

BA III SEMESTER V

DC TITLE: Fundamentals of Abnormal Psychology

No of Credits: 4

Marks 100 (25 Internals, 75 External)

Course Objectives: After studying this paper, the learner will be able to

- explain the concept of Abnormality
- compare and contrast the various theoretical perspectives of mental illnesses
- describe some of the common mental disorders, their symptoms and causes
- discuss legal issues in mental health

Unit I: Introduction to Abnormal Psychology and the emotional disorders

Objective: From this module, the learner will be able to

- explain the basic concepts of Abnormality, the history of maladaptive behaviour, the

contemporary theories explaining the same.

- describe classification of mental disorders according to the DSM IV and DSM V
- discuss the legal issues in Abnormal Psychology

1.1 Definition of Abnormal Psychology – the five criteria to define abnormality

1.2 Historical backgrounds, and current perspectives

1.3 DSM IV & V Classification, multi-axial assessment, ICD- 10

1.4 Contemporary and Legal issues in Abnormal Psychology – the Commitment Process, Assessment of Dangerousness, The Insanity Defense.

Unit II: Theoretical perspectives & Assessment of mental disorders

Objective: From this module, the learner will be able to

- explain the biological, psychosocial and sociocultural causal factors of abnormal behavior
- describe the various research methods in Abnormal Psychology

2.1 Biological Causal Factors

Genetic defects, Brain Dysfunctions, physical deprivation or disruption

2.2 Psychosocial Causal Factors

Early deprivation and trauma, inadequate parenting, pathogenic family structures, maladaptive peer relationships

2.3 Sociocultural causal factors

Pathogenic social influences

2.4 Assessment tools

Assessment interview, Clinical Observation of Behaviour, Psychological Tests

Unit III: Anxiety Spectrum Disorders and Addictive Disorders

Objective: From this module, the learner will be able to

- enlist various Anxiety disorders, the causes, symptoms and the treatment of the same.
- classify addictive disorders and their treatments.

3.1 Anxiety Spectrum Disorders

Phobic Disorders, Panic Disorders, Generalised Anxiety Disorder, Obsessive Compulsive Disorder

3.2 Post traumatic Stress Disorder

3.3 Substance Abuse Disorders- Alcohol and Drug Abuse (for Internal Assessment only)

Unit IV: Childhood Disorders and Eating Disorders

Objective: From this module, the learner will be able to

- describe symptoms, causes and treatment of Dissociative and Mood disorders
- classify eating disorders

4.1 Childhood Disorders

Attention Deficit/Hyper Activity Disorder, Oppositional Defiance and Conduct Disorder
Learning Disability, Mental Retardation, Autism, Pervasive Developmental Disorders,

4.2 Symptom Disorders in Childhood

Enuresis, Encopresis, Sleepwalking, Tics

4.3 Eating Disorders

Anorexia Nervosa, Bulimia Nervosa, Obesity

Internal Assessment:

- Class test
- Topic based Assignments
- Field Visit to a Mental Health Clinic/Hospital
- Film/Documentary viewing and group discussion

References:

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