

Abnormal Psychology

Psy 4343.001 | Fall 2021
MW 11:30-12:45 CRA 12.110

Professor: Regina Kakhnovets Ybarra, Ph.D.



Regina.Ybarra@utdallas.edu



972-883-2326



GR 4.526

TA: Mackenzie Taylor, M.S. – Mackenzie.Taylor@utdallas.edu

Undergrad TA: Samuela Young – Samuela.Young@utdallas.edu

Office Hours on MS Teams or in person – by appt.



Schedule appointment with Dr. Ybarra or the Ta at:

<https://tinyurl.com/RYbarraBookings>

This course focuses on the symptoms, causes, assessment, and treatment of abnormal behavior. Students will become familiar with the nature of several mental disorders, with emphasis on the DSM-5 criteria and the fundamental etiological theories for each disorder studied.

Course Description

Course Objectives

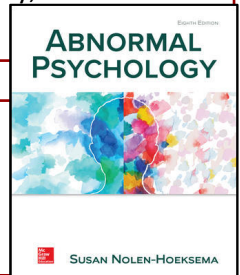
- ✓ Define normal and abnormal behavior
- ✓ Describe various psychological disorders including their symptoms, causes, and treatments.
- ✓ Identify the strengths and limitations of the current mental health system.
- ✓ Distinguish myths and misconceptions from facts regarding mental illness.

General Education Core Objectives

- ✓ Critical Thinking – to include creative thinking, innovation, inquiry, and analysis, evaluation, and synthesis of information
- ✓ Communication – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
- ✓ Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities

Required Text

- ✓ Nolen-Hoeksema, S. (2020). *Abnormal Psychology* (8th ed.). New York: McGraw Hill Education. ISBN 9781260426151
- ✓ Purchase through Perusall; Register through eLearning



Classroom Safety and COVID-19: Masks and Vaccinations






To help preserve the University's in-person learning environment, UT Dallas recommends that everyone adhere to the University's [CDC Updated Guidelines](#) issued on July 30, 2021. All students are encouraged to read the [Recommendations for Students Returning to Campus](#) issued on August 2, 2021. **All Comets are strongly encouraged to wear face coverings indoors regardless of vaccination status.**

Vaccinations are widely available, free, and not billed to health insurance. The vaccine will help protect against the transmission of the virus to others and reduce serious symptoms in those who are vaccinated. I encourage you to [get a COVID-19 vaccine](#) and register your vaccination status through the [voluntary vaccine report form](#). All Comets will be expected to complete the mandatory [Required Daily Health Screening](#). Visit [Comets United webpage](#) for the latest information on the University's guidance and resources for campus health and safety.

Please do not come to class if you are sick. UTD requires students who test positive for COVID-19 or who are close contacts as determined by the campus contact tracing program to isolate or quarantine as applicable. Students need to self-report COVID-19 positive results or exposures via an [online form](#) so that university campus tracers can verify, record, and take necessary campus precautions. Once you notify the university, the Dean of Students' Office will contact me to verify that you are ill and I will work with you to make sure that you are able to complete the course work.



Course Tools

Tool	Description
eLearning 	<p>eLearning is an online Learning Management System available for all courses. I will post the course syllabus and announcements here. You will use eLearning to complete the course exams, and to access course assignments, lecture videos and other materials. I will update your gradebook in eLearning so that you can see your progress in the course. You can use the email in eLearning to contact me, but it would be much easier and faster to do in Microsoft Teams (see below). For more information on using eLearning see Getting Started with eLearning webpage and the Student eLearning Tutorials. UT Dallas provides eLearning technical support 24 hours a day, 7 days a week. The eLearning Support Center includes a toll-free telephone number for immediate assistance (1-866-588-3192), email request service, and an online chat service.</p>
Perusall 	<p>Perusall helps you master readings faster, understand the material better, and get more out of your classes. To achieve this goal, you will be collaboratively annotating the textbook and completing discussion/application assignments with others in your class. The help you'll get and provide your classmates (even if you don't know anyone personally) will get you past confusions quickly and will make the process more fun. While you read, you'll receive rapid answers to your questions, help others resolve their questions (which also helps you learn), and advise me how to make class time most productive.</p> <p>Perusall assignments will be linked through eLearning. You will not need to create a separate account. Assignments will include reading and annotating the textbook, discussing videos, and reading and discussing additional readings.</p>
PeerWise 	<p>This semester we will be using PeerWise as a place for you to create, share and evaluate assessment questions with your classmates. Start by visiting PeerWise here: http://peerwise.cs.auckland.ac.nz/at/?utdallas_edu. To set up an account click the "Registration" link and follow the prompts. All you need to do is choose a username and a password for your PeerWise account.</p> <p>To access our course, "Psy 4343: Abnormal Psychology – Fall 2021", you will need to enter two pieces of information:</p> <ol style="list-style-type: none"> 1) Course ID = 23697 2) Identifier = your UTD NetID
Microsoft Bookings 	<p>I use Microsoft Bookings to allow students an easy way to be able to schedule meetings with me. By following my scheduling link (https://tinyurl.com/RYbarraBookings) you can see my availability and schedule a meeting. Once you schedule, the meeting will be automatically added to my calendar and you will receive a confirmation email with the details of the appointment, including a Microsoft Teams Meeting link for online appointments. My Bookings scheduling link also allows you to schedule appointments with the course TAs.</p>
Microsoft Teams 	<p>Microsoft Teams is a platform for communication and collaboration. It allows a safe and secure method of communication for students and faculty at UTD. I have created a team for our course and have added you to it. In Teams, you can send me, the course TA, and the course Undergraduate TA direct messages. You can work and communicate with other students. Teams offers a really easy way to be able to communicate with everyone in our class. I will be using Teams for course announcements, questions, and meetings.</p>

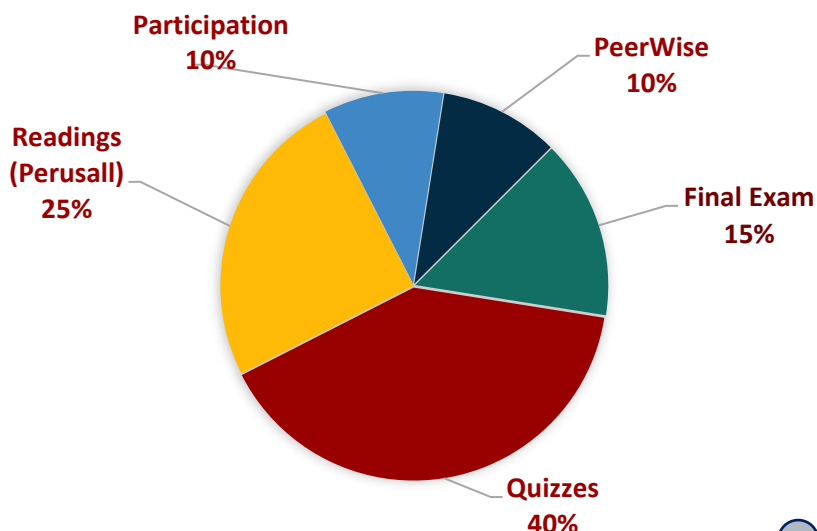
Assignments

Assignment	Description
Quizzes	Each module will have an online quiz associated with it. The quizzes will cover the assigned readings and lecture material for each module topic. Questions will be drawn from a random question bank and each quiz will be different from any other person's quiz. Quizzes are timed and you will have one attempt to take them within the allotted time window and cannot be made up. That means that while you may have time to look through your notes to answer <i>some</i> questions, you will not have enough time to look at your notes for all questions. Please study and prepare for the quizzes. At the end of the semester, I will drop two of your lowest quiz grades.
Final Exam	All students have to take a cumulative final exam at the end of the semester. The exam will cover all topics from the course and will be similar in style of questions as the module quizzes. The Exam will be administered at the UTD Testing center. You must reserve your exam appointment at least 72 hours in advance (https://ets.utdallas.edu/testing-center/students)
Reading Assignments	The textbook for this class and reading assignments are available through a collaborative annotation/discussion platform, Perusall. For each chapter covered, you will have a reading assignment to complete in Perusall. To successfully complete the assignment, please read the chapter and add comments, annotations, and questions. Please read early! Your grade on Perusall assignments can be improved by accessing the readings multiple times, reading in small chunks (rather than all at once) and by responding to the questions of others. Come back to the reading often and check on the comments made by others, try to answer their questions, or respond to their posts. I will drop your lowest 2 Perusall reading grades when calculating your final grade. Be sure to look over the Perusall information posted on eLearning. Please ONLY access Perusall assignments through the links in eLearning.
Syllabus Discussion	To help you get more familiar with the course syllabus and Perusall, you will interact with the syllabus in Perusall by asking questions, making annotations, etc. If you complete this assignment by actively participating in the discussion, you will earn a bonus of 0.5% of the final grade.
PeerWise Questions	We will be using PeerWise as a place for you to create, share, and evaluate multiple choice questions over course topics with your classmates. For assignment, you will be responsible for creating 2-3 original questions per chapter and answering and rating at least 20 questions from your classmates. Practicing answering questions over course material will help you be better prepared for exams, so I encourage you to answer as many questions as you can when you study. I may select a few top questions to include on the final exam. More information is provided on eLearning.
Class Participation	There will be several activities during the semester for which you can earn class participation points. The activities must be completed during class time and cannot be made up if you miss class. At the end of the semester, I will drop two of your lowest participation grades.
Research Experience Credit	One requirement of all students enrolled in this class is completion of two research exposure credits. Details about this requirement can be found on a separate handout distributed on the first day of class or on the course eLearning page, and in the BBS Information Center on eLearning. Research exposure credits must be completed by the date found on the REC instruction sheet or your course grade will be lowered. For each credit you fail to complete, your course grade will be reduced by 1/3 of a letter grade (e.g., for 2 missing credits, a B+ will become a B-).

Grading and Course Format

GRADE CALCULATION

LETTER	PERCENTAGE
A+	97-100
A	93-96.9
A-	90-92.9
B+	87-89.9
B	83-86.9
B-	80-82.9
C+	77-79.9
C	73-76.9
C-	70-72.9
D+	67-69.9
D	63-66.9
D-	60-62.9
F	59 or lower



I will not respond to emails asking me to "round up," to change grades for any reason other than an error, or to reconsider my grading policy as described in the syllabus. Making adjustments to grades of only some students is unfair to other students and would require me to act unethically.

Course Format

Overview: The course is designed to be a traditional, synchronous, face-to-face class. No asynchronous option is available and students are expected to attend live class lectures, participate in class discussion and activities, and complete in-person assessments.

COVID-19 De-densification: UTD has announced that for the first three weeks of school, all classes will be de-densified with only half of the students attending each scheduled course day.

To accommodate this change, the course format will change for these weeks. Students will complete reading assignments and quizzes online. Lecture recordings will also be posted covering important or difficult concepts. Students are expected to watch these lectures during the class meeting they are not attending in-person. During in-person meetings, we will engage in discussion, demonstrations, and application activities. The live class meetings will not be recorded as all students will have a chance to participate during their assigned in-person class days. There will also be participation activities for which grade points will be assigned. Students who cannot attend class due to extenuating circumstances will be able to complete participation activities on their own. However, I strongly encourage you to come to class as you will learn more and will also be able to ask questions. We will record attendance in each class for contact tracing purposes, but no grade points will be assigned for attendance.



If UTD removes the de-densification requirement, the class format will change to a traditional, live, in-person format.

Course Policies

Classroom Etiquette

Please be courteous to others during class. **In this course, we will touch on some very sensitive and personal issues** The purpose of the class is to inform broadly about the specific disorders and treatments NOT to provide individual diagnosis and psychotherapy. UTD's Student Counseling Center (972-883-2575) provides students with free and confidential services that may be helpful if the content of this course brings up difficult feelings or thoughts.

Late Work

All course work will be due by the start of the class on Mondays. I will drop your lowest two Quizzes, Application Assignments, and Reading assignments. If you submit one of these late, you will receive a zero and it will be one of the two grades dropped. **No late or make-up work (including quizzes) is allowed in this course.** Each quiz will be available on eLearning for about a week, meaning that you can take the quiz at any time during that period. **Quizzes started before the deadline but submitted after the deadline will NOT be accepted.**

Attendance/ Participation

Attendance is not required but I highly encourage you to come to class and participate as much as you can so that you can get the most out of this class. There will be several class participation activities that will make up your class participation grade. I will collect attendance daily to help with COVID-19 contact tracing.

Class Materials

I will provide class materials that will be made available to all students registered for this class as they are intended to supplement the classroom experience. These materials may be downloaded during the course; however, these materials are for registered students' use only. Classroom materials may not be reproduced or shared with those not in class or uploaded to other online environments except to implement an approved Office of Student AccessAbility accommodation. Failure to comply with these University requirements is a violation of the [Student Code of Conduct](#).

Class Recordings

Students are expected to follow appropriate University policies and maintain the security of passwords used to access recorded lectures. Unless the Office of Student AccessAbility has approved the student to record the instruction, students are expressly prohibited from recording any part of this course. Recordings may not be published, reproduced, or shared with those not in the class, or uploaded to other online environments except to implement an approved Office of Student AccessAbility accommodation. Failure to comply with these University requirements is a violation of the [Student Code of Conduct](#).

Technical Requirements

In addition to a confident level of computer and Internet literacy, certain minimum technical requirements must be met to enable a successful learning experience. Please review the important technical requirements on the [Getting Started with eLearning](#) webpage. This course can be accessed using your UT Dallas NetID account on the [eLearning](#) website. Please see the course access and navigation section of the [Getting Started with eLearning](#) webpage for more information. To become familiar with the eLearning tool, please see the [Student eLearning Tutorials](#) webpage.

Technical Difficulties

The University is committed to providing a reliable learning management system to all users. However, in the event of any unexpected server outage or any unusual technical difficulty which prevents students from completing a time sensitive assessment activity, appropriate accommodations may be provided. Students should immediately report any problems to the instructor and also contact the online [eLearning Help Desk](#). The instructor and the eLearning Help Desk will work with the student to resolve any issues at the earliest possible time.

UT Dallas Syllabus Policies and Procedures

The information contained in the following link constitutes the University's policies and procedures segment of the course syllabus. Please go to <http://go.utdallas.edu/syllabus-policies> for these policies. Additional information about some of these is below:

Email

All students must use their UTD student email accounts for communication. I will only respond to email messages sent from your official UTD email address. In your email, please make sure to indicate your course title and section. I will try to respond to all emails within 24 hours during the week and by the next business day when emailed over the weekend.

Academic Dishonesty

Academic dishonesty can occur in relation to any type of work submitted for academic credit or as a requirement for a class. It can include individual work or a group project. Academic dishonesty includes plagiarism, cheating, fabrication, and collaboration/collusion. In order to avoid academic dishonesty, it is important for students to fully understand the expectations of their professors. This is best accomplished through asking clarifying questions if an individual does not completely understand the requirements of an assignment. **Plagiarism** occurs any time someone else's ideas or words are used without proper citation, whether it is intentional or not. This includes taking portions of a paper from the internet, copying the paper of a previous student in the class, producing the same paper as a friend, and paraphrasing someone's research without proper citation. **Any and all academic dishonesty incidents will be reported to the Office of Community Standards and Conduct.**

Special Needs

It is the policy and practice of UT Dallas to make reasonable accommodations for students with properly documented disabilities. If you are a student with a disability and believe you will need academic accommodations for this class, you are encouraged to register with the Office of Student AccessAbility (OSA). Please speak with me if you receive any accommodations.

Helpful Resources

The [Student Counseling Center](#) offers confidential services to students either for individual appointments or as part of groups. Their main number is 972-883-2575 and the 24/7 Crisis Hotline is 972-883-8255 (972-UTD-TALK).

The [Comet Cupboard](#) is a UT Dallas food pantry initiative dedicated to helping students in need. The Comet Cupboard is located in MC 1.604, on the first floor of the McDermott Library, and can be contacted by calling 972-883-2709.

The [Student Success Center \(SSC\)](#) offers assistance to students in the areas of writing, mathematics, communication, multiple science fields, study skills, and other academic disciplines. Contact info: 972-883-6707 or by sending an email to ssc@utdallas.edu.

Distance Learning Student Resources: Online students have access to resources including the McDermott Library, Academic Advising, The Office of Student AccessAbility, and many others. Please see the [eLearning Current Students](#) webpage for more information.

Comet Creed

This creed was voted on by the UT Dallas student body in 2014. It is a standard that Comets choose to live by and encourage others to do the same:

"As a Comet, I pledge honesty, integrity,
and service in all that I do."

Course Schedule

The descriptions and timelines contained in this syllabus are subject to change at the discretion of the Professor. Any changes to the course schedule will be announced on eLearning.

Dates	Topics/Assignments	Assignments	Due Dates MONDAYS by start of class (11:30AM)
The first three weeks of class will consist of half the class coming in person during each class day. The schedule for the remaining semester may be adjusted based on UTD policies.			
Week 1 8/23, 8/25	Module 0: Course Introduction	<input type="checkbox"/> Read course materials posted on eLearning	
Week 2 8/30, 9/1	Module 1: Introduction, Defining Abnormality, Historical Perspectives and Current Trends	<input type="checkbox"/> Perusall Practice: Syllabus (Bonus) <input type="checkbox"/> Perusall Reading: Chapter 1	8/30
Week 3 9/6, 9/8	9/6 – Labor Day – No Class Becoming a Clinical/Counseling Psychologist and Graduate School in Psychology Discussion		
Week 4 9/13, 9/15	Module 2: Theories and Treatment of Abnormality	<input type="checkbox"/> Perusall Reading: Chapter 2 <input type="checkbox"/> Quiz – Module1	9/13
Week 5 9/20, 9/22	Module 3: Assessment and Diagnosis	<input type="checkbox"/> Perusall Reading: Chapter 3 <input type="checkbox"/> Quiz – Module 2 <input type="checkbox"/> PeerWise Questions 1	9/20
Week 6 9/27, 9/29	Module 4: Trauma, Anxiety & OCD Related Disorders	<input type="checkbox"/> Perusall Reading: Chapter 5 <input type="checkbox"/> Quiz – Module 3	9/27
Week 7 10/4, 10/6	Module 5: Somatic Symptom and Dissociative Disorders	<input type="checkbox"/> Perusall Reading: Chapter 6 <input type="checkbox"/> Quiz – Module 4	10/4
Week 8 10/11, 10/13	Module 6: Mood Disorders and Suicide; Non-Suicidal Self-Injury	<input type="checkbox"/> Perusall Reading: Chapter 7 <input type="checkbox"/> Quiz – Module 5 <input type="checkbox"/> PeerWise Questions 2	10/11
Week 9 10/18, 10/20	Module 7: Substance Use Disorders	<input type="checkbox"/> Perusall Reading: Chapter 14 <input type="checkbox"/> Quiz – Module 6	10/18
Week 10 10/25, 10/27	Module 8: Schizophrenia Spectrum Disorders	<input type="checkbox"/> Perusall Reading: Chapter 8 <input type="checkbox"/> Quiz – Module 7	10/25
Week 11 11/1, 11/3	Module 9: Personality and Conduct Disorders	<input type="checkbox"/> Perusall Reading: Chapters 9, 11 <input type="checkbox"/> Quiz – Module 8 <input type="checkbox"/> PeerWise Questions 3	11/1
Week 12 11/8, 11/10	Module 10: Eating Disorders	<input type="checkbox"/> Perusall Reading: Chapter 12 <input type="checkbox"/> Quiz – Module 9	11/8
Week 13 11/15, 11/17	Module 11: Sexual Disorders and Gender Diversity	<input type="checkbox"/> Perusall Reading: Chapter 13 <input type="checkbox"/> Quiz – Module 10 <input type="checkbox"/> REC Credits Due – Fri 11/19	11/15
Fall Break 11/22-11/28			
Week 14 11/29, 12/1	Module 12: Neurodiversity	<input type="checkbox"/> Perusall Reading: Chapter 10 <input type="checkbox"/> Quiz – Module 11	11/29
Week 15 12/6	Review Day	<input type="checkbox"/> PeerWise Questions 4 <input type="checkbox"/> Quiz – Module 12	12/6
12/14-12/15	Cumulative Final Exam – Testing take exam at testing center – be sure to reserve your seat no later than 72 hours in advance (https://ets.utdallas.edu/testing-center/students/).		