



Psychology Special 1
Introduction to Psychopathology
[Discipline Specific Course]

Semester: III	Credits: 3	Subject Code: A32117	Lectures: 48
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Course Outcomes:

At the end of the course, the learner will be able to:

- Summarize and recognize the history and nature of Abnormal psychology
- Recognize the various perspectives of Abnormal psychology
- Identify and assess the role of psychosocial adversities in psychopathology
- Recognize the risk and protective factors for mental health and wellbeing at different levels (e.g., individual, organization, community, society)
- Demonstrate familiarity with the current diagnostic systems and their ethical limitations
- Examine the socio-political determinants of Psychopathology in the Indian context

Unit 1: Nature and History of Psychopathology

12

- Understanding models of Abnormality
- Science of Psychopathology
- Historical views of Abnormal Psychology
- The Emergence of Contemporary views of Abnormal behaviour
- Multicultural, Legal & Gender Perspectives

Unit 2: Integrative Approach to Psychopathology-1

12

- Causes and Risk factors for abnormal behaviour.
- Psychological viewpoints- Psychodynamic
- Psychological viewpoints- Behavioural, Cognitive, Humanistic & Existential
- Psychological Causal factors

Unit 3: Integrative Approach to Psychopathology-2

12

- Biological viewpoint- Genetic and Neuroscience
- Cultural and Sociocultural viewpoints
- The Power Threat Meaning Framework: An Alternative Nondiagnostic Conceptual System

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Unit 4: Classifying Abnormal Behaviours	12
<ul style="list-style-type: none"> • Basic elements of classification approaches and issues • Historical Context of Diagnosis- ICD and DSM V • DSM V- Classification and changes • Problems with Classification 	

12 hours for Library work, practical or field work or research purposes

- Mental health from a Gender perspective
- Sociopolitical Determinants of Mental Health
- Legal aspects and ethical issues
- Organized efforts for Mental Health: ---National and international efforts
- Structure of Brain and Neuron
- Functioning of Central Nervous System and Peripheral Nervous System

Recommended Textbooks:

- Carson, R.C.; Butcher, J.N.; Mineka, S. and Hooley, J.M. *Abnormal psychology*, 13th ed. Pearson Edu. , 2012.
- Barlow and Durand. *Abnormal Psychology-an Integrative Approach*. Thomsun-Wadsworth Learning Inc, New Delhi, 4th Ed, 2005.
- Ramsden, P. (2013). *Understanding abnormal psychology: Clinical and biological perspectives*. Sage.
- Johnstone, L. & Boyle, M. withCromby, J., Dillon, J., Harper, D., Kinderman, P., Longden, E., Pilgrim, D. & Read, J.(2018). *The Power Threat Meaning Framework: Towards the identification of patterns inemotional distress, unusual experiences and troubled or troubling behaviour, as an alternativeto functional psychiatric diagnosis*. Leicester: British Psychological Society

Reference Books and Articles:

- Sarason and Sarason. *Abnormal Psychology-Problem of Maladaptive Behaviour* Pearson education, New Delhi, 10th Ed, 2002.
- Ray, W. J. (2016). *Abnormal psychology*. SAGE Publications.
- Butcher, J. N., Mineka, S., & Hooley, J. M. (2017). *Abnormal psychology*. Pearson Education India.
- Davar, B.V. *Mental Health from a gender perspective*. Sage publications, New Delhi, 2001.
- Davar, B.V. *Mental Illness in Indian women*. Economic and Political Weekly. 30 (45):2879-86, 1995.
- Dhanda, A. *Legal Order and Mental disorder*. Sage publications, New Delhi, 2000.
- Johnstone, L., & Boyle, M. (2018). *The power threat meaning framework: An alternative nondiagnostic conceptual system*. Journal of Humanistic Psychology, 0022167818793289.
- Sam, D. L., & Moreira, V. (2012). *Revisiting the mutual embeddedness of culture and*

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mental illness. Online Readings in Psychology and Culture, 10(2), 2307-0919.

- American Psychiatric Association. *Diagnostic and statistical manual of mental disorders* (5th edition) Washington, DC.2013.

Websites:

- TED TALK – Mental health for All by Involving All Vikram Patel
<https://youtu.be/yzm4gpAKrBk>
- TED TALK- How Childhood Trauma impacts overall health by Nadine Burke Harris
https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en
- The Mental Healthcare Act, 2017 <https://egazette.nic.in/WriteReadData/2017/175248.pdf>
- THE NATIONAL COMMISSION FOR ALLIED AND HEALTHCARE PROFESSIONS ACT, 2021 <https://egazette.nic.in/WriteReadData/2021/226213.pdf>
- Rights of Persons with Disabilities Act, 2016
<https://www.indiacode.nic.in/handle/123456789/2155?locale=en>

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Psychology Special 1
Psychological Disorders and Treatment
[Discipline Specific Course]

Semester: IV	Credits: 3	Subject Code: A42117	Lectures: 48
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Course Outcomes
At the end of the course, the learner will be able to: <ul style="list-style-type: none"> • Classify and define the causes and symptoms of various Psychological disorders. • Recognize the prevalence and development of various Psychological disorders. • Explain basic knowledge of treatments for various Psychological disorders. • Examine the role of socio-cultural causal factors in development of various disorders. • Discuss and analyse the biomedical model of Psychological disorders. • Interpret the biopsychosocial model in the understanding of Psychological disorders and their treatment.

Unit 1: Anxiety Disorders- Clinical description, Causes and Treatment	12
<ul style="list-style-type: none"> • Generalised Anxiety Disorder • Separation Anxiety Disorder • Panic Disorder • Social Anxiety Disorder • Specific Phobia 	

Unit 2: Schizophrenia Spectrum and other Psychotic Disorders	12
<ul style="list-style-type: none"> • Key features that define Psychotic Disorders • Brief Psychotic Disorder • Schizophrenia and its types • Schizoaffective Disorder 	

Unit 3: Depressive and Bipolar Disorders	12
<ul style="list-style-type: none"> • Bipolar-I and Bipolar -II Disorders • Major Depressive Disorder • Causes and Treatment of Bipolar and Depressive Disorders • Understanding Suicide- Causes and Preventive measures 	

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Unit 4: Trauma and Stress related Disorders	12
<ul style="list-style-type: none"> • Understanding Trauma and its types. • Post-Traumatic Stress Disorder • Acute Stress Disorder • Adjustment Disorders 	

12 hours for Library work, practical or field work or research purposes

- Obsessive-Compulsive and Related Disorders
- Neurodevelopmental Disorders
- Personality disorders
- Substance use Disorders
- Cultural bound syndromes

Recommended Text Books:

- Carson, R.C.; Butcher, J.N.; Mineka, S. and Hooley, J.M. (2012). *Abnormal psychology*, 13th ed. N.D.: Pearson Edu.
- Barlow and Durand (2005) .*Abnormal Psychology-an Integrative Approach*. Thomsun-Wadsworth Learning Inc, New Delhi,4th Ed.

Reference Books:

- Barlow, D. H. (Ed.). (2014). *Clinical handbook of psychological disorders: A step-by-step treatment manual*. Guilford publications.
- American Psychiatric Association .*Diagnostic and statistical manual of mental disorders* (5th edition) Washington, DC.2013.
- Sarason and Sarason (2005).*Abnormal Psychology-Problem of Maladaptive Behaviour*. Pearson education, New Delhi, 11th Ed.
- Roberts, L. R., Mann, M. S. K., & Montgomery, S. B. (2016). *Mental health and sociocultural determinants in an Asian Indian community*. *Family & community health*, 39(1), 31.
- Shidhaye, R., Murhar, V., Muke, S., Shrivastava, R., Khan, A., Singh, A., & Breuer, E. (2019). *Delivering a complex mental health intervention in low-resource settings: lessons from the implementation of the PRIME mental healthcare plan in primary care in Sehore district*, Madhya Pradesh, India. *BJPsych open*, 5(5).
- Patel, V., Flisher, A. J., Hetrick, S., & McGorry, P. (2007). *Mental health of young people: a global public-health challenge*. *The Lancet*, 369(9569), 1302-1313.
- Andrew, G., Cohen, A., Salgaonkar, S., & Patel, V. (2012). *The explanatory models of depression and anxiety in primary care: a qualitative study from India*. *BMC research notes*, 5(1), 1-8.

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Websites:

- <https://www.youtube.com/watch?v=9mPwQTiMSj8&t=10s>
- https://www.youtube.com/watch?v=YxELZyA2bJs&ab_channel=OsmosisOsmosisVerified
- https://www.youtube.com/watch?v=PCOG2G797ek&ab_channel=OsmosisOsmosisVerified
- [Playing with Anxiety](#)
- <https://bipolarindia.com/about-us/my-story/>

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