

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**PSYCHOLOGY 170 – ABNORMAL PSYCHOLOGY**

3 hours lecture, 3 units

**Catalog Description**

Overview of psychological research and theory involving the causes and treatment of abnormal behavior. The major disorders include anxiety disorders (such as phobias, panic attacks, obsessive-compulsive), mood disorders (such as depression and bipolar), schizophrenic disorders, and personality disorders. Also includes child/adolescence disorders (such as ADHD and eating disorders), substance abuse, mental retardation, sexual disorders, and the effects of stress on the body.

**Prerequisite**

None

**Course Content**

- 1) Background: History and Theory
- 2) Clinical Assessment and Diagnosis
- 3) Research Methods
- 4) Anxiety Disorders
- 5) Somatoform and Dissociative Disorders
- 6) Mood Disorders and Suicide
- 7) Eating and Sleep Disorders
- 8) Physical Disorders and Health Psychology
- 9) Sexual and Gender Identity Disorders
- 10) Substance-Related and Impulse-Control Disorders
- 11) Personality Disorders
- 12) Schizophrenia and Other Psychotic Disorders
- 13) Developmental Disorders
- 14) Cognitive Disorders
- 15) Mental Health Service: Legal and Ethical Issues

**Course Objectives**

Students will be able to:

- 1) List and contrast the various historical perspectives and theories regarding abnormal behavior.
- 2) Utilize clinical assessment methods to diagnosis disorders.
- 3) Analyze scientific methods and apply these methods when evaluating abnormal behavior.
- 4) Distinguish between the various types of anxiety disorders and their treatments.
- 5) Compare and contrast somatoform and dissociative disorders.
- 6) List the causes and treatments of each mood disorder subtype.
- 7) Identify the causes and treatments of eating and sleep disorders.
- 8) Use factual information to make informed decisions regarding health disorders.
- 9) Distinguish fact from opinion regarding the definition of abnormality and atypical sexual behavior.
- 10) Differentiate choice from coercion in issues of substance-abuse and impulse control.
- 11) List and distinguish the various personality disorders.
- 12) Evaluate by causes and treatment the severity of psychotic disorders.
- 13) List the advantages and disadvantages of early developmental disorder detection.
- 14) Compare and contrast the causes and treatment of cognitive disorders.
- 15) Contrast the legal and ethical issues involved in mental health service.

**Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to recognize, describe, explain and provide examples of the various topics, information, and issues in abnormal sexuality.
- 2) Written analysis of diagnostic and treatment issues in which students are required to analyze, interpret and weigh the validity of arguments using research sources.
- 3) Group or individual projects or research papers that require students to solve practical real-world issues.
- 4) Interactive group activities in which students analyze, discuss and draw conclusions about abnormal issues and concerns.

**Special Materials Required of Student**

None

**Minimum Instructional Facilities**

Smart classroom

**Method of Instruction**

- 1) Lecture and discussion
- 2) Group discussion, cooperative learning exercises
- 3) Guest speakers (optional)
- 4) Individual and group projects, structured in-class exercises, demonstrations

**Out-of-Class Assignments**

- 1) Essays
- 2) Online quizzes and activities
- 3) Research paper

**Texts and References**

- 1) Required (representative example):
  - a. Durand, Mark and David Barlow. *Essentials of Abnormal Psychology*. 7th edition. Cengage Learning, 2016
  - b. Bridley, Alexis and Daffin Jr, Lee. *Abnormal Psychology*. 2nd edition. Washington State University, 2018.
- 2) Supplemental: None

**Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Describe the various assessment tools utilized to identify and diagnose psychological disorders according to DSM Criteria.
- 2) Develop a culturally responsive treatment plan utilizing the bio-psycho-social model.
- 3) Reflect on how lived experiences--including cultural background, experience of stigma, and trauma--influence the activation and presentation of psychological disorders.
- 4) Evaluate and challenge personal bias and preconceptions of psychological disorders.