

BA APPLIED PSYCHOLOGY

2020-21 Academic Year

Core Course Title: Abnormal Psychology

Course Category: PS 212

Schedule of Offering: 3rd Semester

Course Credit Structure: 4 Credits

- **Lecture: 3 Hours per week**
- **Tutorials/Practicals: 1 Hour per week**

Contact Hours per week: 4 Hours per week

Course Instructor: Sarin Dominic, Dr. Kavita S.

Course Coordinator: Sarin Dominic

1. Introduction:

To introduce the nature of abnormal behavior and mental health programs. This course will provide concept of abnormality and the symptoms and etiology of various psychological disorders and clinical psychology. The aim of the course is to help students to understand abnormal behavior and therapeutic interventions for the various psychological disorders. The course will prepare students to take up advanced courses in applied psychology.

2. Course Objectives

- To introduce students to the basic concepts of abnormality and the symptoms and etiology of various psychological disorders.
- To provide an understanding of various mental health problems and the role of clinical psychology

3. Pre-requisites

Registration as student in any UG program.

4. Readings & Reference

Bennett, P. (2017). *Abnormal and clinical psychology: an introductory textbook*. New Delhi: McGraw Hill.

Butcher, J.N., Hooley, J.M., & Mineka, S. (2019). *Abnormal psychology*

(16th Ed.). Noida: Pearson.

Kring, A.M., Johnson, S.L., Davison, G.C. & Neale, J.M. (2010) *Abnormal psychology* (11th Ed.). New Delhi: Wiley.

Ray, W. (2015). *Abnormal psychology: neuroscience perspectives on human behavior and experience*. Noida: Sage.

5. Module-wise topics

Module 1: Introducing psychopathology (8 sessions)

Topics:

- Concept of abnormal behavior
- Issues in defining Normality and Abnormality
- Classification of abnormal behavior: DSM and ICD
- Clinical Assessment
- Diathesis Stress Model
- Biopsychosocial approach to disorders

Readings:

Butcher, J.N., Hooley, J.M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology* (16th Ed.). New Delhi: Pearson.

Module 2: Anxiety Disorders (10 sessions)

Topics:

- Generalized Anxiety Disorder: Causal factors and Clinical picture
- Obsessive Compulsive Disorder: Causal factors and Clinical Picture
- Phobia

Readings:

Butcher, J.N., Hooley, J.M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology* (16th Ed.). New Delhi: Pearson.

Module 3: Developmental Disorders (13 sessions)

Topics:

- Introduction to Developmental Disorders: Clinical Picture and Dynamics

- Mental Retardation
- Autism
- ADHD
- Learning Disabilities

Readings:

Butcher, J.N., Hooley, J.M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology* (16th Ed.). New Delhi: Pearson.

Module 4: Serious Mental Disorders (10 sessions)

Topics:

- Mood Disorders
- Schizophrenia
- Delusional Disorders

Readings:

Butcher, J.N., Hooley, J.M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology* (16th Ed.). New Delhi: Pearson.

Module 5: Serious Mental Disorders (12 sessions)

Topics:

- Personality Disorder
- Anti-Social Personality Disorders
- Impulse control Disorder

Readings:

Butcher, J.N., Hooley, J.M., Mineka, S., & Dwivedi, C. B. (2017). *Abnormal psychology* (16th Ed.). New Delhi: Pearson.

Syllabus for Psychological Testing:

Sl. No.	Tests	Variable	Author
1.	Mental Health Inventory (M.H.I)	Mental Health	Jagdish & Srivastava
2.	General Well-being Scale	Well-being	Kalia & Deswal

	(GWBS)		
3.	Academic Stress Scale	Academic stress	Jain & Dikshit
4.	State-Trait Anxiety Test	Anxiety	Vohra

6. Pedagogy

The teaching-learning of the course would be organized through lectures, experiential exercises, and presentations. Students would be encouraged to develop an understanding of real life issues and participate in the course and practices in the social context. Practicum is incorporated as an important component in most of the course. ICT and mass media and web based sources (like documentaries, videos, films, etc.) will be used to make the teaching-learning process interactive, interesting and fruitful.

7. Evaluation Pattern

The mode of evaluation would be through a combination of examination (Mid and End semester Exam) 70 marks and internal assessment is 30 marks. The internal assessment include individual and group presentations and practicum submissions as a part of the overall assessment of the students.

- End Semester Examination: 40%
- Mid Semester Examination: 30%
- Group/Individual Assignments: 15 %
- Practicum: 15 %