

PSY 2200 SEC 901: ABNORMAL PSYCHOLOGY
The University of Toledo | Department of Psychology
Fall 2021, 3 Credit Hours; Online/Distance Learning

Instructor: Joni L. Mihura, PhD Email: joni.mihura@utoledo.edu Zoom Meeting by request Course Website: UT Blackboard	Teaching Assistant: Elizabeth O'Donoghue elizabeth.odonoghue@rockets.utoledo.edu Via Webex by request
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Catalog/Course Description (Prerequisite: PSY 1010 Principles of Psychology)

Disorders of human behavior and experience including the etiology, classification, and treatment as well as relevant theories.

Course Overview

In the mental health field, the study of abnormal human behavior is referred to as *psychopathology* (from the Greek words psyche [mind/soul] and pathos [suffering]). Within the area of psychopathology, health professionals use a manual called the Diagnostic and Statistical Manual of Mental Disorders (currently, DSM-5) to make diagnoses. The DSM-5 categories and their descriptions provide mental health professionals with a common language for communication in practice and research. This course discusses psychopathology within DSM-5 diagnostic categories, but it is important to note that an understanding of psychopathology transcends memorizing these categories.

Student Learning Outcomes

Following the completion of the course, students should be able to identify, describe, explain, and demonstrate an understanding of:

- 1) Characteristics that distinguish the profession of clinical psychology from other areas of psychology and other mental health professions.
- 2) Major areas of study and bio-psycho-social etiological theories that clinical psychologists use to explain the psychological experience and the development and expression of mental illness.
- 3) Vocabulary of abnormal psychology per the Diagnostic and Statistical Manual (DSM-5) that is used to describe abnormal behavior and diagnose mental health disorders.
- 4) The integration of scientific methods and clinical practice in the treatment of mental illnesses.
- 5) Current controversies and major issues in the mental health field and health care.
- 6) Different types of evidence-based clinical treatments and differences between treatment approaches and theoretical orientations in conceptualization and treatment of mental illnesses.
- 7) Methodological and research practices used to evaluate clinical interventions and practices.

Class Format

This is a distance learning class, meaning that materials will be presented online in the form of PowerPoints (PPTs), videos, and case examples depicting mental disorders and treatment. Each week, you will be required to (a) complete the required readings and respond to quizzes on the material that also helps prepare for the exams and (a) participate in online discussions about the course material to predesignated discussion questions per chapter.

Texts and Ancillary Materials

Nolen-Hoeksema, S. (2019). *Abnormal Psychology* (8th ed.). McGraw Hill Education.

DSM-5 Reference

American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.). Arlington, VA: Author. (**OhioLINK online**)

Technology Requirements, Skills, and Privacy Policies

Please view the [technology considerations](#) for this course, including technical skills needed, general technology requirements, and technology privacy policies.

Accessibility of Course Technologies

Please view [Accessibility of Course Technologies](#) for information regarding the accessibility of Blackboard and other technologies used in this course.

Blackboard: The weekly course lecture materials will be available on Blackboard at least one week before they are due. We will also provide discussion questions, exams, and exam grades via Blackboard.

PowerPoints: For each chapter, a PowerPoint has been prepared to reinforce the materials covered in the electronic textbook plus add additional explanations and interesting information. For the parts not covered in the textbook, Dr. Mihura will provide a voice recording of a discussion. Each week, you should review the PPT corresponding to the chapter that you are responsible for. Note that there are instances when material covered in the PPTs, but not in your textbook, will be included on the exam, so the PPTs will also be a great resource when studying.

Quizzes. The quizzes are worth 10 points and due on the same day as the discussion boards. The quizzes will be added to the class this semester by the TA in advance of their due dates. The quizzes are open-book.

Discussion Board: A weekly discussion board will be maintained on Blackboard. Students are required to make *at least one quality post* to the discussion board for each assigned chapter and will receive a grade for participation. You can discuss anything about the topics, but 1 or 2 discussion questions will be posted per chapter to get you started. Students are encouraged to participate further in discussions beyond these minimum requirements. Many students have reported that this is their favorite activity of the class.

Late Enrollment: If a student enrolls during the first two weeks of class, it is the student's responsibility to contact the professor and the TA within 24 hours of enrolling to inform them of their late enrollment. This will help ensure that the student receives all missed materials and information that has already been circulated.

Academic Policies: [Undergraduate Academic Policies](#)

Policy on Missed Assignments and Late Work: All students are given one free pass for not responding to a discussion question or not responding to a quiz. You do not need to contact me or the TA to add that 10 points into your grade. If unavoidable circumstances occur and you must

miss an exam, documentation for your absence is required. Please let the TA know as soon as possible and in advance of an exam or assignment due date if you will be unable to complete it on time. Late exams will not receive credit except in the case of extenuating circumstances. Please keep track of when your assignments are due, when exams are scheduled, and how to complete these requirements. The exams are open for 4 days to enable you to find a convenient time and fix any glitches (e.g., computer failure) that occur when taking the exam. DO NOT try to complete the exam at the last minute. Students who attempt to complete assignments at the last minute proceed at their own risk. Do not ask the instructor or TAs to excuse such late work.

Email Communication: The course instructor and TA are available through email. You may email the TA with any questions or concerns. On weekdays, you will receive a response within 24 hours. Note that emails sent after 7 pm EST may not be responded to before the following morning and that the instructor and TA are not required to be available over weekends, holidays, and university breaks.

Required Coursework: You will be required to complete the chapter quizzes and post them on the discussion board each week. In addition, there will be 3 *exams* administered via Blackboard. Each exam consists of 50 multiple choice items (2 pts. each) and is worth 100 points. Each exam will be *75 minutes* long.

Extra Credit: In the first 2 weeks of class you will have the opportunity to earn 14 extra credit points by responding to thought-provoking questions about a person who you know or have known who you believe has a mental disorder or psychological problems. No prior reading is required. Additional extra credit opportunities *may* be added over the course of the semester. The extra credit survey can be found on Blackboard.

Exams: The 3 exams are administered online through Blackboard. **Online exams require the use of LockDown Browser and Respondus Monitor to ensure a secure testing environment: You must test this on the computer you plan to use for the exams before you take the exam.** You need to download and install LockDown Browser and have a working webcam for exams. Information about how to use these tools is available on Blackboard. Exams will be available at the beginning of the exam week and close at 11:59 PM EST (*1 minute before midnight*) on Thursday of the exam week. Obviously, because exams are 75 minutes, this means you must start the exam 75 minutes before the deadline. You are provided one attempt for each exam.

Class Schedule, Readings, Exams, and Due Dates

* Please read the chapters in the order that they are listed in this course schedule.

* Quizzes and discussion posts are due by 11:59 PM EST (*1 minute before midnight*) on the dates indicated below. But please do not wait until the last minute to attempt these assignments.

Week	Chapters to Read Per Week <i>See Table on Next Page for Assignment Due Dates</i>
01	Ch. 1 – Looking at Abnormality
02	Ch. 2 – Theories and Treatment of Abnormality
03	Ch. 3 – Assessing and Diagnosing Abnormality
04	Ch. 4 – The Research Endeavor
05	Exam 1
06	Ch. 5 – Anxiety and Related Disorders
07	Ch. 6 – Somatic Symptom and Dissociative Disorders
08	Ch. 12 – Eating Disorders AND Ch. 14 – Substance Use Disorders
09	Exam 2
10	Ch. 7 – Mood Disorders and Suicide
11	Ch. 8 – Schizophrenia Spectrum and Psychotic Disorders
12	Ch. 9 – Personality Disorders
13	Ch. 10 – Neurodevelopmental and Neurocognitive Disorders
14	Ch. 11 – Disruptive, Impulse Control, and Conduct Disorders
15	Study for Finals. Take Exam 1 or 2 (only for Excused Absences).
16	FINAL EXAM WEEK

Grading Scale (Grades are calculated out of 540 points.)

Letter Grade	Percentage	Points Needed	Letter Grade	Percentage	Points Needed
A	93-100%	≥ 500	C	73-76%	392 - 413
A-	90-92%	484 - 499	C-	70-72%	376 - 391
B+	87-89%	468 - 483	D+	67-69%	360 - 375
B	83-86%	446 - 467	D	63-66%	338 - 359
B-	80-82%	430 - 445	D-	60-62%	322 - 337
C+	77-79%	414 - 429	F	0-59%	0 - 321

Assignments, Grading, and Due Dates

<i>Assignments & Exams</i>	<i>Due Dates</i>	<i>Week</i>	Points Per Assignment		
			<i>Quiz</i>	<i>Discussion</i>	<i>Exam</i>
NONE		1	10	10	
Chapter 1, 2, and Extra Credit	09/12	2	10	10	
Chapter 3	09/19	3	10	10	
Chapter 4	09/26	4	10	10	
EXAM 1	09/30	5			100
Chapter 5	10/10	6	10	10	
Chapter 6	10/17	7	10	10	
Chapter 12 & 14	10/24	8	10	10	
EXAM 2	10/27	9			100
Chapter 7	11/07	10	10	10	
Chapter 8	11/14	11	10	10	
Chapter 9	11/21	12	10	10	
Chapter 10	11/28	13	10	10	
Chapter 11	12/05	14	10	10	
STUDY WEEK		15			
FINAL EXAM	12/16	16			100
Total Points Possible			540		
+ Extra Credit			+14		
Total Points Possible w/ Extra Credit			554*		
Grade Calculated Out of 540 (Your Total Points ÷ 540)					

SPECIAL COURSE EXPECTATIONS DURING COVID-19: REQUIRED UT TEXT

Maintaining a safe campus during the ongoing COVID-19 pandemic remains a top priority. UToledo continues to follow the guidance of the U.S. Centers for Disease Control and Prevention and Ohio Department of Health to keep our campus safe.

ATTENDANCE

The University of Toledo has a missed class policy. It is important that students and instructors

discuss attendance requirements for the course. Before coming to campus each day, students should take their temperature and complete a self-assessment for symptoms of COVID-19, such as cough, chills, fatigue or shortness of breath. Anyone with a temperature at or above 100.0 degrees Fahrenheit or who is experiencing symptoms consistent with COVID-19 should not come to campus and contact their primary care physician or the University Health Center at 419.530.5549. For more information on the symptoms of COVID-19, please go to <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> COVID-19 testing for sick students is available on both Main Campus and Health Science Campus. Call 419.383.4545 for an appointment. Absences due to COVID-19 quarantine or isolation requirements are considered excused absences. Students should notify their instructors and follow the protocols summarized in this document on [Navigating COVID-Related Course Concerns](#).

In the event that you have tested positive for COVID-19 or have been diagnosed as a probable case, please review the [CDC guidance](#) on self-isolation and symptom monitoring, and report the disclosure to the Division of Student Affairs by emailing StudentAffairs@utoledo.edu or by connecting with their on-call representative at 419.343.9946. Disclosure is voluntary and will only be shared on a need to know basis with staff such as in the Office of Student Advocacy and Support, The Office of Residence Life, and/or the Office of Accessibility and Disability Resources to coordinate supportive measures and meet contact tracing requirements.

FACE COVERINGS

Face coverings are required while on campus, except while eating, alone in an enclosed space, or outdoors practicing social distancing. Students will not be permitted in class without a face covering. If you have a medical reason preventing you from wearing a face covering due to a health condition deemed high-risk by the CDC, submit an [online application](#) to request an accommodation through the Office of Accessibility and Disability Resources. Students will need to provide documentation that verifies their health condition or disability and supports the need for accommodations. Students already affiliated with the Office of Accessibility and Disability Resources who would like to request additional accommodations due to the impact of COVID-19, should contact their accessibility specialist to discuss their specific needs. You may connect with the office by calling 419.530.4981 or sending an email to StudentDisability@utoledo.edu.

VACCINATION

Doctors and other health care professionals agree that the best way to protect ourselves and each other is to get vaccinated. Case data clearly show that vaccines remain highly effective at preventing serious illness from COVID, including the highly contagious delta variant. If you have not yet received your COVID vaccine, the University encourages you do so as soon as possible. No appointment is needed to get the shot at the UTMC Outpatient Pharmacy, University Health Clinic or Main Campus Pharmacy. Once you receive the COVID vaccination, please register on the COVID Vaccine Registry site at: <https://utvaccinereg.utoledo.edu/>.

SPECIAL NOTES

It's important to note, that based on the unpredictability of the COVID-19 virus, things can change at any time. So please be patient and understanding as we move through the semester. I also ask that you keep me informed of concerns you may have about class, completing course work/assignments timely and/or health concerns related to COVID.

NON-COVID-19 INFORMATION

Academic and Support Services

Please view the [Learner Support](#) page for links and descriptions of the technical, academic, and student support services available to UT students.

Safety and Health Services for UT Students

Please use the following link to view a comprehensive list of [Campus Health and Safety Services](#) available to you as a student.

Academic Dishonesty

[UT's Academic Dishonesty Policy](#)

[Department of Psychology Statement on Academic Honesty Statement](#)

Resources Related to Sexual or Gender-based Violence and Harassment

The University of Toledo cares greatly about the health and well-being of our students, staff, and faculty, and takes all sexual or gender-based violence and harassment very seriously. If you have experienced sexual assault, sexual harassment, intimate partner violence, and/or stalking and want a confidential place to obtain support and information, please contact the Center for Student Advocacy and Wellness on the main campus in Health and Human Services Room 3017. You can call 419.530.2497 during regular business hours and 419.530.3431 for 24-hour assistance from a trained advocate. In-person, walk-in appointments are also available Monday-Thursday from 8:30 a.m. to 5 p.m. The Center for Student Advocacy and Wellness provides free and confidential advocacy and counseling services to students, faculty, and staff. The YWCA H.O.P.E. Center also can be accessed as an off-campus confidential resource at 419.241.7273. Faculty, teaching assistants, and other university employees are mandated reporters of any incidents of sexual or gender-based violence or harassment. Thus, any disclosures of sexual or gender-based violence or harassment on or off-campus made to faculty or teaching assistants, or other university employees must be forwarded to the Title IX Coordinator. The Title IX Office will then contact you regarding your rights, your option to participate in the investigation, interim safety measures and/or academic accommodations, and the need to proceed with an investigation (even if none is requested). Your participation in the process is voluntary.

You may call 419.530.3152 to file a complaint or visit the following website for more information and resources: <http://www.utoledo.edu/title-ix/>. Policies relating to Title IX can be found at: <http://www.utoledo.edu/title-ix/policies.html>.

Policy Statement on Non-Discrimination on the Basis of Disability (ADA)

The University is an equal opportunity educational institution. Please read [The University's Policy Statement on Nondiscrimination on the Basis of Disability – Americans with Disabilities Act Compliance](#).

Academic Accommodations

The University of Toledo embraces the inclusion of students with disabilities. We are committed to ensuring equal opportunity and seamless access for full participation in all courses. For students who have an accommodations memo from Student Disability Services, I invite you to correspond with me as soon as possible so that we can communicate confidentially about implementing accommodations in this course. For students who have not established an

affiliation with Student Disability Services and are experiencing disability access barriers or are interested in a referral to healthcare resources for a potential disability or would like information regarding eligibility for academic accommodations, please contact the [Student Disability Services Office](#) by calling 419.530.4981 or sending an email to StudentDisability@utoledo.edu.

Websites of Interest

UT Psychology-Related Websites

[UT Undergraduate Psychology Degree](#). The Department of Psychology at the University of Toledo offers a Bachelor of Arts degree for undergraduate students majoring in psychology.

[UT Psi Chi Webpage](#). Psi Chi is the International Honor Society in Psychology, founded in 1929 for the purposes of “encouraging, stimulating, and maintaining excellence in scholarship, and advancing the science of psychology.” With over 1,050 chapters, Psi Chi is one of the largest honor societies in the United States and is an affiliate of both the American Psychological Association (APA) and the Association for Psychological Science (APS). Membership is open to graduate and undergraduate students who are making the study of psychology one of their major interests, and who meet the minimum qualifications.

[UT Psychology Honors Program](#). Psychology majors are encouraged to earn the graduation citation "Honors in Psychology" through the Department of Psychology honors program. A student can be admitted at any time but no later than the end of the first semester of their junior year. See website for details.

Abnormal Psychology-Related Websites

MentalHealth.gov This site is written for both professionals and non-professionals. It contains regularly posted mental health news, stories, and a blog, as well as different ways to get help (an advice column, an online community, and hotlines).

Websites for Students Interested in Psychology as a Career:

[Psych Web by Russ Dewey](#). Includes many links that can be helpful for psychology undergraduates (e.g., see [Careers in Psychology](#) link)

[Student Doctor Network Forums: Psychology](#). The psychology forum on the Student Doctoral Network is designed for people currently enrolled or applying to clinical psychology doctoral programs.

Professional Websites Related to Dr. Mihura:

Dr. Mihura’s UT [Faculty](#) and [Lab](#) Webpages