

3rd SEMESTER
DISCIPLINE SPECIFIC COURSE (CORE-III)

PSY320C: PSYCHOLOGY: PSYCHOLOGICAL DISORDERS

CREDITS: THEORY = 4; PRACTICUM = 2

***Objective:** To develop an understanding of the various psychological disorders and their treatment.*

THEORY: 4 CREDITS

Unit 1: Basic Concepts: Definition and criteria of abnormality, classification (DSM-V), Diathesis Stress Model.

Unit 2: Theoretical perspectives: Biological, familial, cultural, behavioral, cognitive and psychodynamic.

Unit 3: Clinical states: Anxiety disorders (Separation Anxiety Disorder, Specific Phobia, Social Phobia) Panic Disorder, Obsessive compulsive disorder, Body Dysmorphic Disorder; Major Depressive Disorder MDD, Bipolar I & II; schizophrenia (Symptoms).

Unit 4: Treatment of mental disorders: a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.

PRACTICUM: 2 CREDITS (Any two from below 4 practicals)

1. Anxiety Test
2. Internet Addiction Test
3. Clinical Case Study
4. Depression Test

Readings:

1. DSM-5. (2013). American Psychiatric Association.
2. Carson, R. C., Butcher, J. N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
3. Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.).Wadsworth: New York.
4. Frude, N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishers.