Psyc 110, Adult Psychopathology, Section 09, Spring 2021

Course and Contact Information
Instructor: Ellyn Herb, Ph.D.
Office Location: virtual
Telephone: 408-218-8265
Email: ellyn.herb@sjsu.edu
Office Hours: Mon. 5:30 to 6:00 p.m. and by appointment
Class Days/Time: Monday. 6:00 p.m. to 8:45 p.m.
Classroom: Online via Zoom.
Prerequisites: Psyc 1

Course Description

Course Learning Outcomes (CLO)

Upon successful completion of this course, students will be able to:

CLO1 - Discuss the importance of history and context when examining and classifying psychological disorders and their treatment.

Assessment of CLO1: Quizzes, final exam, written assignments, video write ups, vignette writing, group project, classroom activities, written assignments

CLO2 – Describe the major paradigms (biological, cognitive, behavioral, psychodynamic, and sociocultural) used in understanding etiology, assessment, classification, and treatment of psychological problems.

Assessment of CLO2: Quizzes, final exam, video write ups, vignette writing, group project, classroom activities, written assignments

CLO3 – Describe the role of science (with its varying methods) in the study of “normal” and “abnormal” behavior

Assessment of CLO3: Quizzes, classroom activities, Research article writeup

CLO4 – Identify the process of classification and explain its dependence on theoretical paradigms including the use of the current diagnostic system for psychopathology
Assessment of CLO4: quizzes, final exam, written assignments, vignette writing, group project, classroom activities, written assignments

CLO5 – Name different purposes of assessment of abnormal behavior, and to identify different modalities appropriate to these purposes

Assessment of CLO5: Quizzes, final exam, video write ups, classroom activities, Research article writeup

CLO6 – Identify different types of psychological, social, and biological interventions used in treating psychological problems and clinical disorders and the value of empirical evidence for those interventions.

Assessment of CLO6: Vignette writing, quizzes, final exam, written assignments, video write ups, group project, classroom activities, Research article writeup, written assignments

Program Learning Outcomes (PLO)

Upon successful completion of the psychology major requirements…

PLO1 – Knowledge Base of Psychology – Students will be able to identify, describe, and communicate the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

PLO2 – Research Methods in Psychology – Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

PLO3 – Critical Thinking Skills in Psychology – Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

PLO4 – Application of Psychology – Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.

PLO5 – Values in Psychology – Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

Required Texts/Readings

Textbook:


THIS IS A REQUIRED TEXTBOOK AND WE WILL BE USING IT IN CLASS MOST DAYS. E-BOOKS ARE FINE, BUT BE SURE AND HAVE IT FOR EACH CLASS. It is also OK to rent the book for the semester.
Recording Policies

Consent for Recording of Class and Public Sharing of Instructor Material

University Policy S12-7, http://www.sjsu.edu/senate/docs/S12-7.pdf, requires students to obtain instructor’s permission to record the course.

- “Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor’s permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.”
- “Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

PLEASE NOTE: Recordings of classroom activities (demonstrations, practicing skills, etc.) and copyrighted material (videos) are prohibited. If you wish to record lectures, please ask the instructor for permission prior to the start of the lecture.

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs’ Syllabus Information web page at http://www.sjsu.edu/gup/syllabusinfo/

Canvas and E-Campus

All of this course will be on Canvas, a part of E-Campus, found on the SJSU web site. You are responsible for regularly checking this site for changes, additions to the syllabus and notes from the instructor. See http://www.online.sjsu.edu for more information regarding student use of Canvas.

Notes posted on the site are for your use but are not a substitute for attending class.

NOTE: STUDENTS ARE RESPONSIBLE FOR NOTIFYING THE INSTRUCTOR OF ERRORS AND OMISSIONS IN THE GRADE SECTION OF CANVAS. If you are missing a grade or a grade has been recorded incorrectly, students must notify the instructor prior to the end of the semester. Once grades have been posted, no changes will be processed unless a clerical error has been made by the instructor.

Course Navigation
I have structured this course on Canvas with weekly Modules. Each Module includes learning objectives, reading assignments, lecture material, videos, course assignments, activities (both in class and outside of class), quizzes and Powerpoint slides. You should be able to navigate through the Modules using the “Next” button on your screen. Pay close attention to Due Dates for assignments.

Classroom Protocol

This syllabus is subject to change at the discretion of the instructor. You are responsible for assigned reading and participating in online discussions. No make-ups for quizzes unless prior arrangement with the instructor. Attendance is not mandatory, but highly encouraged. Should you happen to miss a class, you are welcome to obtain notes from a peer in the course. Also, please ask your peers in the course if you, “missed anything important,” and do not ask the instructor. It is important to mention that those students who regularly attend class tend to do significantly better in the course.

Professional Communication

The best way to contact me is to leave a message on my private practice voice mail. The number is (408) 296-9600. You can also email me at Ellyn.herb@sjsu.edu. I don’t respond to texts from students. Since I teach multiple courses on campus, please communicate the following information when you contact me:

Your full name, course name, section number and phone number where I can reach you. Please don’t use abbreviations (as in texting), as I might not understand what you are trying to say. You do not need to notify me if you will not be in class, however, if you know, in advance, that you will miss a class you can let me know.

NOTE: I do not accept assignments by email unless by prior authorization from the instructor or the assignment specifically states to use email (such as the Paper for Group Projects).

Personal Computer (Laptop Use)

Please try to use a computer to access Zoom for this class. Loaner computer are available on campus, as well as help getting access to the internet. Please be sure you have access to attend class. You can also access Zoom on your mobile phone, and may need to use it as a backup, but computer access will be better.

Classroom Netiquette
Please refer to the section on Canvas if you are unfamiliar with taking an online class. Information about Zoom, Netiquette and other resources are listed on Canvas.

Class Participation

In order to create an active learning environment, students are expected to attend class regularly, participate in class discussions, complete in-class assignments and come to class having read the assigned readings.

How does attendance and class participation help?

1. You will hear directly from the instructor about any changes in the course schedule or course requirements.
2. You have the opportunity to network with fellow students, which may be helpful in forming study groups, learning whom to work with on group projects and whom to turn to for notes if you miss a class.
3. Listening to lectures given in class enhances your learning. Research has also shown that taking notes by hand in class enhances learning course material. Even if you read your textbook, underline and take notes while reading, taking notes by hand, in class, can solidify your knowledge and grasp of the material.
4. Your instructor may get to know you better if you participate in class discussions, ask questions and generally become a part of the course climate. Also, asking and answering questions fosters learning for all students who are present.

SO, PLEASE COME TO CLASS PREPARED TO DISCUSS THE MATERIAL YOU HAVE READ, ASK QUESTIONS AND PARTICIPATE!

Course Requirements

“Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

Final Examination or Evaluation

“Faculty members are required to have a culminating activity for their courses, which can include a final examination, a final research paper or project, a final creative work or performance, a final portfolio of work, or other appropriate assignment.” Details of the final exam for this course will be discussed in class.

Assignments and Grading Policies
NOTE: All papers submitted must be typed (double-spaced) unless directed by your instructor to submit in another format. Word documents or Google Docs are acceptable.

Assignments:

1. **Written Assignments** – There will be **two** homework projects (*Food Mood Log* and *Addiction Simulation Exercise*) that will be explained in class and on Canvas. Note the DUE DATES and please read additional information.
   
   - CL-01, CL-04, CL-06  
   - 25 points each = Total of 50 points

2. **Quizzes** – Quizzes for this course will be found in the weekly Module sections of Canvas. All quizzes are to be taken ONLINE, on CANVAS.
   
   - CL-01, CL-02, CL-03, CL-04, CL-05, CL-06  
   - 4 quizzes @30 points = 120 Total of points

   **SINCE QUIZZES ARE ACCESSIBLE ONLINE, THERE ARE NO MAKE-UPS. PAY ATTENTION TO TIME FRAMES!**

3. **Research Article Write Up** – Choose one diagnosis that you are interested in. Locate and copy a “peer-reviewed” Journal Article of your choosing that relates to the disorder you pick. Using the guidelines on Canvas, complete a written report on the article. You must include the complete reference so that I can access your article as I grade your paper.  
   
   - CL-03, CL-05, CL06  
   - 20 points Total

4. **Vignette Writing** – For some of the chapters in the textbook, you will be working in small groups, during class, to create Vignettes related to the various disorders we are studying. This is an IN-CLASS assignment and you must be present to participate. I have worked out a way for this to happen over Zoom. Please see the INSTRUCTIONS on Canvas as submission for this assignment relies on one student taking a screen shot of the work and posting it!  
   
   - CL-01, CL-02, CL-04, CL-05
5. **Group Project (Paper and Presentation)** – You will need to sign up for a group project on Canvas using the “People” tab on the left hand side. Each group will research the assigned topic, create a group presentation, and present it to the class on your assigned day. It is expected that you will consult peer reviewed journal articles, as part of this assignment, although you may also consult popular sources, as well. There are two parts of this assignment:

a. **Paper** - Your group will write a paper about your topic, clearly labeling each students’ contribution. Your paper should provide information about your topic and include a page of references. CLEARLY LABEL YOUR OWN SECTION WITH YOUR NAME.

b. **Presentation** - use either Powerpoint or Google slides to create a presentation that you will share with the class via Zoom screen sharing. If you want to use Youtube, Kahoot, etc, just be sure you have the URLs in case embedded sites don’t work!

c. **You need to email your paper and slide presentation the day of your presentation to me at ellyn.herb@sjsu.edu.**

d. A grading rubric for this assignment (see Canvas) includes the aspects that I am looking for: professionalism, promptness, creativity, and clarity are encouraged.

CL01, CL-02, CL-04, CL-06

60 points Total

6. **Additional Assignments** - a variety of small written, video, discussion, group project feedback, etc. assignments are found throughout the modules for some weeks. Please read each module carefully before class for that week to see what is expected.

19 points total

7. **Final Exam** – Using Vignettes created by students and the instructor, you will provide information regarding, classification, assessment, diagnosis and treatment of various mental disorders.

CL-01, CL-02, CL-04, CL-05, CL-06

50 points Total
Extra Credit: See the Module on Canvas. Maximum Point for Extra Credit = 10

GRADING CRITERIA:

Written Assignments 50 points
Additional Assignment 19 points
Quizzes 120 points
Research Article writeup 20 points
Vignette Writing 30 points
Group Project 60 points
Final Exam 50 points

TOTAL POINTS 349 points

GRADING SCALE:
A+ = 98 to 100%
A = 93 to 97%
A- = 90 to 92%
B+ = 87 to 89%
B = 83 to 86%
B- = 80 to 82%
C+ = 77 to 79%
C = 73 to 76%
C- = 70 to 72%
D+ = 67 to 69%
D = 63 to 66%
D- = 60 to 62%
F = below 60
## Course Schedule

<table>
<thead>
<tr>
<th>Date/Module</th>
<th>Topic/Readings</th>
<th>Activities</th>
<th>ASSIGNMENTS/DUE DATES</th>
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<tbody>
<tr>
<td>Module Zero</td>
<td>Read Welcome and Quick Start Modules</td>
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</tbody>
</table>
| Module One 2/1/21| *Chapter 1 – Abnormal Psychology & Life*  
*Chapter 2 – Perspectives on Abnormal Psychology* | Review Syllabus  
Finding Scholarly Articles - in class | SIGN UP FOR A GROUP (before next class)  
Getting to Know You Paper DUE 2/7  
Video Introduction (discussion section on Canvas) DUE 2/7 |
| Module Two 2/8/21| *Chapter 3 – Risk & Prevention of Mental Disorders*  
*Chapter 4 – Diagnosis and Study of Mental Disorders* | Risk & Protective Factors Quiz (in class)  
Prevention Activity (in class) | QUIZ #1 OPENS (ch. 1-4)  
Closes 2/1  
Mental Health Stigma Paper DUE 2/8  
Prevention Discussion DUE 2/12 |
| Module Three 2/15/21 | *Chapter 5 – Anxiety, Obsessive Compulsive & Trauma Related Disorders* |                                                                             |                                                            |
| Module Four 2/22/21 | No readings for this week                                                      | Group Presentation - Stress Management  
Vignette Writing (in class)  
*Mention Food/Mood Log* | Fear Hierarchy DUE 2/21  
Feedback Form DUE 2/26  
Vignette Discussion DUE 2/28 |
| Module Five 3/1/21 | *Chapter 7 – Depressive, Bipolar Disorders & Suicide* | Group Presentation - Suicide Prevention | QUIZ #2 OPENS (ch 5,7)  
Closes 3/7  
Feedback Form |
<table>
<thead>
<tr>
<th>Module</th>
<th>Chapter/Section</th>
<th>Group Presentation</th>
<th>DUE</th>
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<tbody>
<tr>
<td>Six</td>
<td>Chapter 8 – Eating Disorders</td>
<td>Group</td>
<td>Feedback Form DUE 3/11</td>
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<td>3/8/21</td>
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<td>Presentation - Body Image Disturbance</td>
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<tr>
<td>Seven</td>
<td>Chapter 9 – Substance Related Disorders</td>
<td>Group</td>
<td><strong>FOOD/ MOOD LOG DUE</strong></td>
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<td>3/15/21</td>
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<td>Presentation - Drug/Alcohol Prevention</td>
<td>Feedback Form DUE 3/19</td>
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<tr>
<td>Eight</td>
<td>No readings this week</td>
<td>Group</td>
<td><strong>ADDICTION SIMULATION DUE</strong></td>
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<td>3/22/21</td>
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<td>Presentation - Parenting Styles</td>
<td>Feedback Form DUE 3/26</td>
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<td>Vignette Writing in Class</td>
<td>Vignette Discussion DUE 3/28</td>
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<td><strong>SPRING BREAK</strong></td>
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<td>Nine</td>
<td>Chapter 10 – Personality Disorders</td>
<td>Group</td>
<td><strong>Research Article Write Up DUE</strong></td>
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<tr>
<td>4/5/21</td>
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<td>Presentation - Mindfulness/Meditation</td>
<td><strong>QUIZ #3 OPENS (ch. 8-10) Closes 4/11</strong></td>
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<td>Feedback Form DUE 4/9</td>
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<td>Ten</td>
<td>Chapter 6 – Somatic Symptom &amp; Dissociative Disorders</td>
<td>Group</td>
<td>Feedback Form DUE 4/16</td>
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<td>4/12/21</td>
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<td>Presentation - Mental Health Stigma</td>
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<td>Eleven</td>
<td>Chapter 12 – Schizophrenia &amp; Other Psychotic Disorders</td>
<td>Group</td>
<td>Feedback Form DUE 4/23</td>
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<td>4/19/21</td>
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<td>Presentation - Domestic Violence</td>
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<td>Twelve</td>
<td>Chapter 14 – Neurocognitive Disorders</td>
<td>Group</td>
<td><strong>QUIZ #4 OPENS (ch. 6, 12, 14) Closes 5/2</strong></td>
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<td>4/26/21</td>
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<td>Presentation - Effective Communication</td>
<td>Feedback Form DUE 4/30</td>
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<td>Module</td>
<td>Chapter 11 – Sexual Dysfunction, Paraphilic Disorders &amp; Gender Dysphoria</td>
<td>Vignette Writing in class (make copies before class)</td>
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<td>Thirteen</td>
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<td><strong>ALL EXTRA CREDIT DUE TODAY</strong></td>
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<td>5/3/21</td>
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<td>Vignette Discussion DUE 5/7</td>
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<tr>
<td>Fourteen</td>
<td>No readings this week</td>
<td>Group Presentation - Emotional Regulation</td>
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<td>5/10/21</td>
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<td>Feedback Form DUE 5/14</td>
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<tr>
<td>Fifteen</td>
<td>No readings this week</td>
<td>Vignette Practice in Class (prepare for final exam)</td>
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<td>5/17/21</td>
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<tr>
<td>Online</td>
<td>Final Exam</td>
<td>5/19 TO 5/25</td>
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