



## Introduction to Psychopathology and Mental Health – PSYC 240

### University Studies Program

### Course Outline

COURSE IMPLEMENTATION DATE:	Pre 98
OUTLINE EFFECTIVE DATE:	September 2023
COURSE OUTLINE REVIEW DATE:	April 2028

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#### GENERAL COURSE DESCRIPTION:

This course is an introduction to the research, history, and theories of psychopathology and mental health. A major emphasis in the course is to examine selected categories of psychological disorders such as anxiety, depression, schizophrenia, personality disorders, eating disorders, and substance use disorders. Additional topics may include diagnostic classification, the impact of health and stress on psychological functioning, understanding psychopathology, and therapies.

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**Program Information:** This course can be used as an elective in several University Studies Programs. Refer to the College Program Guide for additional information.

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**Delivery:** This course is delivered in a face-to-face format.

**COTR Credits:** 3

**Hours for this course:** 45 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	45
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	45

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	0

**Course Outline Author or Contact:**

Jan White, B.A., Ph.D.

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Signature

**APPROVAL SIGNATURES:**

Department Head  
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Department Head Signature

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Dean Signature

EDCO

Valid from: September 2023 – April 2028

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Education Council Approval Date

**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** A minimum grade of C- (55%) in both PSYC 101 and PSYC 102

**Corequisites:** None

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA ☒ Yes ☐ No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** N/A

## Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbook was in use:

Barlow, D.H., Durand, V. M., & Hofman, S.G. (2023). *Psychopathology: An integrative approach to mental disorders* (9<sup>th</sup> ed). Cengage.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

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## LEARNING OUTCOMES:

Upon the successful completion of this course, students will be able to:

- explain psychopathology, its theory, history, and nature;
  - discuss the major categories and types of psychological disorders;
  - examine the issues surrounding psychopathology and mental health;
  - identify myths and stereotypes about psychological disorders;
  - investigate concepts of psychopathology and mental health through diverse perspectives; and
  - apply written and oral communication skills effectively, employing methods appropriate to message, context, and audience.
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## COURSE TOPICS:

- Psychopathology and mental health in historical context
- Research methods in psychopathology
- Models of psychopathology
- Clinical assessment, diagnosis, and treatment
- Classification issues
- Psychological disorders (e.g., schizophrenia spectrum and other psychotic disorders, bipolar and related disorders, depressive disorders, anxiety disorders, obsessive compulsive and related disorders, trauma- and stressor-related disorders, substance-related and addictive disorders, dissociative disorders, somatic symptom and related disorders, feeding and eating disorders, personality disorders, gender dysphoria, etc.)

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

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## EVALUATION AND ASSESSMENT:

Assignments	% Of Total Grade
Essays/Assignments (2 @ 15%)	30%
Class Participation	10%
Midterm Exams (2 @ 20%)	40%
Final Exam	<u>20%</u>
Total	100%

*Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and the use of electronic aids.*

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## EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

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## COURSE GRADE:

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Mark (Percent)	≥90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	< 50

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

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## ACADEMIC POLICIES:

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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**COURSE CHANGES:**

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment, and marketing needs. The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.