

PSY – 303 Mental Health and Psycho-pathology – I (3 CHs)

Course Pre-requisite: None

Course Description and Objectives

1. Course aims at building knowledge of the students about psychological theories and models for the field of abnormal psychology. Understanding of assessment, etiology, and symptoms of the major psychological disorders. 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:
 - a. Possess a knowledge base for the theoretical basics of abnormal psychology.
 - b. Demonstrate learning with regard to etiology of disordered behavior from biopsychosocial perspective.

Course Contents

3. **Basic Concepts in Psychopathology**
 - a. Concept of Abnormality;
 - b. Criteria of Normality and Abnormality;
 - c. Defining Psychological Abnormality
 - d. (Deviance, Distress, Dysfunction, Danger)
 - e. Paradigm shift of mental health
4. **Historical Background of Modern Abnormal Psychology**
 - a. Ancient views and treatment
 - b. Greek and Roman views; Europe in the middle ages
 - c. The Renaissance; 19th Century
 - d. Views of abnormality; modern trends
 - e. A look back at the ways in which psychopathology has been understood in the past and how this compares to contemporary understanding.
5. **Clinical assessment & diagnosis**
 - a. A brief overview of clinical observation, tests and interviews
 - b. Diagnostic Classification Systems: DSM and ICD
6. **Diagnosis versus formulation:** an exploration of the merits of the categorisation of disorder, compared with formulation as a framework for conceptualising distress.
7. **A history of treatment:** a consideration of the various historical and contemporary approaches to treating individuals who experience psychological distress.
8. **Ethical and legal issues in mental health**
9. **Text Book**
 - a. Davey, G. (2015). Psychopathology & Abnormal Psychology, Vol 1 & 2. Sage Publications
10. **Reference Books**
 - a. Comer, r. J. (2004). *abnormal psychology*. Usa: freeman & company.
 - b. Neale, J.M. & Davison, G. C. (2004). *Abnormal psychology*. New York: John Wiley & Sons.