



PSYC-240 – Introduction to Psychopathology and Mental Health

University Arts and Science

Effective Term & Year: Fall 2023

Course Outline Review Date: 2028-04-01

Program Area: Arts, Humanities, and Social Sciences

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.

Program Information:

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

Delivery Methods: On-campus (Face-to-Face)

Credit Type: College of the Rockies Credits

Credits: 3

Course type/s: Social Sciences

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	

Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	45

Course Requisites:

- Earned a minimum grade of C- (55%) in each of the following:
 - **PSYC101** – Introduction to Psychology 1 (3)
 - **PSYC102** – Introduction to Psychology 2 (3)

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook 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* (9th 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.

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.

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.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Essays/Assignments (2 @ 15%)	30%
Class Participation	10%
Midterm Exams (2 @ 20%)	40%
Final Exam	20%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.