

SYLLABUS: ABNORMAL PSYCHOLOGY 340:01

PROFESSOR SHORS, DEPARTMENT OF PSYCHOLOGY, Rutgers University

Spring 2015, MW (3:20-4:40) TIL 232, Livingston Campus

Course Sakai site: <https://sakai.rutgers.edu/portal>

TEXTBOOK: Essential of Abnormal Psychology by Durand and Barlow SEVENTH EDITION with DSM5.

You should definitely get the most recent edition of the book because it contains new information regarding clinical diagnosis of mental disorders. There is an online version and a loose-leaf version, which are less expensive than hardcover.

TEACHING ASSISTANT: Jessica Yu, M.S. (TA office hours by appointment, TA email address: jessica.yu@rutgers.edu) PLEASE SEE TA FOR ALL QUESTIONS ABOUT READINGS, EXAMS AND EXAM GRADES!

General questions about course content should be directed to Professor Shors (shors@rutgers.edu)

(Professor Shors office hours are Wed morning 8-10AM, room 201 Psychology Bldg, Busch Campus)

Abnormal Psychology is the study of abnormal behavior, particularly as it manifests itself in mental illness. I will cover all the major mental disorders with an emphasis on neurobiological mechanisms as well as diagnosis and treatment. The goal is to gain an overall understanding of the major mental illnesses, as well as what causes someone to experience and express the symptoms of these illnesses. Also, the

information should allow you to think about what makes someone "abnormal" rather than "normal." Finally, you will gain knowledge about the underlying mechanisms of these disorders and the most common forms of treatment, including psychological approaches. I will emphasize prevention as well as discussing ways to maintain a healthy brain. You are expected to learn and *remember* the material that we cover in class, much of which is in the book but some is not. You should read the relevant chapters before the lecture. That way, you will already have a foundation on which to build your knowledge as it is presented. I want you all to enjoy the course, but also gain understanding *and* compassion for those suffering with mental illness. That is my goal and hopefully yours as well.

There are three exams. They are noncumulative, including the final exam. The first is worth 25%, the second 35% and the final is worth 40% of your grade. The exams are objective and consist primarily of multiple-choice questions. Please do not ask for extra points. I will not ask you anything on the test that I did not present in class. Make-up exams are only given for *verifiable* emergency accompanied by a doctor's note. They consist of short answer and essay questions. Good luck to you all.

TOPICS:

Part 1:

What is "abnormal?"

History of our understanding and treatment of those suffering with mental illness (Chapter 1)

How we classify and attempt to mitigate suffering today (focus on lecture material)

Panic and anxiety (Chapter 4)

***First Midterm (during normal class period: February 18; 25% of final grade)**

Part 2:

Obsessive Compulsive and Related Disorders (last part Chapter 4; p 151-161)

Mood disorders (unipolar and bipolar depression) and suicide (Chapter 6)

Dissociative identity disorder (Chapter 5; pages 187-190 only)

Personality disorders (Chapter 11)

***Second Midterm (during normal class period: April 1, 35% of final grade)**

Part 3:

Substance abuse (Chapter 10)

Sexual disorders and dysfunction (Chapter 9)

Eating disorders (Chapter 8; p 283-301)

Schizophrenia (Chapter 12)

Cognitive disorders and disorder of childhood (Chapter 13)

Maintaining a healthy brain (throughout course)

***Third Midterm (May 13, 12-3; during final exam period; 40% of final grade)**