

Abnormal Psychology Lab

Course 341:B6

Summer 2019

Tuesdays & Thursdays 6:00pm-9:40pm

Instructor: Benjamin Billingsley, B.A.

Office: Room 105, Busch Campus

Office Hours: By Appointment

Contact Information : bb575@rwjms.rutgers.edu

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!
- 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. 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 by 3pm on Monday (except for the final paper):

4 Drafts: 12 points each (48 points)

Class Participation and Attendance: 40 points

Log: 40 points

Final Paper: 100 points

Podcast Responses: 20 points

Total: 248 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 3pm 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.

Summer 2019 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.

May 28th: Introduction to the Course; Traditional Cognitive Behavioral Therapy

- 1) Overview of purpose of the course
- 2) What is traditional CBT
- 3) What is Acceptance and Commitment Therapy?
- 4) Review psychological flexibility model

Assignment: None

Due: Nothing

May 30th: CLASS CANCELLED

June 4th: Study; Introduction Section

- 1) Introduce in-class study
 - a. Administer AAQ-10, STAI, GAD-7
 - b. Hand out logs
- 2) Divide students into two treatment groups
- 3) How to write an introduction
- 4) Brainstorm hypotheses for in-class study
- 5) Review literature review process
- 6) Review Psychological Flexibility Model

Assignment: Start recording in logs; start working on introduction

Due: Nothing

June 6th: Scientific method; Psychological Flexibility Model

- 1) Review rest of psychological flexibility model
- 2) Instructor to answer any questions about introduction
- 3) Review difference between a literature review and a meta-analysis
- 4) If necessary, finish review of psychological flexibility model
- 5) In-class work on introduction section

Assignment: Continue working on introduction

Due: Nothing

June 11th: Psychology and the scientific method; Introduction Section

- 1) Peer Review of Introduction: Check key points
- 2) Overview of how to write a methods section
- 3) In-class discussion of study methods

Assignment: Revise introduction section

Due: First Draft of Introduction Section - SUBMIT ON SAKAI

June 13th: Peer-Review Work on Introduction; APA style methods section

- 1) Work on methods section
- 2) Administer measures
- 3) Introduction to SPSS & Data Processing/Analysis
- 4) In-Class Activity: Practice Data Processing/Analysis

Assignment: First draft of methods

Due: Revised introduction section – SUBMIT ON SAKAI

June 18th: Peer Review Work on Methods: Conducting Data Analysis

- 1) Peer-review of Methods section
- 2) Overview of APA Style Results Section
- 3) Write up results in class
- 4) Overview of APA Style Discussion Section

Assignment: Revise Methods Section

Due: First draft of methods section – SUBMIT ON SAKAI

June 20th: In-Class Activity: Discussion Section

- 1) Work on discussion section in class
- 2) **Submit what you have of your discussion section by 10pm on June 20th.
I will provide feedback on it by the 25th.**

Assignment: N/A

Due: Revised Methods Section – SUBMIT ON SAKAI

June 25th: In-class work

- 1) Make any major changes to the discussion section
- 2) Work on final paper

Assignment:

Due: N/A

June 27th: ACT Principles/Podcast Discussion

- 1) Work on final paper

Assignment: Final Paper/ Listen to John Kabat Zinn & Pema Chodron Podcast

Due: Podcast Written Response

July 2nd: LAST CLASS

- 1) Discussion of podcast
- 2) How could we give college students some of these skills?

Assignment: Final Paper

Due: Podcast Written Response

FINAL PAPER IS DUE ON XX AT 11:55PM!! MUST BE SUBMITTED ON SAKAI BY THEN!!!