ABNORMAL PSYCHOLOGY: PSYC 3303
Vyga G. Kaufmann, PhD
Fall 2019
Sections 004 (10-10:50am) and 003 (11-11:50am)
HLMS 199

Instructor: Vyga Kaufmann
Vyga.Kaufmann@colorado.edu
Office hours: M 12:00-1:45pm and F 9-9:45am
Office location: Muenzinger E411

Teaching Assistants: Shelley Gresko
Office hours: Tuesday 9:30-10:30am
Office location: MUEN D213A

Chelsea Brown
Office hours: Thursday 2-3:00pm
Office location: MUEN D434


Description: This course will introduce students to the psychological, biological, and experiential factors thought to influence the symptoms, etiology, course/prognosis, and treatment of mental disorders. Students can expect to gain information about and an understanding of the rationale for: the diagnostic criteria and other clinical signs accompanying common DSM-5 disorders, causal and maintenance factors of disorders, and examples of empirically supported treatments. This course focuses on adult psychopathology.

Objectives: By the end of the course, students should be able to:
1. Recall, define, and appropriately apply terminology presented in lecture and associated readings
2. Identify and describe symptoms associated with mental health diagnoses, demonstrate a broad understanding of the DSM-5 classification system, and provide critique about advantages and drawbacks of diagnosis and of the existing diagnostic system.
3. Explain each disorder from an integrative perspective by demonstrating a working knowledge of biological, behavioral, cognitive, and environmental factors involved in the onset and trajectory of the disorder.
4. Propose a rationale for differential diagnoses.
5. Discuss in broad terms the risk factors and protective factors related to mental health issues; discuss risk factors in the context of specific diagnoses, including the rationale as to why certain risk factors may enhance the vulnerability to specific mental disorders.
6. Provide examples of empirically supported treatments.

Executive Summary of Grading
- There will be 4 exams each worth 100 points. The four exams include 3 midterms and 1 cumulative final exam.
- You must take all 4 exams – you risk failing the course if you miss an exam without appropriate notice and documentation.
- There will be 11 quizzes worth 10 points each – the lowest quiz grade will be dropped. You can choose to take all 11 quizzes and have the lowest score dropped OR you can use a missed quiz as the dropped score. All quizzes will be administered via Canvas. There are no make-ups for missed quizzes. Quizzes can be taken one time (this means you should review your material ahead of taking the quiz).
- Course grade is calculated by dividing the points you earned by 500

Exams: There will be three non-cumulative exams and one cumulative final. Exams will cover reading (textbook and research articles) and lecture material as well as ideas generated from class discussions. A common question is “will this be on the exam?” Please presume the answer is yes. The exams will consist of a variety of multiple-choice, short answer, essay, and case study questions. No make-up exams will be
administered without documentation of a serious illness, death in the family, or other event of similar magnitude that precludes your attendance on a scheduled exam day. Make-up exams are not given once exam grades have been posted. If such an event should arise, the make-up exam will be in essay format.

Final grades will be assigned as follows (points earned/500):

<table>
<thead>
<tr>
<th>Grade</th>
<th>Minimum Score</th>
<th>Maximum Score</th>
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<tbody>
<tr>
<td>A</td>
<td>100-94%</td>
<td>A- 93-90%</td>
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<tr>
<td>B+</td>
<td>89-87%</td>
<td>B 86-84%</td>
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<tr>
<td>B</td>
<td>83-80%</td>
<td>B- 80-77%</td>
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<tr>
<td>C+</td>
<td>79-77%</td>
<td>C 76-74%</td>
</tr>
<tr>
<td>D+</td>
<td>69-67%</td>
<td>D 66-64%</td>
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<tr>
<td>C</td>
<td>63-60%</td>
<td>C- 60-58%</td>
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<tr>
<td>D</td>
<td>59-57%</td>
<td>D- 57-55%</td>
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Class Materials: I will be using the Canvas website to post test scores, lecture notes, and supplemental class materials (research articles and videos).

Lecture and Discussion: Lecture notes are posted as a courtesy and are not always available prior to class. Be prepared to take notes in class as notes are not always posted in advance of class time. Importantly, during the first week of class it is a good idea to acquaint yourself with a few of your classmates and to exchange email addresses with them. Your classmates are your best resources for you should you have to miss class. It is your responsibility to gather this information from your fellow students or to make arrangements to attend office hours.

Extra Credit: There will always be extra credit questions on the exams. There are no other extra credit opportunities offered for this course.

IMPORTANT UNIVERSITY POLICIES
Policy statements for Accommodations for Documented Disabilities, Religious Holidays, Classroom Behavior, Sexual Misconduct/Discrimination/Harassment and/or related Retaliation, along with the University Honor Code can be found below or by following this link:

https://www.colorado.edu/academicaffairs/student-syllabus-statements

Accommodation for Disabilities
If you qualify for accommodations because of a disability, please submit your accommodation letter from Disability Services to me in a timely manner so that your needs can be addressed. Disability Services determines accommodations based on documented disabilities in the academic environment. Information on requesting accommodations is located on the Disability Services website. Contact Disability Services at 303-492-8671 or dsinfo@colorado.edu for further assistance. If you have a temporary medical condition or injury, see Temporary Medical Conditions under the Students tab on the Disability Services website.

Classroom Behavior
Students and faculty each have responsibility for maintaining an appropriate learning environment. Those who fail to adhere to such behavioral standards may be subject to discipline. Professional courtesy and sensitivity are especially important with respect to individuals and topics dealing with race, color, national origin, sex, pregnancy, age, disability, creed, religion, sexual orientation, gender identity, gender expression, veteran status, political affiliation or political philosophy. Class rosters are provided to the instructor with the student's legal name.

Faculty will honor your request to address you by an alternate name or gender pronoun. Please advise your teaching team (me and the teaching assistants) of this preference early in the semester so that we can make appropriate changes to their records. For more information, see the policies on classroom behavior and the Student Code of Conduct.

Honor Code
All students enrolled in a University of Colorado Boulder course are responsible for knowing and adhering to the Honor Code. Violations of the policy may include: plagiarism, cheating, fabrication, lying, bribery, threat, unauthorized access to academic materials, clicker fraud, submitting the same or similar work in more than one course without permission from all course instructors involved, and aiding academic dishonesty. All incidents of academic misconduct will be reported to the Honor Code (honor@colorado.edu; 303-492-5550).
Students who are found responsible for violating the academic integrity policy will be subject to nonacademic sanctions from the Honor Code as well as academic sanctions from the faculty member. Additional information regarding the Honor Code academic integrity policy can be found at the Honor Code Office website.

**Sexual Misconduct, Discrimination, Harassment and/or Related Retaliation**
The University of Colorado Boulder (CU Boulder) is committed to fostering a positive and welcoming learning, working, and living environment. CU Boulder will not tolerate acts of sexual misconduct, intimate partner abuse (including dating or domestic violence), stalking, or protected-class discrimination or harassment by members of our community. Individuals who believe they have been subject to misconduct or retaliatory actions for reporting a concern should contact the Office of Institutional Equity and Compliance (OIEC) at 303-492-2127 or cureport@colorado.edu. Information about the OIEC, university policies, anonymous reporting, and the campus resources can be found on the OIEC website.

Please know that faculty and instructors have a responsibility to inform OIEC when made aware of incidents of sexual misconduct, discrimination, harassment and/or related retaliation, to ensure that individuals impacted receive information about options for reporting and support resources.

**Religious Holidays**
Campus policy regarding religious observances requires that faculty make every effort to deal reasonably and fairly with all students who, because of religious obligations, have conflicts with scheduled exams, assignments or required attendance. For each class, check with your faculty member in advance (a week ahead of time is sufficient for my planning purposes. You can communicate with me either directly in class or via email) so that you are aware of their specific requirements for accommodating religious observances. See the campus policy regarding religious observances for full details.
## Course Outline and Schedule

**Note:** This class/exam schedule may change to accommodate the cadence and interests of the class. We will try to adhere as closely as possible to this outline and changes will be announced as soon as they are determined.

### Week 1

**Readings:**
- **Mon, 8/26** Welcome! Chapter 1
- **Wed, 8/28** Abnormality Defined/Theoretical Models Chapters 1/2
- **Fri, 8/30** Theoretical Models Chapter 2

### Week 2

**Readings:**
- **Mon, 9/2** Labor Day/No class meeting
- **Wed, 9/4** Theoretical Models Chapter 2
- **Fri, 9/6** Theoretical Models/Diagnosis Chapter 2/3

Quiz 1 due Sunday 9/8 at 11:00pm

### Week 3

**Readings:**
- **Mon, 9/9** Diagnosis Chapter 3
- **Wed, 9/11** Research Design Chapter 4
- **Fri, 9/13** CLASS CANCELLED

Quiz 2 due Sunday 9/15 at 11:00pm

### Week 4

**Readings:**
- **Mon, 9/16** Research Design Chapter 4
- **Wed, 9/18** Sleep & Insomnia Disorder Chapter 8
- **Fri, 9/20** Sleep & Insomnia Disorder Chapter 8

Quiz 3 due Sunday 9/22 at 11:00pm

### Week 5

**Readings:**
- **Mon, 9/23** Anxiety Disorders Chapter 5
- **Wed, 9/25** Anxiety Disorders Chapter 5
- **Fri, 9/27** Anxiety Disorders Chapter 5

Quiz 4 due Sunday 9/29 at 11:00pm

### Week 6

**Readings:**
- **Mon, 9/30** Catch-up/Special Topics
- **Wed, 10/2** OCD Chapter 5
- **Fri, 10/4** OCD Chapter 5

Quiz 5 due by Wednesday 10/9 at 9:00am

### Week 7

**Readings:**
- **Mon, 10/7** OCD Chapter 5
- **Wed, 10/9** PTSD Chapters 5
- **Fri, 10/11** PTSD Chapter 5

Quiz 6 due by Wednesday 10/16 at 9:00am

### Week 8

**Readings:**
- **Mon, 10/14** PTSD Chapter 5
- **Wed, 10/16** Mood Disorders Chapter 7
- **Fri, 10/18** Mood Disorders Chapter 7

Quiz 7 due by Sunday 10/20 at 11:00pm
### Week 9

<table>
<thead>
<tr>
<th>Day</th>
<th>Topic</th>
<th>Chapter</th>
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<tbody>
<tr>
<td>Mon, 10/21</td>
<td>Mood Disorders</td>
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<tr>
<td>Wed, 10/23</td>
<td><strong>EXAM 2</strong></td>
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<td>Fri, 10/25</td>
<td>Eating Disorders</td>
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### Week 10

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Mon, 10/28</td>
<td>Eating Disorders</td>
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<tr>
<td>Wed, 10/30</td>
<td>Eating Disorders</td>
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<tr>
<td>Fri, 11/1</td>
<td>Substance Related Disorders</td>
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**Quiz 8 due by Wednesday 10/30 at 9:00am**

### Week 11

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<tr>
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<tbody>
<tr>
<td>Mon, 11/4</td>
<td>Substance Related Disorders</td>
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<tr>
<td>Wed, 11/6</td>
<td>Substance Related Disorders</td>
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<tr>
<td>Fri, 11/8</td>
<td>Substance Related Disorders</td>
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**Quiz 9 due by Sunday 11/10 at 11:00pm**

### Week 12

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<tbody>
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<td>Mon, 11/11</td>
<td>Schizophrenia</td>
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<tr>
<td>Wed, 11/13</td>
<td>Schizophrenia</td>
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<td>Fri, 11/15</td>
<td>Schizophrenia</td>
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**Quiz 10 due by Sunday 11/17 at 11:00pm**

### Week 13

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Mon, 11/18</td>
<td>Catch-up</td>
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<td>Wed, 11/20</td>
<td><strong>EXAM 3</strong></td>
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<tr>
<td>Fri, 11/22</td>
<td>Personality Disorders</td>
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### Week 14

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<th>Day</th>
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<tbody>
<tr>
<td>Mon, 11/25</td>
<td><strong>FALL BREAK</strong></td>
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<tr>
<td>Wed, 11/27</td>
<td><strong>FALL BREAK</strong></td>
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<tr>
<td>Fri, 11/29</td>
<td><strong>FALL BREAK</strong></td>
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### Week 15

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<th>Day</th>
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<tbody>
<tr>
<td>Mon, 12/2</td>
<td>Personality Disorders</td>
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<tr>
<td>Wed, 12/4</td>
<td>Personality Disorders</td>
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<tr>
<td>Fri, 12/6</td>
<td>Personality Disorders</td>
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**Quiz 11 due by Sunday 12/8 at 11pm**

### Week 16

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<tr>
<td>Mon, 12/9</td>
<td>Legal and Ethical Issues</td>
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<tr>
<td>Wed, 12/11</td>
<td>Catch-up and Wrap-up</td>
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<tr>
<td>Fri, 12/13</td>
<td><strong>Fall 2019 Reading Day: No classes/No Exams</strong></td>
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### FINAL EXAM:

- **Section 003 (10am class):** Sunday, 12/15 7:30pm-10pm
- **Section 004 (11am class):** Sunday, 12/15, 1:30pm-4pm