

## **PSY-215: Psychopathology (3 CHs)**

**Pre-requisite:** None

### **Course Description:**

A comprehensive overview of abnormal behavior and mental disorders, integrating diagnostic criteria (DSM-5 TR), theoretical models (biological, psychological, social), developmental trajectories, etiology, assessment, and cultural/ethical considerations.

### **Course Objectives:**

Students will be able to:

- Define “abnormal behavior” and trace its historical conceptualization.
- Interpret DSM-5 TR criteria and apply diagnostic decision-making.
- Compare etiological models across disorders (e.g., anxiety, mood, psychotic, personality, neurodevelopmental).
- Understand developmental perspectives and risk/protective factors.
- Recognize cultural, ethical, and legal influences in the study of psychopathology specifically with reference to Pakistan.

### **Learning Outcomes:**

By end of course, students should be able to:

- Classify major psychological disorders and differentiate between clinical syndromes.
- Critically evaluate biopsychosocial theories for various disorders.
- Apply ethical standards in diagnostic formulation and case conceptualization.
- Engage in culturally informed diagnostic reasoning.
- Develop diagnostic formulation skills using DSM-5 TR.
- Understand how disorders manifest in Pakistan society and what are diagnostic practices

### **Course Content**

- Foundations
  - Defining abnormal behavior; historical views (e.g., moral treatment, deinstitutionalization)
  - Child/Adolescent vs. Adult Psychopathology: Developmental Risks and Protective Factors
  - Overview of DSM-5TR structure and diagnostic process
- Etiological Models
  - Biological: genetics, neurochemistry, brain structure/function
  - Psychological: psychodynamic, behavioral, cognitive, humanistic
  - Social/Cultural: family, trauma, societal context
- Core Disorders
  - Schizophrenia Spectrum and Other Psychotic Disorders
  - Bipolar and Related Disorders
  - Depressive Disorders
  - Anxiety Disorders
  - Obsessive-Compulsive and Related Disorders
  - Trauma- and Stressor-Related Disorders
  - Feeding and Eating Disorders
  - Substance-Related and Addictive Disorders

- Personality Disorders

**(Each disorder category would include: developmental trajectories, clinical features, comorbidity and differential diagnosis, etiology, assessment, cultural variations/contextualization of symptoms and ethical considerations). All the disorders will be studied with reference to Pakistan.**

**Textbooks:**

Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2021). *Psychopathology: An integrative approach* (9th ed.). Cengage Learning.

Retrieved from web.doane.edu, class-tools.app.utah.edu

Comer, R. J., & Comer, J. S. (2024). *Psychopathology: Science and practice* (12th ed.). Worth Publishers.

Retrieved from en.wikipedia.org

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). American Psychiatric Association.