

PSY 303 Adult Psychopathology
Section 02: 8:30-9:45 Kindschi 4402
Section 06: 10-11:15; Kindschi 4402
FALL 2020 (*THE FALL OF COVID-19*)

Instructor: Mary Bower Russa, Ph.D.

Office: ASH 2214

Phone: 331-2907

Email: Bowerm@gvsu.edu

Office Hours: I am available in class before the 8:30 class and after 11:15 class. Virtual office hours will be 12-1 PM on Tuesday and Wednesday and by appointment. Below is the link for Virtual Office hours for both sections.

<https://us.bbcollab.com/guest/01fef2f69259418da6bc1b4cb218a754>

Email is also a good way to reach me. (bowerm@gvsu.edu)

If there is any student in this class who has special needs because of learning, physical or other disability, please contact me and Disability Support Services (DSS) at 616-331-2490. If you have a disability and think you will need assistance evacuating our classroom and/or building in an emergency situation, please make me aware so I can develop a plan to assist you.

Text: Durand, V.M & Barlow, D.H. (2016). **Essentials of Abnormal Psychology** (8th edition). Boston, MA: Cengage Learning.

Description: This course is intended as an overview of Abnormal Psychology for advanced undergraduate students. Introductory Psychology (PSY 101) is a prerequisite for taking this course. The course will provide a description and analysis of a wide range of adult problems for which people may seek professional treatment (via counselors, psychiatrists, or clinical psychologists). Special emphasis will be placed on understanding the complex interplay of biological, cognitive, and social/cultural factors that may lead to the development of these various types of problems. Evidence based treatments will also be discussed. Because this course focuses on problems of adulthood, if your interest is primarily in children, you may wish to consider PSY 324, Developmental Psychopathology, as an alternative to this course. However, be sure to check the requirements for your particular program.

Learning Objectives:

1. Describe the current system of classifying psychological disorders
2. Decide when you or someone you know may need evaluation by a professional by using the diagnostic criteria of specific psychological disorders

3. Identify and explain the biological, psychological, social, and cognitive factors underlying etiology and maintenance of a range of psychological disorders.
4. Explain major theoretical models and their contribution to the understanding of psychological disorders.
5. Explain how the research process and research findings influence the conceptualization and treatment of psychological disorders.
6. Explain and evaluate competing views on a series of controversial topics in the area of Psychopathology.

Students are expected to complete assigned readings that provide expanded breadth and depth on lecture topics, and to attend class regularly. Grades will be based on:

- 1) Three tests on line (45 points each). Each exam will consist of 35 MC questions (35 points) and two short essays (10 points total) drawn from the text, lecture, and class discussion. You will have two attempts for the MC and one attempt for the essays, and the tests will be open for a period of 24 hours. We will be using the Respondus Lockdown system for all exams—more information is at the end of the syllabus on that.
- 2) Case analysis (45 points). This will be comprised of both a section completed in pairs and a group section. You will be given more information on the case analysis after the first exam. You will be able to complete all of this work by meeting virtually and sharing files, which should make it easier to work around competing schedules. BE AWARE that failure to work with your partner/group and make a quality contribution to the final group product will result in an individual reduction in your grade on this activity.
- 3) Discussion Board posting on three controversial topics (12 points each). Everyone is expected to read the controversial topic material and to contribute to each Discussion Board discussions that will occur over the course of a week. The material covered in readings and in class discussion board is testable. Discussion board will open each Sunday at 5 PM and will close on Saturday at 5 PM. First post must be made by Tuesday at 5 PM and second and third posts are due by Friday at 5 PM.
- 4) Assignment on Schizophrenia (details to follow): 10 points

In sum, then, the total points available will be as follows: 3 tests (45+45+45), one case study analysis (45), and three discussion board topics (12+12+12), with one schizophrenia assignment (10 points) for a total of 226 points.

Grades will be assigned according to the following formula:

93-100%	A
90-92%	A-
87-89%	B+
83-86%	B
80-82%	B-
77-79%	C+
73-76%	C
70-72%	C-
65-69%	D+
60-64%	D
59%	F

Based on the actual distribution of final grades these criteria might be relaxed, but not stiffened. Please be aware if you are taking this course credit/no credit that GVSU considers a grade of C- to be NO CREDIT. Because of this, if you choose the credit/no credit option and you receive a C- or below in the class, you WILL NOT get credit for the class.

You are responsible for completing all Exams and Discussion Board posts as scheduled. Each person will be allowed two late DB posts for the semester (maximum one day late), and after that, deductions will be made.

Format: This class is designated as a staggered hybrid. Typically half of the class will attend live each day of the week (Group A live on Tuesday, Group B live on Thursday—see BB Groups to determine which group you are in) and the other half will attend synchronously. If at any point you cannot attend live due to illness or other difficulties, you can join either section of the class synchronously. No one will be penalized if they choose to not attend live, and this class could be completely on line for you if you simply attend each day synchronously. If you DO decide to do this, please let me know so I will be aware that there is a classroom seat for a student who prefers to consistently attend live (some students have requested this). Over the course of the semester you will have the opportunity to learn all of the content that I would cover in a typical semester, and the structure of the class will be pretty much the same in spite of our bizarre circumstances. This will be the link to the classroom sessions, IF YOUR ARE IN SECTION 02 you can also enter through BB by going to BlackBoard Collaborate Ultra on the left side menu and then clicking on the course room. THIS WILL NOT WORK FOR SECTION 06 AS WE ARE USING THE 02 CLASSROOM FOR BOTH SECTIONS. INSTEAD USE THE LINK.
<https://us.bbcollab.com/guest/373e36bf790e4d5588e28deef162501>

- All live/synchronous sessions will also be recorded and made available on the class website for review in case you need to miss a day or even a week. As the semester progresses we are less likely to be able to continue fully live, so I have introduced some asynchronous lecture components. These will remain asynchronous even if we stay live, and we will not meet for class live on those days, as the material will be available recorded. All courses are required to be completely on line after Thanksgiving, so those lectures are scheduled to be synchronous. Please be aware that I may need to add a few additional (shorter) asynchronous pieces to keep us on pace if we run into problems with pacing with the live/synchronous format, or if I feel the live/synchronous lectures are running to long for focus. I appreciate your flexibility as I work with this very new format and try to meet the needs of many students with a variety of preferences.
- If we are forced to go completely on line, any days scheduled as live will be converted to synchronous only. The syllabus in terms of topics, assignments, and grading expectations will not change. **All assignments and assessments will be completed and submitted electronically whether we are live or on line.**

Equipment needs: To attend synchronous sessions you will need a computer with camera and microphone (can be built in) and a stable, high speed WiFi connection. Additionally, we

will be using Lockdown Browser for the 3 class exams. Please see the final pages of the syllabus for more information and equipment needs for the browser.

Absences: I do not take attendance, but participation in class will enhance your understanding of the material, and you are responsible for all material covered in class. Lectures will parallel (but not simply duplicate) text, and information from classroom discussions and video clips may also appear on examinations. *Therefore, if you miss a lecture, you must consult posted class recordings to review the missed material.*

Academic dishonesty: If I have evidence of any form of academic dishonesty (cheating on an exam, giving or receiving information about what is asked in the exam, or any other form of cheating such as plagiarism), you will receive a failing grade in that activity and other consequences as dictated by GVSU policy. Plagiarism is presenting work, ideas or words that are not your own as though they were your own—this includes work of other students or work that is in a published source (the textbook, a journal article). To avoid plagiarism be sure to do your own work, and put information in your own words or use quotes, with appropriate reference to the original source from which you got the information or ideas.

This course is subject to the GVSU policies listed at <http://www.gvsu.edu/coursepolicies/>

Tentative Lecture Syllabus

Days	Tuesday Topic and Readings	Thursday Topic and Readings	Assignment:	Due By:
9/1 and 9/3	LIVE/Syn :Introduction to course and each other (Chapter 1)	LIVE/Syn:Introduction to the Course and each other	Introduce Self via Flip Grid (3 EC)	9/8
(LABOR DAY BREAK)				
9/8 and 9/10	LIVE/Syn: Integrative Approaches (Chapter 2)	LIVE/Syn: Integrative Approaches	Extra Credit: Scavenger Hunt with Flip Grid (3 EC)	9/15
9/15 and 9/17	LIVE/Syn: Integrative approaches	LIVE/Syn: Research Methods and Diagnosis (Chapter 3)	Discussion Board (DB) #1: Blocked and Recovered Memories	DB Posts due by 9/15, 5 PM and 9/18, 5 PM
	Be sure you have tested Lockdown Browser by 9/17 at 11:59 PM			
9/22 and 9/24	LIVE/Syn: Health Psychology (Chapter 7)	LIVE/Syn: Health Psychology		

9/29 and 10/1	LIVE/Syn: Health Psychology	LIVE/Syn: Anxiety DO (Chapter 4)		Exam 1 available on line from MON 10/5, 5 PM to WED 11/7, 5 PM
	EXAM 1 (CHAPTERS 1,2,3,7). Take exam on own on line.			
10/6 and 10/8	Asynchronous PPT : Anxiety DO	LIVE/Synchronous: Anxiety DO		
10/13 and 10/15	LIVE/Synchronous : Anxiety DO	LIVE/Synchronous: Mood DO (Chapter 6)	Case Study Analysis Distributed 10/13; Begin partner work	Partner work on Case due 10/27, 5 PM
10/20 and 10/22	LIVE/ Synchronous : Mood DO	Asynchronous: Mood DO (Chapter 6)	Discussion Board (DB) #2 Memory Dampening Drugs	DB Posts due by 10/20, 5 PM and 10/23, 5 PM
	PARTNER WORK ON CASE DUE 10/27, 5 PM			
10/27 and 10/29	LIVE/Synchronous : Mood DO	Asynchronous: PPT Substance Abuse— (Chapter 10 mostly reading on own)	Begin Final Group Case Work on 10/27	Final Group Case Study due 12/3, 5 PM
	EXAM 2 (CHAPTERS 4,6,10)-- <u>Take exam on own on line.</u>			

11/3 and 11/5	<u>Asynchronous:</u> PPT Eating DO (Chapter 8) - just glance over Sleep Disorders	<u>LIVE/Synchronous:</u> Eating DO	Continue work on Case Study <u>Discussion Board #3:</u> Should Individuals with Anorexia Nervosa	Exam 2 from MON 11/9, 5 Pm to WED 11/11, 5 PM DB Posts due by 1/3, 5 PM and 11/6,5
11/10 and 11/12	<u>Asynchronous:</u> Schizophrenia (Ch 12— watch PPT AFTER doing the reading assignment)	<u>LIVE/Synchronous:</u> Schizophrenia	Complete Reading Assignment on Schizophrenia (10 points)	Due on 11/11 by 5 PM
11/17 and 11/19	<u>LIVE/Synchronous:</u> Schizophrenia (Ch. 12)	<u>LIVE/Synchronous:</u> Schizophrenia (Ch. 12),	Continue work on Case Study	
11/24	<u>LIVE/Synchronous</u> DID			
THANKSGIVING BREAK 11/25-11/29				

12/1 and 12/3	Asynchronous: DID PPT (Ch. 5 pp. 184-195)	Synchronous: DID (Ch. 5, pp. 184-195)		
	FINAL GROUP CASE WRITE UP DUE 12/3, 5 PM			
12/8 and 12/10	Synchronous: Forensic Issues (Ch. 14)	Synchronous: Finish Forensic Issues (Chapter 14)		
MON DEC. 14 th	FINAL EXAM--ON OWN ON LINE from 8 AM on Mon Dec 14th to Tues. DEC 15th 5 PM (CHAPTERS 8, 12, 5, 14)			

Useful tips for Synchronous Sessions

Because we are using Blackboard Collaborate, you should ALWAYS use Google Chrome as your web browser. Whenever possible, reboot your computer prior to a session to close apps running in the background that may interfere.

Always test your microphone, video camera and speakers at the start of every virtual session. Try not to sit directly in front of or beside a bright light source. Experiment with moving lamps and your camera until you can see your brightly-lit face on the screen. Covering a bright window may help.

When possible, try to attend your class meetings in quiet, indoor locations to control ambient noise. If you're unable to attend from a quiet location, mute your microphone before joining the class meeting. You will be able to unmute when you need to speak unless the instructor has chosen to mute all students. Whenever possible sit near the Wifi Router if using a wireless connection.

Exam Procedure and Equipment Required

We will use a software called Lockdown Browser and Monitor when you take exams, and these exams will be timed. The purpose of this software is to simulate the experience of taking an exam in class with your instructor present—you just get to do so at home, on your own time. The Lockdown Browser prevents students from looking at notes and course materials, and from communicating questions and answers with each other.

To ensure that your first exam with LockDown Browser runs smoothly, please take an ungraded Practice Test that requires the use of LockDown Browser and Monitor. Ideally, you should use the same computers/devices you'll later use with the graded exams, including the same network/Wi-Fi environment. The Practice Test will be available for the duration of the course, with unlimited attempts, so students can access it again if they use a different computer or Wi-Fi network.

I would like everyone to run through the Practice Test as soon as possible, but no later than 9/17 at 11:59pm so that you have time to trouble shoot any problems before the first exam. (Although this is not graded, it is required in order to take Exam 1.) In order to complete this Practice Test, please follow the below instructions.

A couple other notes about exams before you get started:

- I will be asking everyone to use their webcams to show their workspaces and under their workspaces during the so-called Environment Check. I won't be checking those during the Practice Test, but I will during actual Exams. You can practice that process in this Practice Test.
- This idea of having a webcam record you while you take an exam might sound a bit weird. I get it! But again, if you think about it, it's no different than being in class taking an exam. In fact, I have no plans to watch any videos unless the software flags unusual behavior.
- By the same token of not making this weird (for me!), make sure to dress appropriately. No need for tuxedos or formal wear, but wear what you'd wear to class.
- Make sure to install the software (see link below) before you try to take the Practice Test.

INSTRUCTIONS:

LockDown Browser + Webcam Requirement

This course requires the use of LockDown Browser and a webcam for online exams. The webcam can be the type that's built into your computer or one that plugs in with a USB cable.

Watch this brief video to get a basic understanding of LockDown Browser and the webcam feature.

<https://www.respondus.com/products/lockdown-browser/student-movie.shtml>

Download Instructions

Download and install LockDown Browser from this link:

<https://download.respondus.com/lockdown/download.php?id=936312756>

Once Installed

1. Close all open programs.
2. Locate the "LockDown Browser" icon from your desktop and double-click on it.
3. If prompted to close an open program, answer Yes or close the LockDown Browser and close the open program before restarting.
4. You will be presented with the Blackboard Learn Login Page.
5. Click on the "Sign in with third-party account" drop down menu, item #1 as shown in the following image.
6. A URL pops up in the second box as shown in the following image, item #2. Click on the URL. It should read: <https://mybb.gvsu.edu>

7. That will bring up a "MyBb" login page.
8. Login with your GVSU username and password.
9. Navigate to your Course and locate the Practice Test (or Exam 2 when you take that) under Respondus Lockdown Browser and Monitor Exams.
10. If the instructor requires a test password (I won't), a new window will appear asking for the Exam Password. Enter the password and begin the exam.
11. If no password is required to take the exam, Open the quiz/test to begin.
12. Save your individual answers. You can always go back to change your selection and save again.
13. There is a final Save & Submit button that you will need to use at the close of the test.

Note: You won't be able to access the class exams with a standard web browser. If this is tried, an error message will indicate that the test requires the use of LockDown Browser. Simply start LockDown Browser and navigate back to the exam to continue.

There is no password necessary if you're accessing the Practice Test or the Exams directly from Lockdown. If it's asking for a password, it usually means that you are trying to enter the practice test from your normal browser, and not from the Lockdown software. If you open up the Lockdown software once you've installed it from the correct link (included below again), it asks you to log into Blackboard. Once you're there, you will be able to find and then start the quiz without a password.

Adobe Flash

Windows users need to have [Adobe Flash Player installed](#) to Internet Explorer, even if a different browser is normally used. Mac users must have Adobe Flash Player installed to Safari. A broadband connection is also required.

Installing LockDown Browser on your computer also installs Respondus Monitor. **I can also enable the exam to open on a Chromebook with some adjustment to the settings on my end, so please alert me if this is your intention and remind me to set that option.**

Test Guidelines

When taking an online test, follow these guidelines:

- Ensure you're in a location where you won't be interrupted
- Turn off all other devices (e.g. tablets, phones, second computers) and place them outside of your reach
- Before starting the test, know how much time is available for it, and also that you've allotted sufficient time to complete it

- Clear your desk or workspace of all external materials not permitted - books, papers, other devices
- Remain at your computer for the duration of the test
- If the computer, Wi-Fi, or location is different than what was used previously with the "Webcam Check" and "System & Network Check" in LockDown Browser, run the checks again prior to the exam
- To produce a good webcam video, do the following:
 - Avoid wearing baseball caps or hats with brims
 - Ensure your computer or device is on a firm surface (a desk or table). Do NOT have the computer on your lap, a bed, or other surface where the device (or you) are likely to move
 - If using a built-in webcam, avoid readjusting the tilt of the screen after the webcam setup is complete
 - Take the exam in a well-lit room, but avoid backlighting (such as sitting with your back to a window)
- Remember that LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted

Info about Monitor

Students will use a webcam to record themselves during the exam. A "startup sequence" includes a webcam check and other requirements set by the instructor, e.g., making a short video of the exam environment. Only the instructor can review video recordings or data from the exam session.

Respondus Monitor automatically flags students for suspicious behavior, such as leaving the computer during the exam, or a different person entering the video frame. This, along with other data, provides useful information to the instructor about the exam session.

The recorded images captured during the online exam is similar to video captured throughout our daily lives at stop lights, an ATM machine, the grocery store, etc. Captured images are securely stored and are only accessible through the course by your instructor.

Getting Help

Several resources are available if you encounter problems with LockDown Browser:

- The Windows and Mac versions of LockDown Browser have a "Help Center" button located on the toolbar. Use the "System & Network Check" to troubleshoot issues. If an exam requires you to use a webcam, also run the "Webcam Check" from this area
- If you have run the "System & Network Check" and the "Webcam Check" and are still encountering problems, try to contact the GVSU IT Helpdesk at 331-2101 or at <https://www.gvsu.edu/it/helpdesk/>.

- Respondus has a Knowledge Base available from support.respondus.com. Select the "Knowledge Base" link and then select "Respondus LockDown Browser" as the product. If your problem is with a webcam, select "Respondus Monitor" as your product
- If you're still unable to resolve a technical issue with LockDown Browser, go to support.respondus.com and select "Submit a Ticket". Provide detailed information about your problem and what steps you took to resolve it