

**PSYCH 435-01 & 02**  
**Abnormal Psychology**  
**Course Syllabus**  
**Fall, 2008**

**Instructor:** Ryan C. Martin, Ph.D.

**Office:** MAC C318

**Office Hours:**

Tuesday: 2:30 – 5:00

Wednesday: 8:00 – 11:00

Thursday: 12:30 – 2:00

\*I will be happy to schedule time to meet with students if the above times don't work.

**Phone:** 465-2322

**E-mail:** martinr@uwgb.edu

**Website:** www.uwgb.edu/martinr/index.htm

**Description of the Course:**

This is an advanced undergraduate psychology course designed to expose students to the primary models for defining and evaluating normal and abnormal human behavior in American society. Students will be acquainted with the many ways in which biological, emotional, behavioral, and cognitive factors can contribute to distress or impairment, both to the individual and the people around him or her. Students will be exposed to models of how abnormal behavior can be defined, how it can be understood, and in a general sense, how it is usually treated.

**Course Objectives:**

By the end of this course, students should be able to:

- (1) Define abnormal behavior and explain the rationale behind various definitions.
- (2) Discuss procedures used to evaluate and diagnosed abnormal behavior.
- (3) Compare and contrast various theoretical models of abnormal behavior.
- (4) Describe the primary symptoms of many mental disorders.
- (5) Identify treatments for mental disorders consistent with the various theoretical models.
- (6) Discuss how culture and history shape definitions of abnormal behavior.

**Required Readings:**

Barlow, D. H., & Durand, V. M. (2008). *Abnormal psychology: An integrative approach (5<sup>th</sup> ed)*. Belmont, CA: Thomson-Wadsworth.

\*Consult the reading and study guide on D2L for the specific sections to be read.

\*\*Some additional readings will be assigned throughout the semester.

**Course Requirements:**

Assignments: There will be multiple in-class and take-home assignments throughout the semester (100 points). Although they are not listed on the tentative schedule, I'll announce in class when they are going to occur. Students who miss an in-class assignment will only be able to make them up if their absence is excused. To earn an excused absence, you must let me know you will not be there before the class begins. If something happens on your way to class that prevents you from getting there (car trouble, flat tire, etc.), I expect you to all me as soon as possible. Students who miss class the day that a take-home assignment is assigned are responsible for getting the information about the assignment in time to turn it in when it is due. There will be 110 total points available but the most a student can earn is 100. Students will not receive points for late assignments unless the lateness is excused.

**In-class Quizzes:** There will be ten in-class quizzes (10 points each). They will not be cumulative. Please note that each quiz will contain information from lectures that cannot be found in the text and material from the text that is not covered in class. Make-up quizzes will be administered only under the most extraordinary circumstances. Barring a natural disaster or death in the family, the only excuse that I will accept for missing a quiz is a written physician's note. Make-up quizzes will be an essay version of the quiz that was taken in class. The specific dates of the quizzes are not listed in the schedule. However, you will be given at least one week's notice when a quiz is coming up.

**Take-home Final Exams:** There will be a take-home final exams (25 points). This exam will be cumulative. Take-home exams turned in late without my approval in advance will lose 5 points per day. Extra time will only be granted in extraordinary circumstances.

**Class Expectations:** My goal is to create a comfortable learning atmosphere for all students. Thus, you are expected to be polite, attentive, and not be a distraction to the instructor or any other students. This includes visiting with other students, reading, sleeping, etc. You are also asked to please turn off cell phones and pagers during this class. Additionally, I ask you to note the following class expectations.

- All assignments or take-home exams are due at the time of class on the day they are due and will be considered late if turned in after this.
- I will not accept any assignment or take-home exam that is E-mailed to me for any reason. If you cannot make it to class on the day something is due, you should either turn it in ahead of time, have someone else bring it to class, or make sure your absence from class the day it is due is excused so you can turn it in at the next class.
- Please take care in putting together your assignments and take-home exams. They should be typed, stapled, printed in black ink, and printed on a printer that isn't running out of ink.

**Grading:**

Assignment	Total Points	Grading Scale	
Assignments	100	A	92%-100%
In-class quizzes	100	AB	88%-92%
Take-home Final	25	B	82%-88%
Extra Credit	--	BC	78%-82%
Total	225	C	70%-78%
		D	60%-70%
		F	less than 60%

**Tentative Semester Schedule**

Date	Topic	Chapter
<u>Week 1</u>		
9/2/08	Introduction to Abnormal Psychology	Chapter 1
9/4/08	Diagnosis and Assessment	Chapter 3
<u>Week 2</u>		
9/9/08	Diagnosis and Assessment (continued)	
9/11/08		
<u>Week 3</u>		
9/16/08	Anxiety Disorders	Chapter 5
9/18/08		
<u>Week 4</u>		
9/23/08	Anxiety Disorders (continued)	
9/25/08		

<u>Week 5</u>		
9/30/08	Mood Disorders	Chapter 7
10/2/08		
<u>Week 6</u>		
10/7/08	Mood Disorders (continued)	
10/9/08		
<u>Week 7</u>		
10/14/08	Personality Disorders	Chapter 12
10/16/08		
<u>Week 8</u>		
10/21/08	Psychotic Disorders	Chapter 13
10/23/08		
<u>Week 9</u>		
10/28/08	Psychotic Disorders (continued)	
10/30/08		
<u>Week 10</u>		
11/4/08	Substance Related Disorders	Chapter 11
11/6/08		
<u>Week 11</u>		
11/11/08	Eating Disorders	Chapter 8
11/13/08		
<u>Week 12</u>		
11/18/08 ( <b>Take-home distributed</b> )	Disorders of Childhood	Chapter 14
11/20/08		
<u>Week 13</u>		
11/25/08	Disorders of Childhood (continued)	
11/27/08 ( <b>No Class</b> )		
<u>Week 14</u>		
12/2/08	To Be Announced	
12/4/08		
<u>Week 15</u>		
12/9/08	To Be Announced	
<u>Final Exams Week</u>		
<b>Take-home due 12/16/08</b>		

**Final Notes:**

- Consistent with the federal law and the policies of the University of Wisconsin, it is the policy of the University of Wisconsin-Green Bay to provide appropriate and necessary accommodations to students with documented physical and learning disabilities. If you anticipate requiring any auxiliary aids or services, you should contact me or the Coordinator of Services for Students with Disabilities at 465-2849 as soon as possible to discuss your needs and arrange for the provision of services.
- Using someone else's ideas or phrasing and representing those ideas or phrasing as our own, either on purpose or through carelessness, is a serious offense known as plagiarism. "Ideas or phrasing" includes written or spoken material, of course – from whole papers and paragraphs to sentences, and, indeed, phrases – but it also includes statistics, lab results, art work, etc. "Someone else" can mean a professional source, such as a published writer or critic in a book, magazine, encyclopedia, or journal; an electronic resource such as material we discover on the World Wide Web; another student at our school or anywhere else; a paper-writing "service" (online or otherwise) which offers to sell written papers for a fee.

## Health Psychology Fall 2008

Psych 450, Lec. 001  
Fall 2008  
TR 12:30-1:50 PM  
MAC 208

Stacie Herzog, MS  
920-639-8421 (C)  
herzogs@uwgb.edu  
Office Hrs: TR 11-12:00PM  
Office: MAC B330

### Course Outline

Purpose: To examine how health is affected by the psychological condition of individuals of all ages. This course will also focus on some cultural differences as it concerns health psychology. We will study individuals of all ages, as they function at home and with outpatient and inpatient care. Both mental and medical care will be included in this course. We will study individuals who are remaining healthy, and individuals who are coping with various illnesses. Essentially, Health Psychology is the study of how psychological thinking influences people to stay healthy, why they become ill, and what their behaviors are when they become ill.

Text: Gurung, Regan AR. Health Psychology, A Cultural Approach. Thompson Wadsworth, 2006.

### Course Requirements:

1. One midterm exam (35% of grade)
2. One 6 page health behavior change plan (20% of grade)
3. One final exam (35% of grade)
4. 10 class participations (10% of grade).

Note: No extra credit can be earned for this class. Attendance is required.

The six page paper is a personal health behavior change plan. The student will research, design and write a personal health behavior plan which will be incorporated into the first three pages of the paper. The fourth and fifth pages will discuss the immediate and long term outcome of the personal plan, with the sixth page as the reference page. The student needs to include in the paper 3-4 references pertaining to health psychology theories, and 3-4 academic references pertaining to the health behavior issue focused within the personal plan. **The paper is to be submitted in the D2L dropbox by 11:59PM on December 11, 2008, but may be turned in earlier.**

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### Grading Scale

Letter	Total Class Score
A	92-100
AB	87-91
B	83-86
BC	77-82
C	67-76
D	60-66
F	Below 60

Date (approx)	Topic	Reading
9/2	Introduction, Goals of Class What is Health Psychology and Health Behaviors?	Chapter 1 Lecture/Handouts
9/4	Stress Across Cultures	Chapter 4
9/9	Coping and Social Support	Chapter 5
9/11	Researching Behavior Change Plan theories	
9/16	Models of Behavior Change	Chapter 6
9/18	Guest Speaker: Mike Kline <b>CLASS MEETS IN KRESS CENTER, ROOM 101</b>	(UWGB-Athletics)
9/23	Health Behaviors: Eating, Physical Activity Smoking and Drinking	Chapter 7
9/25	Sports Psychology	Lecture
9/30	Nutrition: The Psychology of Eating	Lecture
10/2	Class Focus Lecture: to be announced based on class response	
10/7	Factors Surrounding Illness	Chapter Eight
10/9	<b>Health Psychology Educational Forum: "Trauma &amp; the Path to Healing"</b> <b>Susan Lockwood: Sexual Assault Center, Bill Secur: Veterans Counseling</b> <b>Class to be held in Christie Theatre</b>	
10/14	Pain Midterm In Class Review	Chapter Nine
10/16	<b>Midterm: Multiple choice 100 points (covers topics from 9/2-10/9)</b>	
10/21	Environmental Design for Health	Lecture
10/23	Guest Speaker: Jolene Garvey, Chiropractor	Guest speaker
10/28	Religions and its affect on Health Jehovah's Witnesses Hospital Liaison	Lecture, Guest speakers
10/30	TA Lecture: to be announced Discussion of personal health plan experiences/questions	Tasha Weinfurter
11/4	Chronic Illness and Death	Chapter 10
11/6	Psychoneuroimmunology and HIV	Chapter 11
11/11	Contemporary Journal Article Discussions	
11/13	Child Life Specialist (St. Vincent)	Guest Speaker
11/18	Culture and Cancer	Chapter 12

11/20	Culture and Cardiovascular Disease	Chapter 13
11/25	Bariatric Health	Lecture
11/27	<b>Thanksgiving Day! No Class</b>	
12/2	More on the Psychology of Health: Motivational Interviewing Treating Somatization	Lecture
12/4	Treating Unhappiness	Lecture
12/9	Adults and Mental Illness	Lecture
12/11	Children and Mental Illness	Guest speaker
	<i>Guest Speaker: psychiatrist, Tony Marchlewski, DO</i>	
	<b>Health Behavior Paper Plan Paper Due by 11:59PM on D2L</b>	
12/16	Guest Speaker: Pet Therapy, Aurora Bay Care	
	Class Review for the final	
12/18	<b>10:30-12:30AM Final Exam, Multiple Choice, 100 points</b>	