

**Course Title:** **Personality and Psychopathology**

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| **Course Category: PS515 Schedule of Offering: Even**  **Semester: 2 Course Credit Structure: 5Credits**  **Contact Hours per week: Lecture: 5 Lecture: 5 Hours per week**  **Course Instructor: Prof. Sreevalsa Kumar** |

**1.Introduction:**

This core course provides a fundamental understanding of individual differences and uniqueness of personhood. The course examines both biological, environmental and epigenetic determinants of personality. Different approaches to the study of personality and theories emanating from such approaches are examined. Applications of personality psychology in various spheres is also examined. This course further introduces psychopathology by tracing its historical origins and merging them with contemporary views of abnormal behaviour. Further, it explores the various viewpoints on the causal factors of abnormal behaviour. This course also covers the process of clinical assessments and diagnosis. The etiology, clinical picture, diagnosis, and treatment of a few psychological disorders would be covered.

**2.Course Outcomes:**

At the end of the course, the students will be able to:

1. Understand the concept of uniqueness of personhood and individual differences.

2. Evaluate how biological and environmental determinants shape personality.

3. Examine various approaches to the study of personality and also theories emanating from those approaches.

4. Illustrate the historical origins and current conceptualizations of abnormal behavior.

5. Design clinical assessment plans and diagnosis of psychological disorders.

6. Describe the etiology, clinical picture, diagnosis and treatment of selected psychological disorders.

**3. Pre-requisites**

Registration to MSc Applied Psychology programme

**4. References**:

Adams, D. P. (2000). *The person: An integrated introduction to personality psychology.*

Hoboken, NJ: John Wiley.

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental*

*disorders (DSM-V)* (5 ed.). Washington, DC: American Psychiatric Association.

Butcher, J. N., Hooley, J. M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology*

(16th ed.) Noida: Pearson India.

Carducci, B. J. (2009). *The psychology of personality: Viewpoints, research & application*.

Hong Kong: Wiley-Blackwell.

Cornelissen, R. M. M., Misra, G., & Varma, S. (Eds.) (2011). *Foundations of Indian*

*psychology—Theories and concepts* (Vol. 1). New Delhi, India: Pearson.

Friedman, H. S., & Schustack, M. W. (2006). *Personality: Classic theories and modern*

*research*. New Delhi, India: Pearson.

Misra, G., & Mohanty, A. K. (Eds.) (2002). *Perspectives on indigenous psychology*. New

Delhi, India: Concept Publishing Company.

Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of east and west*. New York:

Plenum Press.

Parikh, M., & Gupta, R. K. (2010). *Organisational behaviour*. New Delhi: Mc Graw Hill.

Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.) (2008).*Handbook of Indian psychology*.

New Delhi, India: Foundation Books.

Sadock, B. J., Sadock, V. A., & Ruiz, P. (20017). *Comprehensive textbook of psychiatry*

(Vol. 1) (10th ed.). Philadelphia, PA: Wolters Kluwer.

Wedding, D., & Corsini, R. J. (2019). *Current psychotherapies*. Boston, MA: Cengage

World Health Organization. (2003). *International and statistical classification of diseases   
 and related health problems* (10th rev. Ed.). Geneva: Author.

**5.Module-wise topics**

**Module 1 -Introduction to Personality (10 sessions)**

* Concepts and Definitions of personality
* Biological determinants of personality
* Environmental determinants of personality
* Assessment of personality

**Readings**

Adams, D. P. (2000). *The person: An integrated introduction to personality psychology.*

Hoboken, NJ: John Wiley.

Carducci, B. J. (2009). *The psychology of personality: Viewpoints, research &*

*application*. Hong Kong: Wiley-Blackwell.

**Module 2: Personality: Approaches and theories (15 sessions)**

* Trait approaches and theories: Allport, Cattell and McCrae and Costa
* Psychoanalytical Approaches and theories: Freud, Jung, and Klien
* Social Cognitive Approach and theory: Bandura
* Humanistic and Existential Approaches and theories: Rogers, Maslow, and Perls
* Indic Approaches to Personality: Ayurveda and Yoga

**Readings:**

Carducci, B. J. (2009). *The psychology of personality: Viewpoints, research &*

*application*.Hong Kong: Wiley-Blackwell.

Cornelissen, R. M. M., Misra, G., & Varma, S. (Eds.) (2011). *Foundations of Indian*

*psychology—Theories and concepts* (Vol. 1). New Delhi, India: Pearson.

Friedman, H. S., & Schustack, M. W. (2006). *Personality: Classic theories and modern*

*research*. New Delhi, India: Pearson.

Misra, G., & Mohanty, A. K. (Eds.) (2002). *Perspectives on indigenous psychology*. New

Delhi, India: Concept Publishing Company.

Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of east and west*. New York:

Plenum Press.

Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.) (2008).*Handbook of Indian psychology*.

New Delhi, India: Foundation Books.

**Module 3: Applications of the Personality Psychology (10 sessions)**

* + - In organizations
    - In health services
    - In mental health

**Readings:**

Adams, D. P. (2000). *The person: An integrated introduction to personality psychology.*

Hoboken, NJ: John Wiley.

Carducci, B. J. (2009). *The psychology of personality: Viewpoints, research &*

*application*. Hong Kong: Wiley-Blackwell.

Parikh, M., & Gupta, R. K. (2010). *Organisational behaviour*. New Delhi: Mc Graw Hill.

**Module 4: Introduction and Historical Overview of Abnormal Behavior (3 sessions)**

**Topics:**

* What do we mean by abnormality?
* History of psychopathology
* The evolution of contemporary thoughts of abnormal behavior
* Current paradigms in psychopathology
* The development of classification system
* Research methods in psychopathology

**Readings**:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental*

*disorders (DSM-V)* (5 ed.). Washington, DC: American Psychiatric Association.

Butcher, J. N., Hooley, J. M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology*

(16th ed.) Noida: Pearson India.

World Health Organization. (2003). *International and statistical classification of diseases   
 and related health problems* (10th rev. Ed.). Geneva: Author

**Module 5: Causal Factors and Viewpoints in Psychopathology (7 sessions)**

**Topics:**

* Causes and risk factors
* Biological viewpoints and biological causal factors
* Psychological causal factors
* Sociocultural viewpoints and causal factors
* Diathesis-stress model of causation

**Readings**:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental*

*disorders (DSM-V)* (5 ed.). Washington, DC: American Psychiatric Association.

Butcher, J. N., Hooley, J. M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology*

(16th ed.) Noida: Pearson India.

World Health Organization. (2003). *International and statistical classification of diseases   
 and related health problems* (10th rev. Ed.). Geneva: Author

**Module 6:**  **Assessment and Diagnosis** **(7 sessions)**

**Topics:**

* Basic elements in assessment
* Physical assessment
* Psychosocial assessment
* Integration of assessment data
* Diagnosing and classifying abnormal behavior

**Readings**:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental*

*disorders (DSM-V)* (5 ed.). Washington, DC: American Psychiatric Association.

Butcher, J. N., Hooley, J. M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology*

(16th ed.) Noida: Pearson India.

World Health Organization. (2003). *International and statistical classification of diseases   
 and related health problems* (10th rev. Ed.). Geneva: Author

**Module 7: Panic, Anxiety, Obsessions, and Their Disorders (8 sessions)**

**Topics:**

* Commonalities in anxiety disorders
* Social phobias
* Generalized anxiety disorders
* Obsessive-compulsive and related disorders
* Treatment and outcomes

**Readings**:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental*

*disorders (DSM-V)* (5 ed.). Washington, DC: American Psychiatric Association.

Butcher, J. N., Hooley, J. M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology*

(16th ed.) Noida: Pearson India.

Sadock, B. J., Sadock, V. A., & Ruiz, P. (20017). *Comprehensive textbook of psychiatry*

(Vol. 1) (10th ed.). Philadelphia, PA: Wolters Kluwer.

**Module 8: Mood Disorders and Suicide (7 sessions)**

**Topics:**

* Overview of mood disorders
* Unipolar depressive disorders
* Bipolar and related disorders
* Clinical picture and causal pattern in suicide
* Suicide prevention and intervention
* Treatment and outcomes

**Readings:**

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental*

*disorders (DSM-V)* (5 ed.). Washington, DC: American Psychiatric Association.

Butcher, J. N., Hooley, J. M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology*

(16th ed.) Noida: Pearson India.

Sadock, B. J., Sadock, V. A., & Ruiz, P. (20017). *Comprehensive textbook of psychiatry*

(Vol. 1) (10th ed.). Philadelphia, PA: Wolters Kluwer.

**Module 9: Schizophrenia and Other Psychotic Disorders (8 sessions)**

**Topics:**

* Schizophrenia: clinical picture, and subtypes
* Other psychotic disorders
* Risk and causal factors
* Treatment and outcomes

**Readings:**

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental*

*disorders (DSM-V)* (5 ed.). Washington, DC: American Psychiatric Association.

Butcher, J. N., Hooley, J. M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology*

(16th ed.) Noida: Pearson India.

Sadock, B. J., Sadock, V. A., & Ruiz, P. (20017). *Comprehensive textbook of psychiatry*

(Vol. 1) (10th ed.). Philadelphia, PA: Wolters Kluwer.

1. **Pedagogy**

Teaching methods are expected to encourage proactive involvement of students and high level of participation, thus, shall involve interactive lectures (40%), independent learning (40%), and cooperative learning (20%). The interactive learning component will consist of lecture sessions, classroom exercises, and discussions. The independent learning component, on the other hand, shall include such exercises as independent reading and doing individual assignments in the form of behavioural assessments, behavioural intervention plan development, etc. Finally, the cooperative learning component involves doing assignments in groups.

It is envisaged that students will be guided to read, think, solve problems and actively participate in the learning process. This shall be attained through a mix of teaching methods, such as, lectures, projects, assignments, case studies, individual and group presentations, discussion, and fieldwork.

**7.Evaluation Pattern**

Both formative (periodic assignments and projects) and summative (mid semester and final examinations) evaluation will be used.

The breakdown of the evaluation shall be as follows.

Class Participation and Attendance …………………………… 5%

Term Paper ……………………………… 10%

Individual Assignment (including Presentations) …..…………. 10%

Group Assignments (including Presentation) ....………………. 5%

Mid semester Examination …………………………………… 20%

Final Examination ……………………………. 50%

Total ……………………………………………………… 100%