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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	12 <sup>th</sup> 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 <sup>th</sup> 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	12 <sup>th</sup> 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.
- 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.
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