

PSY – 307 Mental Health and Psycho-pathology – II (3 CHs)

Pre-requisite: Mental Health and Psycho-pathology – I (PSY – 303)

Course description and objectives:

1. The course aims at providing:
 - a. Knowledge of the psychological theories and models for the field of abnormal psychology. Understanding of assessment, etiology, symptoms, and treatments of the major psychological disorders.
 - b. Familiarity with research methods and ethical considerations appropriate for the study of abnormal psychology. Ability to apply course materials to case studies of individuals.

Course Learning Outcomes

2. The students will be able to:
 - a. Demonstrate learning with regard to the theoretical basics of abnormal psychology.
 - b. Learn and describe the classification system of American Psychiatric association(i.e., DSM)
 - c. Learn various diagnostic categories of mental disorders based on DSM-V.

Course Content

3. **What is 'mental health'? A broad overview of what constitutes mental health.**

Review of common mental health issue

- a. Depressive Disorders
- b. Anxiety Disorders
- c. Obsessive-Compulsive and Related Disorders
- d. Schizophrenia Spectrum and Other psychotic Disorders
- e. Personality Disorders

Differential Diagnosis and Etiological Factor described in DSM-V

4. For each category of mental illness, review core clinical concepts/research knowledge, including: Etiological factors - genetic, biological, social, political, developmental, family, community factors - gain perspective on complex causal factors based on research and clinical findings Features/diagnostic criteria/clinical presentation Epidemiology/incidence Course of illness

Identify and discuss ethical dilemmas in assessment, diagnosis, and treatment

5. **Supporting the supporter:** for those working in the field of mental health and for those supporting family and friends, the importance of self care and applying the principles of holistic mental health.

6. **Text Books**

- a. Davey, G. (2015). Psychopathology & Abnormal Psychology, Vol 1 & 2. Sage Publications.

- b. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC.

7. Reference Books

- a. Comer, R. J. (2004). *Abnormal psychology*. USA: Freeman and Company.
- b. Neale, J. M. & Davison, G. C. (2004). *Abnormal psychology*. New York: John Wiley & Sons.