



CURRICULUM GUIDE: OFFICIAL COURSE OUTLINE

Course Code	PSYC 241	Course Title	Psychopathology and Mental Health			
Credit Value	3	Department	Social Sciences			
No. of weeks	14	Hrs. per week	<i>Lecture</i>	<i>Tutorial</i>	<i>Laboratory</i>	<i>Total</i>
			3	0	0	3
Course Description	This course covers historical and contemporary models and causes of deviant behaviour with emphasis on the psychological factors that contribute to its etiology and treatment. This course introduces an overview of biological, psychoanalytic, cognitive, behavioural and psycho-social paradigms of maladaptive behaviour in children and adults.					
Prerequisite(s)	ENGL 100, PSYC 102					
Initial Articulation Targets	<i>UBC</i>	<i>SFU</i>	<i>UVic</i>	<i>UNBC</i>	<i>TRU</i>	
	PSYC 2nd (3)	PSYC 241 (3)-Q	PSYC 260 (1.5)	PSYC 2XX (3)	PSYC 2160 (3)	
	For updated information on the transferability of this course, please consult the BC Transfer Guide, www.bctransferguide.ca					
Learning Outcomes	<p>Upon successful completion of this course, the student will be able to:</p> <ul style="list-style-type: none"> • Define adaptive and maladaptive behaviour. • Describe the historical background of abnormal psychology. • Describe the theoretical perspectives (e.g., biological, cognitive, behavioural, humanistic, psychoanalytic, and existential approaches) on maladaptive behaviour. • Describe various therapeutic strategies (e.g., cognitive-behaviour therapy) used for the treatment of maladaptive behaviour. • Describe major classification and assessment methods of behaviour disorders. • Describe the prevalence, etiology, and treatment of a wide range of maladaptive patterns of behaviour including anxiety disorders, psychophysiological disorders, somatoform disorders, depression, bipolar disorders, personality disorders, psychotic disorders (e.g., schizophrenia), and disorders of childhood and adolescence. 					
Content	<p>Core topics – all of the following will be covered:</p> <ul style="list-style-type: none"> • Behaviour disorders: Definitions and historical background • Historical and contemporary theoretical perspectives on maladaptive behaviour therapies (physical and psychology interventions; individual and group therapy; behavioural, cognitive, existential and humanistic approaches) • Classification and assessment of maladaptive behavior; DSM-5-TR • Stress related disorders (e.g., adjustment disorder; acute stress disorder; dissociative fugue; dissociative identity disorder; and depersonalization disorder) and coping 					



	<ul style="list-style-type: none"> • Bodily maladaptations: eating disorders, sleep disorders, and psycho-physiological disorders) • Disorders of bodily preoccupation (e.g., pain disorders, somatization disorders, conversion disorders, hypochondriasis, and body dysmorphic disorders) • Anxiety disorders (e.g., panic disorder; generalized anxiety disorder; phobia; obsessive-compulsive disorder; and post-trauma stress disorder) • Personality disorders (e.g., narcissistic, paranoid, dependent, borderline, obsessive-compulsive, schizoid and schizotypal personality disorders) • Mood disorders (e.g., depression and bipolar mood disorders) • Psychotic Disorders (e.g., schizophrenia and delusional disorders) • Disorders of childhood and adolescence (e.g., autism; ADHD; and eating disorders). <p>Additional topics may also be covered, at the discretion of the instructor.</p>		
Methods of Instruction	Lectures, small group activities, discussion groups, seminars, oral presentations, laboratory demonstrations, field trips, computer simulations, video, guest lecturers		
Required Textbook(s)	The following textbook(s) is/are required, or approved equivalent(s). Comer, R.J. and Comer, J.S. (2021) Abnormal Psychology (11th Ed; DSM-5-TR updates). Worth Publishers.		
Required Equipment and Technology	Students are required to have a computer with internet access. The following resources are provided by the College: <ul style="list-style-type: none"> • Office 365 • Student email 		
Homework Hours	At minimum, students can expect one hour of homework for every hour of instructional time.		
Evaluation	<i>Component</i>	<i>% Value</i>	
	In-class participation and activities	5-10%	
	Term paper project	10-20%	
	Midterm examination I	20-25%	
	Midterm examination II	20-25%	
Final examination	20-30%		
Completion Requirements	The minimum grade to pass this course is D (50%). Unless otherwise stated, a minimum grade of C- (55%) is required for this course to fulfil a prerequisite.		
Course Designer(s)	Bahman Najarian, Ph.D., Department of Psychology, Alexander College	Consultant(s), if applicable	Kevin Hamilton, M.E.S., Ph.D. Department of Psychology Kwantlen Polytechnic University
Dean's Approval	Marv Westrom, Ph.D. Professor Emeritus, Faculty of Education, University of British Columbia	Dean's Approval Date	September 29, 2010
Curriculum Committee Approval Date	September 29, 2010	First Term Offered	Winter 2011



Last Review Date	July 25, 2022	Next Review Date	July 25, 2027
Revision History	November 3, 2011-Changed prerequisites January 2020 – prerequisite update July 4, 2022 – updates and non-substantive change to assessments by Bahman Najarian. Title of course changed from “Abnormal Psychology” to Psychopathology and Mental Health” effective Winter 2023. January 2, 2025 – English prerequisite increased to ENGL 100, effective Winter 2025		