

## Semester IV

### PSY 09. Understanding Psychological Disorders

**Objective:** To help student understand the concept of abnormality and apprise them of the clinical picture, causation and treatment of some psychological disorders.

**Marks: 100+ 50 (Practicum)**

**Contact hours: 48**

1. **Introduction:** Definition and criteria of abnormality, brief overview of perspectives (psychoanalytic, cognitive, behavioural, humanistic- existential, diathesis-stress model) and classification (latest edition of DSM&ICD). (14 hours)

2. **Anxiety disorders:** Generalized anxiety disorder, Obsessive-Compulsive disorder, Phobic disorder (08 hours)

3. a) **Somatoform disorder:** Conversion disorder and Hypochondriasis;

b) **Eating disorder:** Anorexia Nervosa and Bulimia Nervosa (12 hours)

4. **Mood disorders:** Unipolar and Bipolar Disorders and Suicide (14 hours)

**Note:** Clinical picture causes and treatment of all the disorders will be dealt with. Only the relevant treatment/intervention techniques are to be mentioned. These shall be dealt with in detail in the VI semester.

#### Practicum

The following practicum (based on PSY 09) would be carried out in the laboratory/field. Choose any two Clinical Assessment techniques from the following:

1. Psychological Testing: Paper – Pencil Test
2. Mental Status Examination and Case Study
3. Film/Text Analyses with context to the disorder

#### Readings

1. Carson, R. C., Butcher, J. N., Mineka, S., & Hooley, J.M. (2007). Abnormal psychology. 13<sup>th</sup> Ed. New Delhi:Pearson. (Chapters 1, 3, 4, 6, 7, 8)
2. Kearney, C. A. & Trull, T. J. (2012). Abnormal psychology and life: A dimensional approach. New Delhi:Cengage learning. (Chapters 2, 3, 5, 7, 8)
3. Kring, A. M., Johnson, S. L., Davison, G. C. & Neale, J.M. (2010). Abnormal psychology.11<sup>th</sup> Ed. Delhi: Wiley-India. (Chapters 3, 7, 8, 10)