

# **Course Name: Psychopathology**

## **Program in which it is offered: Bsc. (H) Applied Psychology**

<b>Course Category: Core</b>	<b>Schedule of Offering: Even/Odd</b>
<b>Course Credit Structure: 6</b>	<b>Course Code: PSY215</b>
<b>Total Number of Hours: 6</b>	<b>Contact hours per week: 6</b>
<b>Lecture: 4</b>	<b>Tutorial/Practical: 2</b>
<b>Last Revision Year: 2020</b>	<b>Instructor: Mr. Sarin Dominic</b>

### **Course Introduction**

Psychopathology is the scientific study of psychological disorders, their signs and symptoms, and causative factors. It is a field which is constantly developing through contributions of several researchers and practitioners across the world. The present course is introduced to help you develop basic understanding of the theoretical concepts of abnormal psychology and learn about various psychological disorders along with their signs and symptoms and clinical features. The course will also introduce you to the core research areas, basic psychological methods to identify and assess psychopathology, treatment procedures and mental health care services. Acts and policies of the government on mental health and issues and challenges in the field will also be discussed.

### **Course Objectives**

- To help participants develop an understanding of the various theoretical conceptualizations of psychopathology
- To help participants develop basic knowledge of signs and symptoms and clinical features of major mental disorders
- To equip participants with necessary skills to identify the signs and symptoms of mental disorders through observation, clinical interviewing and mental status examination
- To help participants acquire basic information regarding the major biological and psychosocial approaches to management of mental disorders
- To help participants appreciate the mental healthcare delivery system in the country and the legal aspects involved.

### **Course Outcomes**

On successful completion of the course, the participants will be able to

1. Define abnormality adhering to a scientific concepts and criteria of abnormality
2. Understand the various causal factors of mental disorders
3. Observe and identify the various signs and symptoms of mental illness
4. Conduct clinical interview and mental status examination

5. Prepare case reports of individuals having mental disorders
6. Develop primary knowledge of widely used treatment methods available for mental disorders
7. Learn about the mental healthcare delivery system and acts and policies governing it

### PO-CO Mapping

CO/PO Mapping	PO1	PO2	PO3	PO4	PO5	PO6
CO1	1.1	4.1				
CO2	1.2	2.1	7.2	20.1		
CO3	1.2	13.1				
CO4	6.1	8.1	16.1			
CO5	11.1	12.1				
CO6	1.1	11.1				
CO7	1.1	3.1				

### Teaching Pedagogy

The coursework will be activity based involving assignments, lectures, demonstration, practice exercises, case presentations, debates, discussions, webinars with mental health professionals and field visits to mental health establishments. Didactic lectures facilitated through informative slide presentations will help participants understand the basic concepts. Movies/documentaries/case studies/clinical visits will be used to demonstrate signs and symptoms of psychiatric disorders. Practice exercises will be conducted through role-plays to help learn the basic skills. Discussions and debates will be organized on core themes to enhance the thinking skills.

### Pre-requisites

Registration as participant in the BSc/BA Applied Psychology Programme.

### Module Sessions

#### Module-I: Introduction to psychopathology

(6 class hours + 3 tutorials)

Defining abnormality, indicators of abnormality, historical and contemporary views of abnormal behaviour, Classification and diagnosis of mental disorders; International classificatory systems: DSM and ICD, description of mental illness in ancient Indian scriptures, research approaches to psychopathology, incidence and prevalence of mental disorders.

### Readings and reference

- Durand, V. M., & Barlow, D. H. (2019). *Essentials of abnormal psychology*. Australia: Cengage.
- Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.) (2008). *Handbook of Indian psychology*. New Delhi, India: Foundation Books.
- Butcher, J. N., Hooley, J. M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology*

(16<sup>th</sup> ed.) Noida: Pearson India.

- National Mental Health Survey of India, 2015-2016 Prevalence, Patterns and Outcomes, Supported by Ministry of Health and Family Welfare, Government of India, and Implemented by National Institute of Mental Health and Neurosciences (NIMHANS) Bengaluru: In Collaboration with Partner Institutions; 2015-2016.
- Jaspers, K. (1923/1928). *Allgemeine Psychopathologie* (3rd ed.). Berlin: Springer. French edition: Jaspers, K. (1928). *Psychopathologie générale* (trans: A. Kastler, & J. Mendousse). Paris: Alcan.

### **Suggested activities**

- Presentation on prevalence and patterns of mental disorders across countries of the world
- Discussion on reliability and utility of psychiatric diagnosis
- Group discussion on culture and abnormal behaviour with reference to Indian context
- Debate on positive and negative outcomes of diagnostic labelling of mentally ill

### **Module-II: Etiology of mental disorders and psychological assessment**

#### **(8 class hours + 4 practical hours)**

Perspectives to understanding the causes of abnormal behaviour: Biological, psychological, social and cultural perspectives, stress and mental illness: diathesis-stress model. Psychological assessment: clinical interview, mental status examination and psychological testing

### **Readings and reference**

- Durand, V. M., & Barlow, D. H. (2019). *Essentials of abnormal psychology*. Australia: Cengage.
- Sommers-Flanagan, J., & Sommers-Flanagan, R. (2017). *Clinical interviewing*. Hoboken, NJ: Wiley.

### **Suggested activities:**

- Role play exercises to practice interview skills
- Debate on causal perspectives of abnormality
- Case report submissions after conducting clinical interview and mental status examination

### **Module-III: Mood and anxiety disorders**

#### **(12 class hours + 6 practical/fieldwork hours)**

Mood disorders: types (Depression, bipolar affective disorder, dysthymia), prevalence, clinical features and causal factors.

Anxiety or fear related disorders: types (social anxiety disorder, panic disorder, specific phobias) prevalence, clinical features and causal factors.

Obsessive compulsive disorder: prevalence, clinical features and causal factors

### **Readings and reference**

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-V)* (5 ed.). Washington, DC: American Psychiatric Association.

- Sadock, B. J., Sadock, V. A., & Ruiz, P. (2015). *Kaplan & Sadocks synopsis of psychiatry: behavioral sciences/clinical psychiatry*. Philadelphia: Lippincott Williams & Wilkins.
- Durand, V. M., & Barlow, D. H. (2019). *Essentials of abnormal psychology*. Australia: Cengage.
- First, M. B., Skodol, A. E., Spitzer, R. L., & Williams, J. B. W. (2017). *Learning Dsm-5 by case example*. Arlington, VA: American Psychiatric Association Publishing.

### **Suggested activities**

- Presentations on signs and symptoms of mental disorders
- Review of case studies on mental disorders
- Reviewing movies/documentaries depicting illness conditions
- Interviewing individuals with psychological disorders and their caregivers

### **Module-IV: Psychotic disorders**

**(12 class hours + 6 practical/fieldwork hours)**

Psychosis and its types, major signs and symptoms of psychosis

Schizophrenia: clinical features, symptom specifiers, prevalence and causal factors

Delusional disorder: clinical features, prevalence and causal factors

Acute and transient psychotic disorder: clinical features, prevalence and causal factors

### **Readings and reference**

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-V)* (5 ed.). Washington, DC: American Psychiatric Association.
- Sadock, B. J., Sadock, V. A., & Ruiz, P. (2015). *Kaplan & Sadocks synopsis of psychiatry: behavioral sciences/clinical psychiatry*. Philadelphia: Lippincott Williams & Wilkins.
- Durand, V. M., & Barlow, D. H. (2019). *Essentials of abnormal psychology*. Australia: Cengage.
- First, M. B., Skodol, A. E., Spitzer, R. L., & Williams, J. B. W. (2017). *Learning Dsm-5 by case example*. Arlington, VA: American Psychiatric Association Publishing.

### **Suggested activities**

- Presentations on signs and symptoms of mental disorders
- Review of case studies on mental disorders
- Reviewing movies/documentaries depicting illness conditions
- Interviewing individuals with psychological disorders and their caregivers

### **Module-V: Neurodevelopmental and neurocognitive disorders**

**(12 class hours + 6 practical/fieldwork hours)**

Neurodevelopmental disorders: Types (Disorder of intellectual development, speech and language disorders, autism, learning disorders, attention deficit hyperactive disorder) prevalence and causative factors

Neurocognitive disorders: Types (Delirium, amnesia, dementia), prevalence and causative factors

### **Readings and reference**

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-V)* (5 ed.). Washington, DC: American Psychiatric Association.
- Sadock, B. J., Sadock, V. A., & Ruiz, P. (2015). *Kaplan & Sadocks synopsis of psychiatry: behavioral sciences/clinical psychiatry*. Philadelphia: Lippincott Williams & Wilkins.
- Durand, V. M., & Barlow, D. H. (2019). *Essentials of abnormal psychology*. Australia: Cengage.
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### **Suggested activities**

- Presentations on signs and symptoms of mental disorders
- Review of case studies on mental disorders
- Reviewing movies/documentaries depicting illness conditions
- Interviewing individuals with psychological disorders and their caregivers

### **Module-VI: Treatment of psychological disorders (10 class hours + 5 practical/fieldwork hours)**

Biological approaches to treatment: pharmacological treatment, electro-convulsive therapy, transcranial magnetic stimulation.

Psychosocial approaches to treatment: individual psychotherapy, family therapy, rehabilitative interventions.

Mental health legislation and treatment in India: treatment facilities, mental health professionals, mental health legislation, community mental health initiatives of state and central governments.

### **Readings and reference**

- Sadock, B. J., Sadock, V. A., & Ruiz, P. (2015). *Kaplan & Sadocks synopsis of psychiatry: behavioral sciences/clinical psychiatry*. Philadelphia: Lippincott Williams & Wilkins.
- Government of India – The Mental Healthcare Act- 2017. The Gazette of India, Extraordinary, Part II-Section I, April 7, 2017, New Delhi
- B. S. Chavan, N. Gupta, P. Arun, A. Sidana, S. Jadhav (2012) *Community mental health in India*. Jaypee Brothers Medical Publishers, New Delhi.

### **Suggested activities**

- Presentation on biological and psychosocial methods of treatment
- Group interaction with mental health professional
- Evaluation of mental health services in India and other countries
- Critical review of mental health act and policies in India

### **Additional readings (Self-study topics)**

- Dissociative disorders

- Disorders specifically associated with stress
- Disorders due to psychoactive substance use
- Personality and conduct disorders
- Childhood disorders
- Paraphilias and conditions related to sexual health
- Addictive behaviour disorders
- Feeding and elimination disorders
- Nutrition and diet-based treatments for mental illness
- Rehabilitative interventions for individuals with chronic and debilitating mental disorders
- National Mental Health Act of 2017 and its provisions

### **Text Books**

- Butcher, J. N., Hooley, J. M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology* (16<sup>th</sup> ed.) Noida: Pearson India.
- Durand, V. M., & Barlow, D. H. (2019). *Essentials of abnormal psychology*. Australia: Cengage.

### **Reference Books**

- Sadock, B. J., Sadock, V. A., & Ruiz, P. (2015). *Kaplan & Sadocks synopsis of psychiatry: behavioral sciences/clinical psychiatry*. Philadelphia: Lippincott Williams & Wilkins.
- Government of India – The Mental Healthcare Act- 2017. The Gazette of India, Extraordinary, Part II-Section I, April 7, 2017, New Delhi
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- Sommers-Flanagan, J., & Sommers-Flanagan, R. (2017). *Clinical interviewing*. Hoboken, NJ: Wiley.
- Jaspers, K. (1923/1928). *Allgemeine Psychopathologie* (3rd ed.). Berlin: Springer. French edition: Jaspers, K. (1928). *Psychopathologie générale* (trans: A. Kastler, & J. Mendousse). Paris: Alcan.
- Oyeboode, F. (2018). *Sims Symptoms in the Mind: textbook of descriptive psychopathology*. Edinburgh: ELSEVIER.
- Fish, F. J., & Hamilton, M. (1974). *Fishs clinical psychopathology*. Bristol: John Wright & Sons Ltd.

## Evaluation

The coursework of the participant will be evaluated through components of continuous internal assessment (CIA) and exams.

<b>Evaluative components</b>	<b>Percentage</b>
<b>CIA</b>	
Participation in classroom activities (discussion/debate/practice exercises)	5%
Group assignments and presentations	7.5%
Individual assignments	7.5%
Fieldwork/practical reports	10%
<b>Exams</b>	
Mid-semester exam	30%
End semester exam	40%
<b>Total</b>	<b>100%</b>