

Core VII

Psychopathology-1

Introduction:

Psychopathology refers to the study of mental illness. This course is designed to expose students to the key concepts in psychopathology as well as the major theories associated with the etiology and treatment of psychological disorders and disabilities. Students will be able to understand the distinction between normal and abnormal and the qualities that are used to differentiate what is typical versus atypical through citations of different disorders.

Course Outcomes:

- To help students define and understand the basic concepts underlying psychopathology and the perspectives which contributed to the development of modern psychopathology.
- To help students understand the assessment techniques for identifying and classifying maladaptive behavior and mental disorders.
- To guide students to gain specific knowledge about different types of mental disorders.

Unit I: Basics of Pathology

- Concept of abnormality; Perspectives of abnormal behavior-Psychodynamic, Behavioral, Cognitive, Humanistic-Existential, and Sociocultural
- Classification of maladaptive behavior-DSM-5 and ICD; Assessment techniques- Diagnostic tests, Rating scales, History taking interview

Learning Outcomes

- Understand the differences between normality and abnormality along with the perspectives explaining them.
- Know the importance and the use of assessment techniques in identifying different forms of maladaptive behaviour.

Unit II: Anxiety disorder; and Obsessive Compulsive and Related Disorders

- Clinical Features, Causes and treatment of Generalized Anxiety Disorder, Panic Disorder, Specific Phobia, Agoraphobia, Social Anxiety Disorder
- Clinical Features, Causes and Treatment of Obsessive-Compulsive Disorder, Body Dysmorphic Disorder, Hoarding Disorder, Trichotillomania

Learning Outcomes

- Learn the symptoms, causes and treatment of anxiety disorders

Unit III: Bipolar Disorders and Depressive Disorders

- Clinical Features, causes and treatment of Major Depressive Disorders, Persistent Depressive Disorder, Disruptive Mood Dysregulation Disorder, Premenstrual Dysphoric Disorder
- Clinical Features, Causes and Treatments of Bipolar- I disorder, Bipolar -II disorder, and Cyclothymia

Learning Outcomes

- Learn the symptoms, causes and treatment of bipolar and depressive disorders

Unit IV: Practical

- (i) **Anxiety:** Assessment of Anxiety of a subject by Hamilton Anxiety Rating Scale (HARS)
- (ii) **Depression:** Assessment of Depression Profile of a subject by Beck's Depression Inventory (BDI)

Text Books:

- ✓ *Carson R.C., Butcher J.N., Mineka, S., & Hooley J.M. (2018). Abnormal Psychology (17th Ed.). ND: Pearson Education.*
- ✓ *Irwin G. Sarason, Barbara Sarason (2017). Abnormal Psychology (11th Ed.). New Delhi: Prentice Hall Publication*
- ✓ *Mohanty, N., Varadwaj, K. & Mishra, H. C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, Divya Prakashani, Samantarapur, Bhubaneswar.*

Reference Books:

- ✓ *Sadock, B.J., Sadock, V.A., & Ruiz, P. (2015). Kaplan and Sadock's Synopsis of Psychiatry: Behavioural Sciences/Clinical Psychiatry (11th Edition), Wolters Kluwer Health*
- ✓ *Kring, A. M., Johnson, S. L, Davison G. C. & Neale J.M. (2010). Abnormal Psychology (11th Ed.). NY: John Wiley*