

**JYOTI NIVAS COLLEGE AUTONOMOUS  
SYLLABUS FOR 2019-2020 BATCH AND THEREAFTER**

**Programme: B.Voc VP.**

**Semester: V**

**Paper 10: Portrayal of Psychopathology in Media**

**Course Code : 18BVV504**

**Course Objectives and Learning Outcome:**

1. To know criteria and perspectives in abnormal behaviour, common classification systems, and range of disorders including anxiety disorders, mood disorders, suicide, personality disorders, paraphilias and lifestyle disorders.
2. To have knowledge of different aspects of abnormal behavior depicted in popular media.
3. To discuss the role of major contemporary perspectives on abnormality and mental illness.
4. To apply these perspectives in reviewing each of the conditions covered in the course.
5. To apply the knowledge gained in personal and professional life.

**UNIT I: INTRODUCTION**

**(15 HOURS)**

Definition of abnormal behavior; Criteria of abnormal behavior- suffering, maladaptiveness, deviancy, violation of societal norms, social discomfort, irrationality and dangerousness; Theoretical Perspectives - Psychoanalytic (only Freud), Behaviouristic, Cognitive, Humanistic, Socio-cultural Perspectives; Brief introduction to DSM-5; Depiction of mental illness in media and their impact.

**UNIT II: ANXIETY DISORDERS, MOOD DISORDERS AND SUICIDE**

**(16 HOURS)**

Anxiety disorders – clinical features and brief description of major types – specific phobia, social anxiety disorder, panic disorder, agoraphobia, GAD, psychosocial causes; Mood Disorders - depressive disorders: major depressive disorder, persistent depressive disorder, Other depressive disorders; Mania and Hypomania; Cyclothymia and bipolar disorder; – clinical characteristics and psychosocial causes, gender differences in mood disorders; Suicide –definition, measurement, prevalence in different age groups, psychological models, causes, risk factors, vulnerable groups, interventions to prevent suicide.

**UNIT III: PERSONALITY DISORDERS AND PARAPHILIAS**

**(16 HOURS)**

- Personality disorders – definition; Cluster A personality disorders– Paranoid, Schizoid and Schizotypal; Cluster B personality disorders – Anti Social, Borderline, Histrionic, Narcissistic; Cluster C personality disorders – Avoidant, Dependent, Obsessive Compulsive; Clinical characteristics, psychosocial causes. Paraphilias - clinical description and brief description of major types (Voyeuristic disorder, Exhibitionistic disorder, Frotteuristic disorder, Sexual masochism disorder, Sexual sadism disorder, Pedophilic disorder, Fetishistic disorder, Transvestic disorder), psychosocial causes and gender differences in Paraphilias.

**UNIT IV: LIFESTYLE DISORDERS AND MEDIA (13 HOURS)**

Anorexia nervosa, bulimia nervosa, binge-eating disorder – clinical picture and psychosocial causal factors; Impact of food advertisements; Mass media and childhood obesity; Distorted body image and media; Media portrayal of body image and its influence; Gender differences in body image; Measurement of body image; Strategies to enhance body image: yoga, meditation, positive self-talk, dance, drama, physical exercise, media.

**UNIT V: MEDIA AND PSYCHOPATHOLOGY (15 HOURS)**

Films and psychopathology – pervasive influence of films, depiction of psychological disorders in films; Psychological problems of artists – nutritional practices, eating disorders, menstrual irregularities, overuse syndromes, substance abuse, depression and suicidal ideation.

**PRACTICALS:**

1. Psychology theme-based movie review
2. Advertisement review
3. Current news review

**REFERENCES:**

1. Barlow, D.H., & Durand V.M. (2015), Abnormal psychology: an integrative approach. (7<sup>th</sup> ed.). Connecticut: Cengage Learning.
2. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J. M. (2012), Abnormal psychology. (15<sup>th</sup> ed.). New Delhi: Pearson Education.
3. Halgin, R.P., & Whitbourne, S.K. (2014). Abnormal psychology: clinical perspectives on psychological disorders, DSM-5 update. (7<sup>th</sup> ed.). New York: McGraw-Hill Education.
4. Kring, A.M., Johnson, S.L., Davison, G., & Neale, J. (2014). Abnormal psychology. Danvers, MA: Wiley.
5. Nolen-Hoeksema, S. (2013). Abnormal psychology. (6<sup>th</sup> ed.). New York: McGraw-Hill Education.

6. Butcher, J.N., Mineka, S., & Holley, J.M. (2013). *Abnormal psychology*. (15<sup>th</sup> ed.). New Jersey: Pearson.
7. Sparhawk, J. M. (2003). Body image and the media: the media's influence on body image. Retrieved from: [https://minds.wisconsin.edu/bitstream/handle/1793/41081/2003\\_sparhawkj.pdf?sequence=1](https://minds.wisconsin.edu/bitstream/handle/1793/41081/2003_sparhawkj.pdf?sequence=1)
8. Sherron, R (2015). Benefits of Expressive Therapies in Improving Body Image. Retrieved from <https://www.eatingdisorderhope.com/treatment-for-eating-disorders/types-of-treatments/body-movement-dance-therapy/benefits-of-expressive-therapies-in-improving-body-image>.