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DEPARTMENT OF PSYCHOLOGY

BA (Prog.) with Psychology as Major/ Non-Major
Semester-III

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Category II

B.A. Programme with Psychology as Major discipline

DISCIPLINE SPECIFIC CORE COURSE –7: UNDERSTANDING PSYCHOLOGICAL DISTRESS AND ABNORMALITY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSC-7 Understanding Psychological Distress and Abnormality	4	3	0	1	12th Pass	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- To elucidate the meaning of psychological distress and issues related to mental health.
- To develop a critical understanding of the meaning, causal factors and assessment of abnormality.
- To acquaint the students with the systems for classifying mental disorders.
- To help students understand the reality of stigma, and realise their role in mental health advocacy.
- To explain the clinical presentation and diagnostic criteria of anxiety, obsessive-compulsive, mood, schizophrenia, conversion and dissociative identity disorders.
- To impart skills related to clinical assessment and analysis of psychological disorders.

Learning Outcomes

After completing the course, students will be able to:

- Develop a nuanced understanding of psychological distress and mental health issues.
- Think objectively and critically about abnormality by understanding the criteria and factors determining abnormal behaviour.
- Identify clinical presentation of mental disorders by applying the knowledge of the DSM-5 classification system.
- Analyse clinical case material to examine the symptoms of abnormal behaviour.

- Learn to use skills related to clinical assessment.

SYLLABUS OF DSC- 7

UNIT – I

(21 Hours)

Psychological Distress: Meaning, Implications for Mental Health; Defining Abnormality: Criteria, Issues, Categorical vs Dimensional Approach; Classification of Mental Disorders (DSM-5 and ICD-11); Stigma of Mental Illness; Causal Factors (Biological, Psychological, Sociocultural); Clinical Assessment (Clinical Interview, Observation, Psychological Tests)

UNIT – II

(15 Hours)

Clinical Presentation and Diagnostic Criteria according to DSM-5: Anxiety Disorders (Generalized Anxiety Disorder, Social Anxiety Disorder); Obsessive-Compulsive Disorder; Depressive Disorders (Major Depressive Disorder, Persistent Depressive Disorder); Bipolar Disorders (Bipolar I, Bipolar II, Cyclothymia)

UNIT – III

(12 Hours)

Clinical Picture and Diagnostic Criteria according to DSM-5: Schizophrenia; Conversion Disorder; Dissociative Identity Disorder

Practical component

(30 Hours)

One practicum to develop skills related to the assessment/ analysis of psychological disorders using any of the following:

Clinical Interview

Mental Status Examination (MSE)

Clinical Observation

Case History Taking

Clinical Case Analysis

Psychological Tests/Scales

Movie Analysis

Essential/recommended readings

- American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). American Psychiatric Publishing, Inc.
- Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2016). *Abnormal psychology: An integrative approach*. Cengage learning.

- Butcher, J. N., Hooley, J. M., Kapur, P. & Mineka, S. (2018). *Abnormal psychology*. Pearson.
- Drapeau, A., Marchand, A., & Beaulieu-Prévost, D. (2012). Epidemiology of psychological distress. In P. L. LAbate, (Ed.), *Mental illnesses-Understanding, prediction and control* (pp. 155-134). IntechOpen.
- Kearney, C., & Trull, T. J. (2016). *Abnormal psychology and life: A dimensional approach*. Cengage Learning.

Suggestive readings

- Barlow, D. H. (Ed.). (2021). *Clinical handbook of psychological disorders: A step-by-step treatment manual*. Guilford publications.
- Gururaj, G. et. al. (2016). *National mental health survey of India, 2015-16: Summary*. NIMHANS Publication No. 128.
- Laing, R. D. (1990). *The divided self: An existential study in sanity and madness*. Penguin Books.
- Szasz, T. S. (1960). The myth of mental illness. *American Psychologist*, 15(2), 113–118.
- Oltmans, T.F, & Martin, M.T. (2019). *Case studies in abnormal psychology*. Wiley.
- Vogel, D., & Wade, N. (Eds.). (2022). *The Cambridge handbook of stigma and mental health*. Cambridge University Press.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

DISCIPLINE SPECIFIC CORE COURSE – 8: BIOPSYCHOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSC- 8 Biopsychology	4	3	1	0	12 th Pass	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- To understand the physiological basis of behaviour while addressing mind-body relationship.
- To create awareness about prevalent techniques used in biopsychology for mapping brain functions.
- To understand the confluence of human physiology, cognition, and environment on behaviour.

Learning Outcomes

The Learning Outcomes of this course are as follows:

- Learning the structure and function of neurons
- Understanding the importance of action potential and synaptic activity
- Knowing the major functions controlled by the brain
- Understand the importance of hormones in behaviour, cognition and emotions

SYLLABUS OF DSC- 8

UNIT – I (12 Hours)

Introduction to Biopsychology: Nature & scope of Biopsychology, Beyond the western paradigm (self-regulation of ANS), Divisions of Biopsychology, Methods (Ablation, Brain stimulation, EEG, CT, fMRI).

UNIT – II (12 Hours)

Neural conduction and synaptic transmission: Structure of neurons, conduction of the nerve impulse and synaptic transmission: chemical transmission of signals among neurons, neurotransmitters.

UNIT – III (12 Hours)

Brain and its functions: Structure of brain (forebrain, midbrain, hindbrain), biological basis of communication (lateralization, speech production and comprehension).

UNIT – IV (12 Hours)

Behavioural endocrinology: Pituitary Gland, Adrenal Glands, Thyroid Gland and Gonads (Structure, function and abnormalities).

Tutorial Component- 30 Hours**Essential/recommended readings**

- Carlson, N. R. (2009). *Foundations of Physiological Psychology* (6th ed.). New Delhi: Pearson Education. (Latest ed., pp. 26-59; pp. 62-92, 399-418).
- Khosla, M. (2017). *Physiological Psychology: An Introduction*. Delhi: Sage Texts.
- Leukel, F. (1976). *Introduction to Physiological Psychology*. Pearson: New Delhi. (pp. 35-53).
- Levinthal, C. F. (1983). *Introduction to Physiological psychology*. New Delhi. PHI. (pp. 116-151).
- Pinel, J. P. J. (2016). *Biopsychology* (9th ed.). New Delhi: Pearson Education. (pp. 25-39, pp75-120).

Suggestive readings

- Kolb, B., & Wishaw, I. Q. (2009). *Fundamentals of Human Neuropsychology*, 6th Edition. Worth Publishers: New York. pp. 51-81, 110-131
- Rains, G. D. (2002). *Principles of Human Neuropsychology*. McGraw Hill: New York. pp. 45-71.
- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) *Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience*, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

Category III

B.A. Programme with Psychology as Minor discipline

DISCIPLINE SPECIFIC CORE COURSE –9: UNDERSTANDING PSYCHOLOGICAL DISTRESS AND ABNORMALITY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSC- 9 Understanding Psychological Distress and Abnormality	4	3	0	1	12th Pass	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- To elucidate the meaning of psychological distress and issues related to mental health.
- To develop a critical understanding of the meaning, causal factors and assessment of abnormality.
- To acquaint the students with the systems for classifying mental disorders.
- To help students understand the reality of stigma, and realise their role in mental health advocacy.
- To explain the clinical presentation and diagnostic criteria of anxiety, obsessive-compulsive, mood, schizophrenia, conversion and dissociative identity disorders.
- To impart skills related to clinical assessment and analysis of psychological disorders.

Learning Outcomes

After completing the course, students will be able to:

- Develop a nuanced understanding of psychological distress and mental health issues.
- Think objectively and critically about abnormality by understanding the criteria and factors determining abnormal behaviour.
- Identify clinical presentation of mental disorders by applying the knowledge of the DSM-5 classification system.
- Analyse clinical case material to examine the symptoms of abnormal behaviour.
- Learn to use skills related to clinical assessment.

SYLLABUS OF DSC- 9**UNIT – I****(21 Hours)**

Psychological Distress: Meaning, Implications for Mental Health; Defining Abnormality: Criteria, Issues, Categorical vs Dimensional Approach; Classification of Mental Disorders (DSM-5 and ICD-11); Stigma of Mental Illness; Causal Factors (Biological, Psychological, Sociocultural); Clinical Assessment (Clinical Interview, Observation, Psychological Tests)

UNIT – II**(15 Hours)**

Clinical Presentation and Diagnostic Criteria according to DSM-5: Anxiety Disorders (Generalized Anxiety Disorder, Social Anxiety Disorder); Obsessive-Compulsive Disorder; Depressive Disorders (Major Depressive Disorder, Persistent Depressive Disorder); Bipolar Disorders (Bipolar I, Bipolar II, Cyclothymia)

UNIT – III**(12 Hours)**

Clinical Picture and Diagnostic Criteria according to DSM-5: Schizophrenia; Conversion Disorder; Dissociative Identity Disorder

Practical component**(30 Hours)**

One practicum to develop skills related to the assessment/ analysis of psychological disorders using any of the following:

Clinical Interview

Mental Status Examination (MSE)

Clinical Observation

Case History Taking

Clinical Case Analysis

Psychological Tests/Scales

Movie Analysis

Essential/recommended readings

- American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). American Psychiatric Publishing, Inc.
- Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2016). *Abnormal psychology: An integrative approach*. Cengage learning.
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- Kearney, C., & Trull, T. J. (2016). *Abnormal psychology and life: A dimensional approach*. Cengage Learning.

Suggestive readings

- Barlow, D. H. (Ed.). (2021). *Clinical handbook of psychological disorders: A step-by-step treatment manual*. Guilford publications.
- Gururaj, G. et. al. (2016). *National mental health survey of India, 2015-16: Summary*. NIMHANS Publication No. 128.
- Laing, R. D. (1990). *The divided self: An existential study in sanity and madness*. Penguin Books.
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