

**JYOTI NIVAS COLLEGE AUTONOMOUS
SYLLABUS FOR 2018 BATCH AND THEREAFTER**

Programme: BA

Semester: V

**PAPER V
ABNORMAL PSYCHOLOGY**

Course Code: 18VPS5

No. of Hours: 60

COURSE OBJECTIVES:

- Update the Abnormal Psychology syllabus by incorporating the changes and revision made in DSM 5.
- Orient undergraduate students to the various psychological disorders.
- Provide an opportunity for students to consider careers in Clinical Psychology.

LEARNING OUTCOMES:

- To get oriented regarding the foundations of the subject with its history and classifications.
- To understand the varied typologies of disorders with its clinical picture and adversities.
- Research on the self-study topics in learning about the specific models and case studies.
- To establish the skills of working with the Diagnostic and Statistical Manual.

UNIT I

CHAPTER 1- INTRODUCTION

15 HRS

Historical views of abnormal behavior; definition of mental disorder; criteria of abnormality-suffering, maladaptive, statistical deviancy, violation of standards of society, social discomfort, irrationality and unpredictability. Viewpoints for understanding abnormal behavior (Biological, Psychological and Sociocultural viewpoints.) Diagnostic classification of mental disorders- ICD (in brief), DSM 5 (in detail). Limitation of DSM classification.

Topic for Self-Study: Myths and facts of abnormality

UNIT II

CHAPTER 2- STRESS: ANXIETY, OBSESSIVE COMPULSIVE, TRAUMA AND STRESSOR RELATED DISORDERS:

15 HRS

Stress - Definition of stress; types; categories of stressors; coping with stress- general principles of coping, decompensation under excessive stress.

Anxiety disorders- The fear anxiety response pattern.

Specific phobias, Social phobias, Panic disorder with and without Agoraphobia, Generalized anxiety disorder, Separation anxiety disorder.

Obsessive compulsive and related disorders- Obsessive compulsive disorder, Body dysmorphic disorder, Trichotillomania, Excoriation disorder, Hoarding disorder.

Trauma and stress related disorders- Post traumatic stress disorder, Acute stress disorder, Adjustment disorder

Topic for Self-Study: Diathesis stress model

UNIT III:

CHAPTER 3- DEPRESSIVE AND BIPOLAR DISORDERS:

15 HRS

Definition of Mood Disorders.

Depressive disorders- Major depressive disorder, Persistent depressive disorder (Dysthymia), Premenstrual dysphoric disorder.

Bipolar disorders - Bipolar I, Bipolar II, Cyclothymic disorder, Disruptive mood dysregulation disorder.

Topic for Self-Study: Suicide

UNIT IV

CHAPTER 4- DISSOCIATIVE AND SOMATIC SYMPTOM DISORDERS

15 HRS

Dissociative disorders- Definition of Dissociative disorders. Dissociative identity disorders, Dissociative Amnesia with Fugue, Depersonalization and Derealization and symptoms.

Somatic symptom disorder- Definition of somatic symptom disorder. Illness anxiety disorder, Conversion disorder, Factitious disorder.

Topic for Self-Study: Case studies of dissociative disorders.

REFERENCE:

1. Butcher, James N., Susan Mineka, and Jill M. Hooley (2018). Abnormal Psychology, 16th Edition, Pearson Education India.
2. Morrison, J. (2017). DSM-5 made easy: The clinician's guide to diagnosis. Guilford Publications.
3. Diagnostic and statistical manual of mental disorders-DSM 5 American Psychiatric Association. 5TH Edn. CBS Publishers and Distributors PvtLtd.
4. Alloy L.B., Riskind J.H., Manos M.J. (2006). Abnormal Psychology - Current Perspectives. 9th Edn. New Delhi: Tata McGraw Hill Publishing Co.Ltd.
5. WHO –The ISD-10 Classification of Mental Disorders. Clinical descriptions and diagnostic guidelines.
