgers assignment submission portal on Sakai automatically checks for plagiarism as well)**. Any student who plagiarizes on any assignment will,** *at the very least***, receive a failing grade for the course**. More severe consequences (e.g., expulsion) are also possible. More about academic integrity can be found at http://ctaar.rutgers.edu/integrity/policy.html.

Assignments and Grading:
All assignments are due at the beginning of the class period
7 Homework Assignments: 10 points each (70 total)
Class Participation and Attendance: 50 points
Cognitive Restructuring/Defusion Log: 70 points
Final Paper: 100 points
Total: 320 points

A = 90% and higher	C+ = 77-79%	F = Below 60%
B+ = 87-89%	C = 70-76%	
B = 80-86%	D = 60-69%	

Late Assignments
Homework assignments that are handed in any time after 2pm the day they are due will be docked five points. If the assignment is not handed in within twenty four hours of the due date it will be marked a zero. In addition, I cannot guarantee that I can edit late assignments. Cognitive restructuring/defusion logs will be docked ten points for every day they are handed in late. Incomplete logs will only be worth half of a complete log (35 points). A log will be considered incomplete if recordings were missed for 3 or more days.

The final paper will be docked 10 points for every day it is handed in late. After 7 days you will automatically receive a zero on the final paper.

Fall 2018 Schedule

A quick note: For each class, the syllabus lists an "Assignment" and a "Due" section. The "Due" section is what you're supposed to hand in on that day. The "Assignment" section is the homework you will be assigned that day, which is due the next class.

September 12th: Introduction to the Course; Traditional Cognitive Behavioral Therapy
1) Overview of purpose of the course
2) What is Anxiety
3) What is traditional CBT
Assignment: None
Due: Nothing

September 19th: Class Cancelled

September 26th: Traditional Cognitive Behavioral Therapy (cont.); Acceptance and Commitment Therapy
1) Continued discussion of traditional CBT
2) State of the evidence
3) Introduction to Acceptance and Commitment Therapy
Assignment: None
Due: Nothing

October 3rd: Finish discussion of CBT (if needed) ; Introduction to Acceptance and Commitment Therapy (ACT); In-Class writing exercise
1) Continued discussion of Acceptance and Commitment Therapy (ACT)?
2) State of the evidence
3) Comparison of ACT and CBT
4) Introduce in-class study – what we will be doing
   a. Administer AAQ-10, PSWQ, STAI
   b. Hand out restructuring log
   c. Hand out defusion log
5) What is the scientific method?
6) What are hypotheses? How do we construct them?
   a. Practice hypothesis writing in class
Assignment: Write hypothesis about what you think our study outcomes will be; start recording in logs
Due: Nothing

October 10th: Psychology and the scientific method
1) Divide students into the two treatment groups
2) Review study protocol

3) Overview of how to write an APA style introduction
4) Discuss literature review process
5) How-to for library resources
6) How do we cite and reference our work?

Assignment: First draft of introduction section
Due: Hypotheses

October 17th: Peer-Review Work on Introduction
1) Review of how to write an introduction
2) Overview of how to write a methods section
3) In-class time to work on introduction

Assignment: Revise introduction section
Due: First draft of introduction section

October 24th: APA Style Methods Section; Data Analysis
1) In-class discussion of study methods
2) How does our hypothesis impact our methods?
3) Conceptual introduction to data analysis

Assignment: Write up draft of Methods section
Due: Revised Introduction Section

October 31st: Peer Review Work on Methods: Conducting Data Analysis
1) Peer-review of Methods section
2) Introduction to SPSS & Data Processing/Analysis
3) In Class Activity: Practice Data Processing/Analysis

Assignment: Revise Methods Section
Due: First draft of methods section

November 7th: APA Style Results Reporting
1) Overview of APA Style Results section
2) In Class Activity: Analyze data and write-up results section in class

Assignment: Continue working on first draft of APA-style results section
Due: Revised methods section; Cognitive restructuring and defusion logs

November 14th: Peer-Review work on Results; In-Class Results Writing Workshop
1) Peer-review work on drafts of Results section
2) In Class Activity: Work on results section
3) Overview of APA Style Discussion section and APA Style Abstract

Assignment: Write first draft of discussion section.
- **IF YOU WANT ME TO EDIT YOUR DISCUSSION SECTION THEN YOU HAVE TO GET IT TO ME BY NOVEMEBR 21st AT THE LATEST!!!!!!**

Due: First draft of APA-style results section

November 21st: No class

November 28th: In-class work

1) Peer-review work on discussion section (even if I edited it you can still have a peer look at it)
2) In-class activity: work on final paper

Assignment: Revised discussion section/Final Paper
Due: Revised results section

December 5th: Work on Final Paper
1) In Class Activity: Work on Final Paper

FINAL PAPER IS DUE AT 11:59PM ON 12/6/18