

## **PSY – 422 Mental Health and Psychopathology (3 CHs)**

**Prerequisite:** Mental Health and Well Being

### **Course Description:**

This course delves into the study of mental health and psychopathology, exploring various psychological disorders and their assessment, diagnosis, and treatment. It examines the theoretical perspectives on psychopathologies, as well as the biopsychosocial factors contributing to mental health issues. Students will learn about the ethical considerations in mental health practice and evidence-based interventions to promote mental well-being and address psychopathological conditions. The course emphasizes critical thinking and the application of knowledge in practical settings.

### **Course Objectives:**

The course will facilitate students to:

- Understand psychopathologies and gain comprehensive knowledge of various psychological disorders, their symptoms, and diagnostic criteria.
- Explore biopsychosocial factors and examine the interplay between biological, psychological, and social factors in mental health and psychopathology.
- Analyze theories and interventions and evaluate theoretical perspectives and evidence-based interventions for mental disorders, promoting critical thinking and treatment evaluation skills.

### **Course Learning Outcomes:**

The students will be able to:

- Identify, classify, and formulate major psychological disorders using DSM-5 criteria.
- Explain and analyze the biopsychosocial factors influencing mental health and psychopathology by using different theories and perspectives.
- Apply ethical principles in mental health assessment and treatment.
- Evaluate evidence-based interventions and therapeutic approaches for different mental disorders.
- Understand cultural and social factors influencing mental health and mental illness.
- Demonstrate critical thinking skills in the analysis of case studies, research findings, and by reflecting upon real world scenarios.

### **Course Contents:**

- Introduction to Mental Health and Psychopathology

- Definition and historical perspectives on mental health and mental illness.
  - The classification and diagnostic systems (DSM-5 and ICD-10).
  - Cultural considerations in understanding psychopathology.
- Theoretical Perspectives on Psychopathology
  - The psychodynamic, behavioral, cognitive, and humanistic perspectives.
  - Biological and genetic factors influencing mental health.
  - Cultural Factors contributing to psychopathology.
  - Integrative approaches to psychopathology.
- Case Formulation
- Mood Disorders
  - Major depressive disorder and bipolar disorder.
  - Symptoms, etiology, and evidence-based treatments.
  - Suicide risk assessment and prevention.
- Anxiety Disorders
  - Generalized anxiety disorder, panic disorder, phobias, and OCD.
  - Symptoms, etiology, and evidence-based treatments.
  - Cognitive-behavioral and pharmacological treatments.
- Trauma and Stressor-Related Disorders
  - PTSD and acute stress disorder.
  - Symptoms and Etiology
  - Trauma-focused therapies and interventions.
- Schizophrenia Spectrum and Other Psychotic Disorders
  - Symptoms, subtypes, and neurobiological theories.
  - Psychosocial interventions and antipsychotic medications.
  - Stigma and social support for individuals with schizophrenia.
- Substance-Related and Addictive Disorders
  - Substance use disorders and behavioral addictions.
  - The impact of addiction on mental and physical health.
  - Symptoms, etiology, and evidence-based treatments.
  - Relapse prevention.
- Eating Disorders
  - Anorexia nervosa, bulimia nervosa, and binge-eating disorder.
  - Symptoms and Etiology
  - Body image, cultural influences, and media portrayal.
  - Multidisciplinary treatment for eating disorders.
- Personality Disorders
  - Cluster A, B, and C personality disorders.
  - Etiology and challenges in diagnosing personality disorders.
- Ethical Considerations in Mental Health Practice

- Informed consent and confidentiality in therapy.
- Cultural competence and diversity in assessment and treatment.
- Professional boundaries and self-care for mental health practitioners
- Compassion fatigue and importance of self-care for mental health professionals

### **Differential Diagnosis and Etiological Factor described in DSM-V:**

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.

*Case Formulation will also be embedded with in the discussion of each category of psychopathologies with the help of case vignettes.*

### **Textbooks:**

- Davey, G. (2015). Psychopathology & Abnormal Psychology, Vol 1 & 2. Sage Publications.
- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Washington, DC.
- Barlow, D. H., & Durand, V. M. (2019). Abnormal Psychology: An Integrative Approach (8th ed.). Cengage Learning.
- Davison, G. C., Neale, J. M., & Kring, A. M. (2018). Abnormal Psychology (13th ed.). Wiley.
- Barlow, D. H. (2017). Clinical Handbook of Psychological Disorders: A Step-by-Step Treatment Manual (6th ed.). Guilford Press.

### **Reference Books:**

- Comer, R. J. (2004). Abnormal psychology. USA: Freeman and Company.
- Neale, J. M. & Davison, G. C. (2004). Abnormal psychology. NewYork: John Wiley & Sons.
- Sue, D. W., Sue, D., Sue, S., & Sue, M. (2019). Understanding Abnormal Behavior (11th ed.). Cengage Learning.

Durand, V. M., & Barlow, D. H. (2017). Essentials of Abnormal Psychology (8th ed.). Cengage Learning