

Course Title: Adult Psychopathology

Course Code: PSY-820

Credit Hours: 3

Course Description:

1. This course provides an in-depth exploration of adult psychopathology using the DSM-5-TR diagnostic framework. It focuses on understanding the classification, clinical features, and diagnostic criteria for major psychiatric disorders. Students will learn to critically evaluate and differentiate between diagnostic categories while exploring the etiology, symptomatology, and progression of disorders. **Emphasis will also be placed on the historical, biological, psychological, and sociocultural factors that contribute to adult mental illness.** The course prepares students for further clinical training and application in mental health settings by building foundational diagnostic knowledge.

Course Objectives:

2. This course is designed to:

- a) Familiarize students with the DSM-5-TR diagnostic classification system.
- b) Introduce core features, symptom profiles, and diagnostic boundaries of major adult psychiatric disorders.
- c) **Enhance conceptual understanding of etiological models including biological, psychological, and sociocultural explanations.**
- d) **Enable students to differentiate between related disorders through the understanding of key diagnostic criteria.**
- e) Provide students with an advanced understanding of psychopathology to support future clinical decision-making and case conceptualization.

Learning Outcomes:

3. By the end of this course, students will be able to:

- a) Demonstrate a comprehensive understanding of diagnostic categories and criteria in the DSM-5-TR.

- b) Identify the core clinical features and symptom clusters of major psychiatric disorders in adults.
- c) Differentiate between disorders with overlapping presentations through applied understanding of diagnostic criteria especially in Pakistani and south east Asian context.
- d) Discuss the theoretical and empirical foundations of adult psychopathology.
- e) Recognize the contribution of genetic, neurobiological, cognitive, behavioral, and environmental factors to mental disorders.
- f) Critically analyze the limitations and controversies surrounding diagnostic classification systems.

Course Content:

- a) Introduction to Psychopathology and Diagnostic Systems (DSM-5-TR structure, history, reliability and validity)
- b) Schizophrenia Spectrum and Other Psychotic Disorders
- c) Bipolar and Related Disorders
- d) Depressive Disorders
- e) Anxiety Disorders
- f) Obsessive-Compulsive and Related Disorders
- g) Trauma- and Stressor-Related Disorders
- h) Dissociative Disorders & Somatic Symptom and Related Disorders
- i) Personality Disorders (Clusters A, B, and C)
- j) Cultural Considerations in Diagnosis (Cultural Formulation Interview, cultural syndromes)

Suggested Readings:

1. American Psychiatric Association. (2022). *Diagnostic and Statistical Manual of Mental Disorders (5th ed., Text Revision; DSM-5-TR)*.
2. Kahn, D. A. (2025). *DSM-5-TR Clinical Cases*.
3. Kring, A. M., Johnson, S. L., Davison, G. C., & Neale, J. M. (2022). *Abnormal Psychology (15th ed.)*. Wiley.
4. Widiger, T. A. (Ed.). (2021). *Personality Disorders: Toward the DSM-5-TR*. Oxford University Press.