

**Faculty of Health
Department of Psychology
PSYC 3140 3.0 Section N: PSYCHOLOGICAL HEALTH, DISTRESS & IMPAIRMENT
Fridays/2:30pm to 5:30pm/In-person, Accolade East Building rm. 001
Winter 2024**

The entire course will be delivered in-person with no accommodations (i.e., lectures are not recorded) made for students who cannot attend lectures. Lecture slides will be posted on the course website before each class.

Instructor and T.A. Information

Instructor: Jennifer Lewin, Ph.D., C.Psych

Office Hours: By appointment, rm. 251 Behavioural Sciences Building (BSB)

Email: jlewin@yorku.ca

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| T.A. | Audrey Li-Chay-Chung | Ruth Vanstone |
| Email | audreyli@yorku.ca | rnv85@yorku.ca |
| Office Hours | By appointment only rm. 310 BSB | By appointment only rm. 311 BSB |

How to reach your instructor or teaching assistant:

The preferred method contacting the teaching assistant, or the instructor is via email. For missed tests, please email the course director. Additionally, email the course director regarding requests to use the alternate exam centre or any administrative issues (e.g., not enrolled in course, difficulty logging onto course website, etc.).

Course Prerequisite(s): Course prerequisites are strictly enforced

- Passed (i.e., 50% or higher) HH/PSYC 1010 6.00 (Introduction to Psychology)
- Completed at least 54 earned credits

Course Credit Exclusions

Please refer to [York Courses Website](#) for a listing of any course credit exclusions.

Course website: [eClass](#)

You will need a Passport York account to access the course website. Go to "eclass.yorku.ca" and type in your username and password information (Passport York account information) in the top right-hand side of the page. After entering this information, your list of courses that use eClass will appear, click on "**HH/PSYC3140 N – Psychological Health, Distress & Impairment (Winter 2024)**". You will then be logged into the psyc3140N course website. Lecture slides and other important course information (e.g., course syllabus) will be posted on the course website. Additionally, you can find course announcements as well.

Course Description

This course provides an overview of the etiology, symptomology, and treatment of the major clinical disorders. Students will be asked to consider the historically and socially constructed nature of mental illness. The examination of neurotic, psychotic, and personality disorders, as well as some developmental problems will also be covered. Additionally, identity problems, anxiety conditions, and learned (phobias, substance abuse, cultural deprivation, etc.) patterns of abnormal behaviour will be studied. Overall, this course is designed to provide you with an introduction to adult psychopathology and to develop your ability to think critically about issues pertaining to mental health.

Program Learning Outcomes

Upon completion of this course, students should be able to:

1. Demonstrate in-depth knowledge of abnormal psychology.
2. Articulate trends in abnormal psychology.
3. Express knowledge of abnormal psychology in written form
4. Describe and explain limits to generalizability of research findings in abnormal psychology.
5. Demonstrate ability to relate information in abnormal psychology to own and others' life experiences.

Specific Learning Objectives

- 1) Defining and understanding the relatively fluid concept of abnormality and how both historical underpinnings and ongoing research continues to impact on this concept
- 2) Demonstrate knowledge of the history and current status of major paradigms in abnormal psychology, including the concepts and methods of each paradigm, as applied to the assessment, diagnosis, and treatment of abnormality
- 3) Will be given an opportunity to apply diagnostic criteria and examine how the disorder(s) developed, in addition to learning about current treatment methods

Required Text

Lalumiere, M.L., Barlow, D.H, & Hofmann, S.G. (2024). Psychopathology: An Integrative Approach to Understanding, Assessing, and Treating Psychological Disorders , 7th Canadian Edition, Cengage.

ISBN-13: 978-1-77474-032-3



Course Requirements and Assessment:

| Assessment | Date of Evaluation (if known) | Weighting |
|--------------|--------------------------------------|-------------|
| Test 1 | February 9, 2024 | 30% |
| Test 2 | March 15, 2024 | 30% |
| Test 3 | During winter exams (April 10 to 26) | 40% |
| Total | | 100% |

Final marks are final and will not be adjusted in order to “boost” students into the next letter grade.

Description of Test Format

Worth: Test 1 & 2 = 30% each of final grade, Test 3 = 40% of final grade

The majority of the course evaluation for this class will consist of three non-cumulative tests. Tests will be based on textbook readings, lecture material, and video material. Tests will consist of multiple-choice questions and short answer questions. They will be comprised of approximately 90 to 100 multiple choice questions, which will be based on assigned textbook readings (i.e., 60 to 75 MC questions) and lecture material (i.e., 18 to 25 MC questions) and 1 short answer question based on readings and lecture material. Students will be given 2 hours and 30 minutes to complete tests. Test 1 will be based on all lecture material and textbook readings assigned for Lectures 1 to 3. Test 1 will take place in class on Friday, February 9, 2024, start time: 2:30pm. The course schedule at the end of the syllabus has the test dates in them and accompanying chapters/lectures you are responsible for each test. Further information regarding Test 1 will be discussed during Lecture 1 and updates will be provided under “Course Announcements” on eClass.

Students are required to write tests on the scheduled dates. Special test dates will be granted only on religious, medical, or compassionate grounds (e.g., death in the family) **with appropriate documentation provided**. Please see the “Religious Observance Policy” and/or “Policy for Missed Tests and Examinations” sections for more information regarding protocol and documentation requirements. The tests will not be returned to students. Tests can be viewed by booking an appointment with your assigned teaching assistant (TA). Cheating will not be tolerated; please see the note on the avoidance of academic offences near the end of this syllabus.

Class Format and Attendance Policy

You are encouraged to attend classes however it is not mandatory. It is your opportunity to engage with course material, ask questions, and get to know your classmates. I do not take attendance as this is a large class (150 to 200 people).

Grading as per Senate Policy

The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 89, B+ = 75 to 79, etc.)

For a full description of York grading system see the York University Undergraduate Calendar – [Grading Scheme for 2023-24](#)

Missed Tests/Midterm Exams/Late Assignment

For any missed test, students **MUST** complete the following online form which will be received and reviewed in the Psychology undergraduate office. At this time an Attending Physician’s Statement (APS) is not required, however, a reason for missing an evaluated component in the course must be provided.

HH PSYC: Missed Tests/Exams Form. Failure to complete the form within 48 hours of the original deadline will result in a grade of zero for the missed quiz or late assignment.

<https://psychology.apps01.yorku.ca/machform/view.php?id=16179>

Acceptable/reasonable reasons for missing the test that will result in permission to write the makeup test include but are not limited to: death in the family, injured in an accident, get in accident on the way to the test, are required to be in court, are sick/ill.

Please also email me, the course director (Jennifer Lewin) within 48 hours of missing the original test date.

Add/Drop Deadlines

For a list of all important dates please refer to: **Fall/Winter 2023-24 Important Dates**

<https://registrar.yorku.ca/enrol/dates/2023-2024/fall-winter>

| | Winter (Term W) |
|---|--------------------|
| Last date to add a course without permission of instructor (also see Financial Deadlines) | Jan. 22 |
| Last date to add a course with permission of instructor (also see Financial Deadlines) | Jan. 31 |
| Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines) | March 11 |
| Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below) | March 12 - April 8 |

Add and Drop Deadline Information

There are deadlines for adding and dropping courses, both academic and financial. Since, for the most part, the dates are **different**, be sure to read the information carefully so that you understand the differences between the sessional dates below and the [Refund Tables](#).

You are strongly advised to pay close attention to the "Last date to enrol without permission of course instructor" deadlines. These deadlines represent the last date students have unrestricted access to the registration and enrolment system.

After that date, you must contact the professor/department offering the course to arrange permission.

You can drop courses using the registration and enrolment system up until the last date to drop a course without receiving a grade (drop deadline).

You may [withdraw from a course](#) using the registration and enrolment system after the drop deadline until the last day of class for the term associated with the course. When you withdraw from a course, the course remains on your transcript without a grade and is notated as 'W'. The withdrawal will not affect your grade point average or count towards the credits required for your degree.

Information on Plagiarism Detection

Tests will be written in-person and will be handed in at the end of test session. If you are found cheating during the test, this will result in an automatic zero on the test.

Electronic Device Policy

This course will be delivered in-person. Electronic devices are permitted during class time for course-related purposes ONLY. It is distracting to fellow students if you are watching videos or doing other things on devices that are not course related.

Electronic mobile devices of any kind are not allowed during a test or examination. Students are required to turn off and secure any electronic mobile device in their bag

which is to be placed under the chair while a test/exam is in progress. Any student observed with an electronic device during a test/exam may be reported to the Undergraduate Office for a potential breach of Academic Honesty.

Academic Integrity for Students

York University takes academic integrity very seriously; please familiarize yourself with [Information about the Senate Policy on Academic Honesty](#).

It is recommended that you review Academic Integrity by completing the [Academic Integrity Tutorial](#) and [Academic Honesty Quiz](#)

Test Banks

The offering for sale of, buying of, and attempting to sell or buy test banks (banks of test questions and/or answers), or any course specific test questions/answers is not permitted in the Faculty of Health. Any student found to be doing this may be considered to have breached the Senate Policy on Academic Honesty. In particular, buying and attempting to sell banks of test questions and/or answers may be considered as “Cheating in an attempt to gain an improper advantage in an academic evaluation” (article 2.1.1 from the Senate Policy) and/or “encouraging, enabling or causing others” (article 2.1.10 from the Senate Policy) to cheat.

Academic Accommodation for Students with Disabilities

While all individuals are expected to satisfy the requirements of their program of study and to aspire to do so at a level of excellence, the university recognizes that persons with disabilities may require reasonable accommodation to enable them to do so. The university encourages students with disabilities to register with Student Accessibility Services (SAS) to discuss their accommodation needs as early as possible in the term to establish the recommended academic accommodations that will be communicated to Course Directors as necessary. Please let me know as early as possible in the term if you anticipate requiring academic accommodation so that we can discuss how to consider your accommodation needs within the context of this course.

<https://accessibility.students.yorku.ca/>

Excerpt from Senate Policy on Academic Accommodation for Students with Disabilities

1. Pursuant to its commitment to sustaining an inclusive, equitable community in which all members are treated with respect and dignity, and consistent with applicable accessibility legislation, York University shall make reasonable and appropriate accommodations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs. This policy aims to eliminate systemic barriers to participation in academic activities by students with disabilities.

All students are expected to satisfy the essential learning outcomes of courses. Accommodations shall be consistent with, support and preserve the academic integrity of the curriculum and the academic standards of courses and programs. For further

information please refer to: [York University Academic Accommodation for Students with Disabilities Policy](#).

Course Materials Copyright Information

These course materials are designed for use as part of the PSYC3140 Section N course at York University and are the property of the instructor unless otherwise stated. Third party copyrighted materials (such as book chapters, journal articles, music, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.

Copying this material for distribution (e.g. uploading material to a commercial third-party website) may lead to a violation of Copyright law. [Intellectual Property Rights Statement](#).

TENTATIVE Course Schedule Winter 2024

| LECTURE | DATE | ASSIGNED TEXTBOOK READINGS |
|---------------|-------------------------|--|
| Lecture 1 | January 12, 2024 | Chapter 1: Psychopathology in Historical Context |
| Lecture 2 | January 19, 2024 | Chapter 2: An Integrative Approach to Psychopathology |
| Lecture 3 | January 26, 2024 | Chapter 3: Clinical Assessment & Diagnosis Part of Chapter 4 (Research Methods): start of chapter (pg.99 to 106, stop reading when you get to heading: "Epidemiological Research" |
| Lecture 4 | February 2, 2024 | <i>If necessary, finish off lecture 3 material.</i> Chapter 5: Anxiety (Test 2 material) <i>Part of Chapter 6: Preoccupation & Obsession; Obsessive Compulsive and Related Disorders (pg. 173 to end of chapter) (Test 2 material)</i> |
| TEST 1 | February 9, 2024 | Chapters 1, 2, and 3 & part of chapter 4, and Lectures 1, 2, and 3 (Videos viewed in class are testable as well!!!) |
| Lecture 5 | February 16, 2024 | <i>Part of Chapter 6: Preoccupation & Obsession; Obsessive Compulsive and Related Disorders (pg. 173 to end of chapter) CONTINUED &....</i> Chapter 8: Mood (Test 2 material) |

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| READING WEEK | February 23, 2024 | No readings!!! |
| Lecture 6 | March 1, 2024 | Chapter 7: Trauma and Dissociation (Test 2 material) |
| Lecture 7 | March 8, 2024 | <i>If necessary, finish lecture 6 material.</i> Chapter 12: Substance Use & Impulsive Control (Test 3 material) |
| TEST 2 | March 15, 2024 | Chapters 5, 7, 8 and <i>part of Chapter 6 OCD & related disorders</i>, as well as lecture material (lectures 4, 5, & 6) (Videos viewed in class are testable as well!!!) |
| Lecture 8 | March 22, 2024 | Chapter 12 continued: Substance Use & Impulsive Control Part of Chapter 6: Somatic Disorders (from beginning of chapter until OCD & related disorders, pg.163–174) (Test 3 material) |
| GOOD FRIDAY | March 29, 2024 | No class/no readings! |
| Lecture 9 | April 5, 2024 | Chapter 13: Personality (Test 3 material) |
| Lecture 10 | Monday, April 8, 2024!!!! (Makeup class for Good Friday) | Chapter 14: Psychosis (Test 3 material) |
| TEST 3 | During Winter exam schedule | Chapters 12, 13, 14 and part of Chapter 6, as well as Lectures 7, 8, 9 and 10 (Videos viewed in class are testable as well!!!) |

Winter exam period: April 10 to 26, 2024