

ABNORMAL PSYCHOLOGY-I

Semester	Subject Code	Category	Lecture		Theory		Practical	Credits
			Hrs/Week	Hrs/Sem	Hrs/Week	Hrs/Sem		
III	21CPS3A	Core-V	04	60	03	45	15	04

COURSE OBJECTIVE

This course gives knowledge about abnormalities in mental health to the students.

COURSE OUTCOMES

On successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	Remember the history and classification of mental disorder	K1
CO2	Discuss some of the evidence that is available concerning prevalence and causes of the disorders.	K2
CO3	Provide detailed description of the range of clinical problems and treatment of anxiety disorder.	K3
CO4	Provide detailed description of the range of clinical problems and treatment of somatoform and dissociative disorder	K3
CO5	Provide detailed description of the range of clinical problems and treatment of mood disorder and prevention of suicide	K3

MAPPING WITH PROGRAMME OUTCOMES

COS	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	S	M	M	M	M
CO2	S	S	S	S	M	M
CO3	S	S	S	S	S	S
CO4	S	S	S	S	S	S
CO5	S	S	S	S	S	S

S- Strong M-Medium L-Low

UNIT I

10 Hours

INTRODUCTION

Definition - Historical Views: Ancient Times – Humanitarian Views – Twentieth Century Views – Prevalence and Incidence of Mental Disorders - Classifying Abnormal Behavior: DSM 5 and ICD 11- Scientific Research Approaches in Abnormal Psychology.

UNIT II

10 Hours

VIEWPOINTS AND CAUSAL FACTORS

Viewpoints: Biological View Point-Psychodynamic Viewpoint-Behavioral Viewpoint-Cognitive Behavioural View point-Humanistic viewpoint- Interpersonal View Point-Existential View point.

Casual Factors: Biological Casual Factors: Neurotransmitters and Hormonal Imbalance – Genetic Defects – Constitutional Liabilities – Brain Dysfunction – Physical Deprivation – Socio Cultural Casual Factors.

UNIT III

10 Hours

ANXIETY DISORDERS

Definition of Anxiety Disorder: The Fear and Anxiety Response Patterns – DSM 5 Classification: Phobic Disorders – Panic Disorders – Generalized Anxiety Disorder – Obsessive Compulsive Disorder – PTSD – Clinical Features, Causal Factors, Treatments and Outcomes

UNIT IV

15 Hours

SOMATOFORM AND DISSOCIATIVE DISORDER

Somatoform Disorders: Illness Anxiety Disorder, Somatization Disorder, Pain Disorder, Conversion Disorder- Clinical Features, Causal Factors, Treatments and Outcomes

Dissociative Disorder: Depersonalization Disorder, Dissociation Amnesia and Fugue, Dissociative Identity Disorder- Clinical Features, Causal Factors, Treatments and Outcomes

UNIT V

15 Hours

MOOD DISORDERS AND SUICIDE

Unipolar Mood Disorders: Normal Depression - Mild to Moderate Depressive – Major Depressive Disorder - Bipolar Disorders: Cyclothymia Disorder – Bipolar Disorder I and II - Causal Factors, Treatment and Outcomes

Suicide: The Clinical Picture and the Causal Factors - Suicidal Ambivalence - Prevention of Suicide.

Practicum:

(Note: Minimum of any two practicum should be carried out)

- Visit of psychiatry/Mental health hospital.
- Case discussions should be carried out on any one of the disorders
- Class group discussion on various disorders learnt
- Making use of YouTube videos to understand the disorders and do assignments.
- Interview of cases from the above list of disorders (case history, MSE)
- Mental health in youth and creating awareness campaign (videos, interactive session, street play, group discussion)

Distribution of Marks: Theory 100% and Problems 0%

TEXT BOOKS:

S.No	Authors	Title	Publishers	Year of Publication
01	Robert c, Carson, James N. Butcher, Susan Mineka, Jill M. Hooley	Abnormal Psychology and modern life (10 th Edition)	Pearson Education Service, New Delhi	2007
02	Irwin G. Sarason, Barbara Sarason	Abnormal Psychology	Prentice Hall publication, New Delhi.	2005

REFERENCE BOOKS:

S.No	Authors	Title	Publishers	Year of Publication
01	David H. Barlow and Durand V. Mark	Abnormal Psychology (2nd Edition)	Brooks \ Cole Publishing Co, New York	2000
02	Comer, R. J.	Abnormal Psychology.	Worth Publishers, New York	2015
03	Kring, A., Johnson, S., & Davison, G.	Abnormal psychology (12th edition.)	Hoboken,N.J, Wiley.	2013
04	Colemom J.C. Butcher J.N. and Carson B.C.	Abnormal Psychology and Modern Life (12 th edition)	Foresman and Company,Scot	2013
05	Sarason I.G. &Sarason B.R	Abnormal Psychology	Prentice Hall of India Pvt. Ltd. New Delhi.	2000

WEB SOURCES:

- ❖ <https://opentext.wsu.edu/abnormalpsychology/chapter/module-1-1/>
- ❖ [https://books.google.co.in/books?id=KchTAAAACAAJ&dq=PDF+Robert+c,+Carson,+James+N.+Butcher,Robert+c,+Carson,+James+N.+Butcher,+Susan+Mineka,+Jill+M.+Hooley+Abnormal+psychology+and+modern+life\(10th+edition\)+Susan+Mineka,+Jill+M.+Hooley+Abnormal+psychology+and+modern+life\(10th+edition\)&hl=en&sa=X&ved=2ahUKEwipmtOt1q7qAhXNzDgGHXL-C2kQ6AEwAXoECAEQAg](https://books.google.co.in/books?id=KchTAAAACAAJ&dq=PDF+Robert+c,+Carson,+James+N.+Butcher,Robert+c,+Carson,+James+N.+Butcher,+Susan+Mineka,+Jill+M.+Hooley+Abnormal+psychology+and+modern+life(10th+edition)+Susan+Mineka,+Jill+M.+Hooley+Abnormal+psychology+and+modern+life(10th+edition)&hl=en&sa=X&ved=2ahUKEwipmtOt1q7qAhXNzDgGHXL-C2kQ6AEwAXoECAEQAg)
- ❖ <https://www.slideshare.net/mobile/dagorastos/psychiatric-disorders-history-classification-prevalence-comorbidity-epidemiology-presentation>
- ❖ <https://study.com/academy/topic/causal-factors-of-abnormal-psychology.html>
- ❖ <https://www.slideshare.net/mobile/Eclairsshubhra/causes-of-abnormal-behaviour>
- ❖ <https://courses.lumenlearning.com/abnormalpsychology/chapter/anxiety-disorders/>
- ❖ <https://www.slideshare.net/mobile/VershulJain1/anxiety-disorder-abnormal-psychology-68578575>
- ❖ https://uh.edu/~psycp2/lecture_5_Dissociative.htm
- ❖ <https://www.slideshare.net/mobile/einelailuj/somatoform-and-dissociatives-disorders>
- ❖ https://www.slideshare.net/mobile/Christian_Mike/mood-disordersandsuicide
- ❖ <https://www.brainscape.com/flashcards/chapter-7-mood-disorders-and-suicide-5660518/packs/8562418>

TEACHING METHODOLOGIES:

- Discussion
- Presentation
- Visual aids
- Assignment and Seminar
- Peer teaching.

SYLLABUS DESIGNER:

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