

## HIBBING COMMUNITY COLLEGE COURSE OUTLINE

**COURSE NUMBER & TITLE:** PSYC 1400: Abnormal Psychology

**CREDITS:** 3 (3Lec 0 / Lab)

**PREREQUISITES:** PSYC 1205: General Psychology

### **CATALOG DESCRIPTION:**

Abnormal Psychology is the study of mental and behavioral disorders and their theoretical perspectives, classification, description, assessment, and intervention methods. Research methods, diagnosis and treatment of emotional, social, psychotic/organic, and developmental disorders are included with an emphasis on understanding the fundamental nature of each disorder throughout the lifespan and the biopsychosocial perspective.

MNTC goal area: (5) History/Social/Behavioral Sciences.

### **OUTLINE OF MAJOR CONTENT AREAS:**

- I. Overview to Understanding Abnormal Behavior
  - A. Defining abnormality
  - B. Social impact of psychological disorders
  - C. Biological causes
  - D. Psychological causes
  - E. Sociocultural causes
  - F. Prominent themes throughout history
  - G. Scientific Approach
    1. Research methods
    2. Research designs
    3. Clinical perspectives
- II. Diagnosis and Treatment
  - A. Experiences of client and clinician
  - B. Diagnostic and Statistical Manual
  - C. Diagnostic procedures
  - D. Case formulation
  - E. Cultural formulation
  - F. Treatment
    1. Sites
    2. Modality
    3. Clinician's role
    4. Client's role
    5. Outcome

### III. Assessment

- A. Characteristics of psychological assessments
- B. Clinical interview
- C. Mental status examination
- D. Intelligence testing
- E. Personality testing
- F. Behavioral assessment
- G. Multicultural assessment
- H. Neuropsychological assessment

### IV. Theoretical Perspectives

- A. Biological
- B. Trait
- C. Psychodynamic
- D. Behavioral
- E. Cognitive
- F. Humanistic
- G. Sociocultural
- H. Biopsychosocial – integrative approach

### V. Neurodevelopmental Disorders

- A. Intellectual disability
  - 1. Causes
  - 2. Treatment
    - a. Autism spectrum disorder
    - b. Learning and communication disorders
    - c. Attention-deficit/hyperactivity disorder
    - d. Motor disorders

### VI. Schizophrenia Spectrum and Other Psychotic Disorders

- A. Schizophrenia subtypes, dimensional rating, diagnosis
  - 1. Brief psychotic disorder
  - 2. Schizophreniform disorder
  - 3. Schizoaffective disorder
  - 4. Delusional disorders
  - 5. Theories and treatments

### VII. Depressive and Bipolar Disorders

- A. Depressive Disorders
  - 1. Major depressive disorder
  - 2. Persistent depressive disorder (dysthymia)
  - 3. Disruptive mood dysregulation disorder
  - 4. Premenstrual dysphoric disorder
  - 5. Theories and treatments

- B. Disorders involving alternations in mood
  - 1. Bipolar disorder
  - 2. Cyclothymic disorder
  - 3. Theories and treatments
- C. Suicide
- VIII. Anxiety, Obsessive-Compulsive, and Trauma- and Stressor-Related Disorders
  - A. Anxiety Disorders
    - 1. Separation anxiety disorder
    - 2. Selective mutism
    - 3. Specific phobias
    - 4. Social anxiety disorder
    - 5. Panic disorder and agoraphobia
    - 6. Generalized anxiety disorder
    - 7. Theories and treatments
  - B. Obsessive-Compulsive and Related Disorders
    - 1. Body dysmorphic disorder
    - 2. Hoarding disorder
    - 3. Trichotillomania (hair-pulling) disorder
    - 4. Excoriation (skin-picking) disorder
    - 5. Theories and treatments
  - C. Trauma- and Stressor-Related Disorders
    - 1. Reactive attachment disorder and disinhibited social engagement disorder
    - 2. Acute stress disorder and post-traumatic stress disorder
    - 3. Theories and treatments
- IX. Dissociative and Somatic Symptom Disorders
  - A. Dissociative Disorders
    - 1. Major forms of dissociative disorders
    - 2. Theories and treatment
  - B. Somatic Symptom and Related Disorders
    - 1. Somatic symptom disorder
    - 2. Illness anxiety disorder
    - 3. Conversion disorder (functional neurological symptom disorder)
    - 4. Theories and treatments
  - C. Psychological factors affecting medical condition
    - 1. Stress and coping
    - 2. Emotional expression
    - 3. Personality style
    - 4. Behavioral medicine

- X. Feeding and Eating Disorders; Elimination Disorders; Sleep-Wake Disorders; and Disruptive, Impulse-Control, and Conduct Disorders
  - A. Eating Disorders
    - 1. Anorexia nervosa
    - 2. Bulimia nervosa
    - 3. Binge-eating disorder
    - 4. Avoidant/restrictive food intake disorders
    - 5. Eating disorders associated with childhood
    - 6. Theories and treatments
  - B. Elimination Disorders
  - C. Sleep-Wake Disorders
  - D. Disruptive, Impulse-Control, and Conduct Disorders
    - 1. Oppositional defiant disorder
    - 2. Conduct disorder
    - 3. Impulse-control disorders
    - 4. Theories and treatments
- XI. Paraphilic Disorders, Sexual Dysfunctions, and Gender Dysphoria
  - A. Paraphilic Disorders
    - 1. Pedophilic disorder
    - 2. Exhibitionistic disorder
    - 3. Voyeuristic disorder
    - 4. Fetishistic disorder
    - 5. Frotteuristic disorder
    - 6. Sexual masochism and sexual sadism disorders
    - 7. Transvestic disorder
    - 8. Theories and treatments
  - B. Sexual Dysfunctions
    - 1. Arousal disorders
    - 2. Disorders involving orgasm
    - 3. Disorders involving pain
    - 4. Theories and treatments
  - C. Gender Dysphoria; Theories and treatments
- XII. Substance-Related and Addictive Disorders
  - A. Features of substance disorders
  - B. Disorders associated with specific substances
    - 1. Alcohol
    - 2. Stimulants
    - 3. Cannabis
    - 4. Hallucinogens
    - 5. Opioids

- 6. Sedatives, hypnotics, anxiolytics
- 7. Caffeine
- 8. Tobacco
- 9. Inhalants
- 10. Theories and treatments
- C. Non substance related disorders; Gambling
- XIII. Neurocognitive Disorders
  - A. Characteristics
  - B. Delirium
  - C. ND due to Alzheimer's disease
  - D. ND due to neurological disorders other than Alzheimer's Disease
  - E. ND due to traumatic brain injury
  - F. ND due to substances/medications and HIV infection
  - G. ND due to another general medical condition
- XIV. Personality Disorders
  - A. Nature of personality disorders
  - B. Cluster A Personality Disorders
    - 1. Paranoid personality disorder
    - 2. Schizoid personality disorder
    - 3. Schizotypal personality disorder
  - C. Cluster B Personality Disorders
    - 1. Antisocial personality disorder
    - 2. Borderline personality disorder
    - 3. Histrionic personality disorder
    - 4. Narcissistic personality disorder
  - D. Cluster C Personality Disorders
    - 1. Avoidant personality disorder
    - 2. Dependent personality disorder
    - 3. Obsessive-compulsive personality disorder
  - E. Theories and treatments
- XV. Ethical and Legal Issues
  - A. Ethical standards
    - 1. Competence
    - 2. Informed consent
    - 3. Confidentiality
    - 4. Relationships with clients, students, and research collaborators
    - 5. Record keeping
  - B. Ethical and legal issues in providing services
    - 1. Commitment of clients
    - 2. Right to treatment

3. Refusal of treatment and least restrictive alternative

C. Forensic issues

1. The insanity defense
2. Competency to stand trial
3. Understanding the purpose of punishment
4. Perspectives on forensic issues

**COURSE GOALS / OBJECTIVES / OUTCOMES:**

Students will

1. distinguish between normal but unusual behavior and between unusual but abnormal behavior.
2. understand how explanations of abnormal behavior have changed through time.
3. articulate the strengths and weaknesses of research methods.
4. describe types of research studies.
5. describe the experiences of the client and clinician.
6. assess the strengths and weaknesses of the DSM approach to psychological disorders.
7. identify the International Classification of Diseases (ICD).
8. explain steps of the diagnostic process.
9. describe treatment planning and goals.
10. explain the course and outcome of treatment.
11. define key concepts of assessment.
12. describe clinical interviews
13. identify mental status examination
14. explain intelligence testing.
15. describe personality testing.
16. recognize behavioral assessment.
17. explain neuropsychological assessment.
18. describe neuroimaging.
19. assess the theories of the biological perspective and identify treatments.
20. describe trait theory.
21. compare and contrast Freud's theory to post-Freudian psychodynamic views and identify treatments.
22. assess the theories of the behavioral, cognitive, humanistic, and sociocultural perspectives and identify associated treatments.
23. explain the characteristics and causes of intellectual disability.
24. explain characteristics, theories, and treatment of autism spectrum disorder.
25. differentiate among learning and communication and communication disorders.
26. explain characteristics, theories, and treatment of ADHD.
27. describe motor disorders.

28. analyze the biopsychosocial model of neurodevelopmental disorders.
29. explain the characteristics of schizophrenia.
30. describe the key features of other psychotic disorders.
31. identify the theories and treatments of schizophrenia.
32. explain the key features of major depressive disorder and persistent depressive disorder, including prevalence.
33. compare and contrast bipolar I, bipolar II, and cyclothymic disorder.
34. understand theories and treatments of depressive and bipolar disorders.
35. discuss the relationships among age, gender, and suicide.
36. distinguish between a normal fear response and an anxiety disorder.
37. Describe separation anxiety disorder, theories and treatment of specific phobias, and social anxiety disorder.
38. contrast panic disorder with agoraphobia.
39. describe generalized anxiety disorder.
40. contrast obsessive-compulsive disorder with body dysmorphic disorder and hoarding.
41. identify the trauma- and stress-related disorders.
42. specify the symptoms of dissociative disorders.
43. identify symptoms and treatments of somatic symptom disorders.
44. recognize psychological factors affecting other medical conditions.
45. identify characteristics, theories, and treatments of eating disorders.
46. understand symptoms and theories of elimination disorders.
47. recognize indicators of sleep-wake disorders.
48. differentiate among disruptive, impulse-control, and conduct disorders.
49. identify the patterns of sexual behaviors that represent psychological disorders.
50. compare and contrast paraphilic disorders and theories of their development.
51. recognize symptoms of sexual dysfunction and understand treatment methods.
52. comprehend theories and symptoms of gender dysphoria.
53. explain key features of substance disorders.
54. differentiate among disorders related to specific substances and explain theories and treatment of substance use disorders.
55. identify symptoms of non-substance related disorders.
56. describe characteristics of neurocognitive disorders.
57. identify the symptoms of delirium.
58. understand symptoms, theories, and treatment of neurocognitive disorders due to: Alzheimer's disease and those unrelated to Alzheimer's disease.
59. identify neurocognitive disorders due to: TBI, substances/medications, HIV infection and other general medical conditions.
60. understand the nature of personality disorders and the alternative diagnostic system in the DSM-5.

61. identify the characteristics, theories, and treatments of Cluster A, B, and C personality disorders.
62. explain ethical standards including competence, informed consent, and confidentiality.
63. explain ethical and legal issues in providing services.
64. understand forensic issues in psychological treatment.

**MNTC GOALS AND COMPETENCIES MET:**

History and the Social and Behavioral Sciences

**HCC COMPETENCIES MET:**

Working productively and cooperatively

Communicating clearly and effectively

Thinking creatively and critically

Social/civic responsibility

**STUDENT CONTRIBUTIONS:**

Students are expected to attend all lectures, participate in and contribute to class discussion, complete all assignments and tests on time and request assistance when needed. Students should spend at least six hours per week preparing for class. Attendance is critical in this class.

**STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS  
SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.**

**SPECIAL INFORMATION: (SPECIAL FEES, DIRECTIVES ON HAZARDOUS  
MATERIALS, ETC.)**

<b>AASC APPROVAL DATE: May 13, 2014</b>
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<b>REVIEW DATE: May 2019</b>
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