

Course Syllabus – PSY240H1F

Instructor :

Dr. Dean Carcone, Ph.D., C.Psych

Course Email: PSY240H1@gmail.com

***** All course communication must go through this email address. It is monitored regularly, and the instructor and all TAs have access. Do NOT message the instructor or TAs through Quercus, as they will not be monitored *****

Teaching Assistants:

- Abdullah Marei
- Silvia Margarian
- Geneva Mariotti

Office Hours: Office hours will be virtual and can be held most days. Please email the course email address to book office hours with the TAs or the instructor, and you will be sent a zoom link.

Course Description, Goals, and Prerequisites

This course offers a critical survey of concepts, theories, and the state of research in the area of mental disorders and therapeutic methods. The goal is to present an overview of many of the most common psychological disorders and the theories behind their occurrence. Categories of mental disorders covered in this course include: Mood Disorders, Anxiety Disorders, OCD and Related Disorders, Schizophrenia and other Psychotic Disorders, Eating Disorders, Alcohol and Substance Use Disorders, Dissociative and Somatic Disorders, Disorders of Childhood and Adolescence, and Personality Disorders. Using the DSM-5 diagnostic criteria, you will learn the core features of each disorder and the assessment methods used to determine clinical significance for these conditions. Other course goals include learning the major etiological theories, clinical and behavioral manifestations, and treatment approaches for each condition covered. We will also discuss some deeper questions about diagnostic classification, the use of artificial intelligence in mental health diagnosis and treatment, and depictions of mental illness in media.

Prerequisite(s): PSY100H1/ PSY100Y5/ PSYA02H3/ COG250Y1 Exclusion PSY240H5/ PSYB32H3. The Department of Psychology requires that prerequisites be followed at all times. If you lack prerequisites, you may be removed from the course, especially if there are waitlists. Please see the Psychology Undergraduate Administrator for more information (Tamara Ferguson, SS 4014, psy.undergrad@utoronto.ca).

Reading Material/Textbook

Dozois, D. J. A. (2022). *Perspectives in Psychopathology* (7th Ed.).

Pearson Education Canada.

** This new edition of this textbook is only available as an e-book. Should you choose to use an older physical edition of the text book, you do so at your own risk of missing testable information (though the versions are quite similar) **

Notes: This textbook is essential for performance on the quiz, tests, and exam.



Perspectives in
PSYCHOPATHOLOGY

SEVENTH EDITION



David J. A. Dozois

Lecture content: Classes will consist of lectures, case presentations, class discussions, video demonstrations of mental disorder symptoms and other techniques. Lectures will cover material from the textbook with additional material added, which will also be testable material. Note that lectures will cover some sensitive material at times (e.g., self-injury, suicide, and violent behavior). If these topics are sensitive to you, you are free to remove yourself from the lecture at any time at no consequence.

Course Evaluation/Marking Scheme

Evaluation	Description	Weight	Date/Deadline
Text Book Quiz	Quiz based on introductory textbook chapters (1-4): <ul style="list-style-type: none"> • Online on Quercus • Open-book • 25 multiple-choice questions • 45 minutes • *not an in-class quiz. Submissions will be closed at the start of class time*	5%	Open from Friday September 15th (4:00pm, end of class time) to Friday, September 22nd (1:00pm, start of class time).
Assignment 1: AI-Generated Case Vignette	Students will use ChatGPT (or some other freely available text generation AI) to create a case vignette for a disorder discussed in class, and include a reflection on the case and the use of AI in mental health. More	15%	October 13, 1:00pm (class time)

	information to be provided on Quercus.		
Midterm	Midterm based on Lectures 1-6 <ul style="list-style-type: none"> • In-class midterm • Multiple-choice (~50 marks) and short answer questions (~20 marks) 	25%	October 20th (class time)
Assignment 2: Mental Illness in Media	Students will select a fictional character from movies/TV/novels/comics (etc.) and write a case vignette about the character, and include a critical examination of the depiction of the disorder. More information to be provided on Quercus.	20%	November 24, 1:00pm (class time)
Final Exam	Cumulative Final Exam <ul style="list-style-type: none"> • Multiple-choice (~70 marks) and short-answer questions (~30 marks) 	35%	To-be-determined (set by the registrar).

Note on due dates: Although the quiz and assignments are due on the dates listed, students will have ample opportunity to complete them beforehand. The quiz cannot be submitted after the due date and will therefore lead to a score of zero. Assignments will be penalized 5 marks per day late.

Course Schedule

Week/Date	Topic	Chapter(s)
1 – September 8, 2023	History of Mental Health Classification, Theories of Psychopathology	1, 2
2 – September 15, 2023	Diagnosis, Assessment, and Research	3, 4
3 – September 22, 2023	Mood Disorders *Quiz Due at 1:00pm*	8
4 – September 29, 2023	Psychotic Disorders	9
5 – October 6, 2023	Anxiety Disorders	5
6 – October 13, 2023	OCD and Related Disorders, Lived Experience Interview with a Person with OCD. *Assignment 1 Due at 1:00pm*	5

7 – October 20, 2023	In-class Midterm (lectures 1-6 inclusive, chapters 1-5*, 8, 9, not including PTSD)	
8 – October 27, 2023	PTSD, Stressor-related, and Dissociative Disorders	5, 6
9 – November 3, 2023	Eating Disorders	10
(Reading Week, Nov 10)	_____	_____
10 – November 17, 2023	Substance Use Disorders	11
11 – November 24, 2023	Childhood, Adolescent, and Neurodevelopmental Disorders (Guest Lecture) *Assignment 2 Due at 1:00pm*	14, 15
12 – December 1, 2023	Personality Disorders	12

Note on course coverage: Due to time constraints, the following chapters will NOT be covered in this course: Chapters 7 (Health Psychology), 16 (Psychology of Aging), 13 (Sexual Disorders), 18 (Community Psychology), and 19 (Psychology and the Law). You will likely encounter these topics in other courses.

Lecture Delivery

Lectures will be delivered in person at a scheduled time, from 1:00pm to 4:00pm on Fridays. Lectures will not be recorded. Students are expected to complete all assigned readings before each lecture. Please note that the lectures may be the only source of information for certain topics. The lecture slides are provided on Quercus to assist in understanding the material.

Course Webpage/Quercus

The website associated with this course is accessible via <http://q.utoronto.ca>

Video Recording

Do not post course materials on third-party websites or make recordings without permission from the instructor

Please be aware that course lectures and lecture materials are the property of the course instructor. Copying lectures and/or lecture slides is for personal use only. Selling or posting recordings or slides to a third-party website or Facebook class page is a violation of the instructor's intellectual property and is strictly prohibited.

Office Hours, Email and Course Communication

Please feel free to 'visit' me or the TAs during our office hours. These virtual meetings will be available as needed and can be booked with the instructor and TAs by emailing the course email address. We will be happy to answer any question to clarify your understanding of the readings and lecture material. I also generally reserve the last few minutes of class to answer student questions. If your question pertains to one of the assignments, please book time with one of the TAs. Their office hours will be focused on helping you prepare for assignments and will be concentrated in the weeks leading up to assessments. Questions pertaining to the syllabus,

course material, and assignments are best shared with the class. You should be prepared to ask these questions during class or on the Quercus discussion board. This way, all students will benefit from the reply, whether from the instructor, TAs, or your fellow students.

Email Policy

Please use email only to ask simple questions requiring a reply of 2 sentences or less. If your email requires a longer response, we will ask you to schedule a meeting or attend office hours. Please allow a minimum of 2 business days response time for emails. Please help us to respond quickly and effectively to your emails by clearly stating the topic of your email in the subject line. Send your emails with your U of T email address. Emails not sent from a U of T account are not guaranteed an answer. Please do NOT message the instructor or TAs via Quercus, as these messages are not monitored and will not receive a reply.

Late/Sick Policy

Specific Medical Circumstances

If you become ill and it affects your ability to do your academic work, consult the instructor right away. You will normally be asked for documentation in support of your specific medical circumstances. This documentation can be an Absence Declaration (via ACORN) or the University's Verification of Student Illness or Injury (VOI) form. The VOI indicates the impact and severity of the illness, while protecting your privacy about the details of the nature of the illness. You can submit a different form (like a letter from a doctor), as long as it is an original document, and it contains the same information as the VOI. For more information on the VOI, please see <http://www.illnessverification.utoronto.ca>. For information on Absence Declaration Tool for A&S students, please see <https://www.artsci.utoronto.ca/absence>. If you get a concussion, break your hand, or suffer some other acute injury, you should register with Accessibility Services as soon as possible.

Starting in the 2023-2024 school year, students in participating divisions may use the ACORN Absence Declaration Tool to declare an absence once per academic term (e.g., the fall term) for a maximum period of seven (7) consecutive calendar days. The seven-day declaration period can be retroactive for up to six (6) days in the past, or proactive, up to six (6) days in the future. The ACORN Absence Declaration Tool **cannot** be used to seek academic consideration for any matters that requires a petition such as missing a final exam or final assessment.

For extended absences and for absences due to non-medical reasons, make sure to contact your College Registrar's Office. They can help you decide between a request for an extension or other types of academic consideration. They may be able to email the instructor directly to provide a College Registrar's letter of support and connect you with other helpful resources on campus.

Test Policy and Re-grade Requests

Missed Term Tests Policy:

If a student is absent on the date of the midterm test due to a verified illness, a serious family emergency (e.g., death of a close family member), or religious observances, the student's grade in the course will be based on a proportional re-weighting of all other course material (i.e., quiz, assignments, and final exam) to account for the missed midterm. For absences due to illness, please refer to the above Late/Sick: Specific Medical Circumstances Policy.

Term Tests Viewing and Requests for Re-grading: A test viewing will be held once the midterm test grades have been released. Requests with appropriate justification for re-grading either the test or assignments can be within 2 weeks of either the return of the grades or the midterm viewing session. Potential outcomes include the grade remaining the same, the grade being raised, or the grade being lowered. A rubric will be used for course assignments, and you should first contact the TA who graded your assignment if you feel the mark you received does not appropriately outline the deductions. At the TAs discretion, they may seek secondary feedback from another TA or the instructor in cases of ambiguity. Because the final exam for this course is restricted, you must submit a formal viewing request to the Faculty of Arts and Science (<http://www.artsci.utoronto.ca/current/exams/examview>)

Academic Resources

Accessibility Needs:

Students with diverse learning styles and needs are welcome in this course. If you have an acute or ongoing disability issue or accommodation need, you should register with Accessibility Services (AS) (www.accessibility.utoronto.ca) at the beginning of the academic year. Without registration, you will not be able to verify your situation with your instructors, and instructors will not be advised about your accommodation needs. AS will assess your medical situation, develop an accommodation plan with you, and support you in requesting accommodation for your course work. Remember that the process of accommodation is private: AS will not share details of your condition with any instructor, and your instructors will not reveal that you are registered with AS.

Writing:

As a student here at the University of Toronto, you are expected to write well. The university provides its students with a number of resources to help them achieve this. For more information on campus writing centres and writing courses, please visit <http://www.writing.utoronto.ca/> .

Academic Integrity and Plagiarism:

All students, faculty and staff are expected to follow the University's guidelines and policies on academic integrity. For students, this means following the standards of academic honesty when writing assignments, collaborating with fellow students, and writing tests and exams. Ensure that the work you submit for grading represents your own honest efforts. Plagiarism—representing someone else's work as your own or submitting work that you have previously submitted for marks your TA for advice on anything that you find unclear. To learn more about how to cite and use source material appropriately and for other writing support, see the U of T writing support website at www.writing.utoronto.ca/ . Consult the Code of Behaviour on Academic Matters for a complete outline of the University's policy and expectations. For more information, please see <http://www.artsci.utoronto.ca/osai> and <http://academicintegrity.utoronto.ca/>

Cell Phones and Laptop Usage

Technology can support student learning, but it can also become a distraction. Research indicates that multi-tasking (texting or going online) during class time can have a negative impact on learning. Out of respect for your fellow students in this class, please refrain from using laptops or

mobile phones for entertainment during class. Do not display any material on a laptop which may be distracting or offensive to your fellow students. Laptops may be used only for legitimate classroom purposes, such as taking notes, downloading course information from Quercus, or working on an assigned in-class exercise. Checking social media, email, texting, games, and other online activities are not legitimate classroom purposes. Such inappropriate laptop and mobile phone use is distracting to those seated around you.

Mental Health and Well-being

As a student, you may experience challenges that can interfere with learning, such as strained relationships, increased anxiety, substance use, feeling down, difficulty concentrating and/or lack of motivation, financial concerns, family worries and so forth. These factors may affect your academic performance and/or reduce your ability to participate fully in daily activities. Everyone feels stressed now and then – it is a normal part of university life. Some days are better than others, and there is no wrong time to reach out. There are resources for every situation and every level of stress. There are many helpful resources available through your College Registrar or through Student Life (<http://studentlife.utoronto.ca> and <http://www.studentlife.utoronto.ca/feeling-distressed>). An important part of the University experience is learning how and when to ask for help. Please take the time to inform yourself of available resources, especially those that are offered with respect to mental-health support (<https://studentlife.utoronto.ca/service/mental-health-clinical-services/>). This course deals with many sensitive topics related to mental health, and though your instructor is a clinical psychologist and these topics will be discussed in detail from an academic perspective, neither the instructor nor TAs can ethically provide any advice or support to any student in this course. Further, nothing in this course should be considered psychological advice. Please seek appropriate support, if needed, from a qualified professional unrelated to this course.

Your safety and wellbeing are paramount while you are at the University of Toronto. If you or someone you know is experiencing distress, you can call Campus Safety at 416-978-2222, use distress center lines (e.g., Good2Talk 1-866-925-5454), or if the situation is urgent, call 911 or seek out the nearest emergency room. For more info, visit:
<https://www.studentlife.utoronto.ca/feeling-distressed>

Other Resources

Student Life Programs and Services (<http://www.studentlife.utoronto.ca/>)
Academic Success Services (<http://www.studentlife.utoronto.ca/asc>)
Counselling and Psychological Services (<http://www.studentlife.utoronto.ca/hwc>)
Community Safety Office (<http://www.communitysafety.utoronto.ca/about-us.htm>)
Family Care Office (<https://familycare.utoronto.ca/>)
First Nations House (<http://www.studentlife.utoronto.ca/fnh>)

Original

Students may be required to submit their course essays to the University's plagiarism detection tool for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the tool's reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the

University's use of this tool are described on the Centre for Teaching Support & Innovation web site (<https://uoft.me/pdt-faq>).

Policy on Generative AI

The technological capability of generative AI has rapidly expanded in the past few years. In an effort to integrate this technology into this course, students will be permitted and encouraged to use generative ai (such as ChatGPT) for select elements of select assignments. The components of these assignments where generative AI is to be used will be clearly outlined in the assignment instructions. Any use of generative AI for any other evaluative component of this course will be considered an act of academic dishonesty. Students are encouraged to save outlines and drafts of their written work so should a case arise where an academic offense is suspected, there will be no ambiguity surrounding whether a student/which student created the work.

Religious Accommodation

As a student at the University of Toronto, you are part of a diverse community that welcomes and includes students and faculty from a wide range of backgrounds, cultural traditions, and spiritual beliefs. For my part, I will make every reasonable effort to avoid scheduling tests, examinations, or other compulsory activities on religious holy days not captured by statutory holidays. Further to University Policy, if you anticipate being absent from class or missing a major course activity (like a test, or in-class assignment) due to a religious observance, please let me know as early in the course as possible, and with sufficient notice (at least two to three weeks), so that we can work together to make alternate arrangements.