

Psy 4343
Adult Psychopathology

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Adult Psychopathology

Psy 4343.0W2 | Summer 2025
June 2 – July 3
Online

Professor: Regina Kakhnovets Ybarra, Ph.D. (she/her)



Regina.Ybarra@utdallas.edu



972-883-2326



I am happy to meet with you!

Virtual Office Hours on MS Teams – by appt.

Schedule at: <https://tinyurl.com/DrYbarra>

TA: Maitreyee Kulkarni (she/her) maitreyee.kulkarni@utdallas.edu

Schedule at: <https://calendly.com/mxk200085-utdallas>

This course is designed to explore the symptoms, causes, assessment, and treatments of a wide variety of psychological disorders. Topics include the current diagnostic system, psychological, biological, and socio-cultural perspectives on psychological disorders, available treatments for each class of disorders, stigma, and ethical issues.

Course Description

Course Prerequisite

- ✓ Psychology 2301

Psychology Program Student Learning Objectives (PSLO)

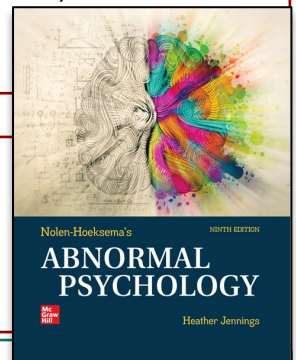
1. Explain, analyze, and apply key concepts, principles and theories in psychology's major subfields.
2. Demonstrate scientific inquiry and critical thinking by classifying, interpreting, designing, and evaluating psychological research and scientific claims.
3. Effectively communicate psychological concepts to diverse audiences through written and oral formats, demonstrating proficiency in interpersonal communication, teamwork, and essential technological skills.
4. Demonstrate and understanding of individual and cultural differences, integrating this knowledge into psychological research, practice, academic endeavors, and professional interactions.
5. Apply ethical principles across various domains including psychological research, professional practice, academic pursuits, and related professional endeavors.

Course Objectives

- ✓ Define normal and abnormal behavior, considering cultural and individual differences (PSLOs 1, 4)
- ✓ Describe various psychological disorders including their symptoms, causes, and treatments using psychological theories based on modern empirical findings (PSLO 1).
- ✓ Critically assess the the strengths and limitations of the current mental health system (PSLO 2).
- ✓ Distinguish myths and misconceptions from facts regarding mental illness (PSLOs 2, 3).
- ✓ Apply ethical principles in discussing mental health topics (PSLO 5).

Required Text

- ✓ Nolen-Hoeksema, S., & Jennings, H. (2023). *Abnormal Psychology* (9th ed.). New York: McGraw Hill Education. ISBN 9781266568909
- ✓ Purchase through Perusall; Register through eLearning
- ✓ Within Perusall the book is available for a free 2-week trial before purchase



Instructional Mode: Online/Asynchronous

All materials will be available online at the start of the week and students can choose when to work on them before the due date.





Course Platform

eLearning – quizzes, course materials, & assignments

Expectations

Complete weekly assignments, discussions, and quizzes online using eLearning; No scheduled class meetings.

Course Tools

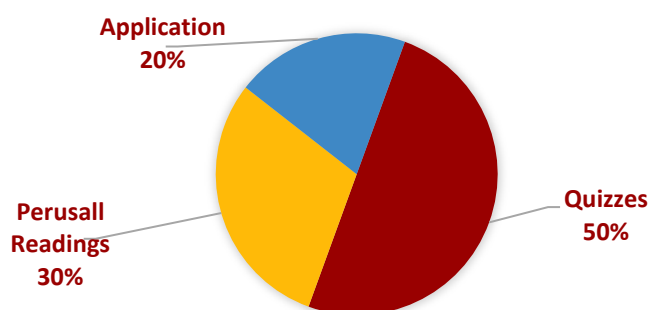
Tool	Description
	<p>eLearning is an online Learning Management System available for all courses. I will post the course syllabus and announcements here. You will use eLearning to complete the course quizzes, and to access course assignments, lecture videos and other materials. I will update your gradebook 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).</p> <p>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.</p> <p>Course Access and Navigation 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. 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>
	<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 make your reading 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, answering application questions, and reading and discussing additional sources. All Perusall annotations must be your own original work. Use of Artificial Intelligence (AI; e.g., ChatGPT) is not allowed in this course and will be considered as academic dishonesty.</p>
	<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/DrYbarra) 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.</p>
	<p>This course requires the use of Honorlock for online quiz proctoring. Your webcam will be recording you during your quiz, but no one will be watching your exam in real time. Honorlock uses technology to monitor your session, and, if it senses that something is wrong, it will trigger a pop in by a live proctor. The proctor will assess the situation, help you get back on track, and document this for your instructor.</p> <p>To successfully take a quiz, you must have a web camera with microphone, a laptop or desktop computer (no tablets/phones), Chrome browser, a reliable internet connection and your photo ID. You will be prompted to install the Honorlock Chrome Extension (which you can remove after you finish the test). You will then access the quiz within your eLearning course and go through the authentication process. Your microphone and web camera will be used by Honorlock to monitor you throughout your test or assessment. Your activities are recorded while you are logged into or taking your quizzes. The recordings serve as a proctor and will be reviewed and used to maintain academic integrity. For more information see https://ets.utdallas.edu/testing-center/honorlock/</p>

Assignments and Grading

Assignment	Description
Reading Assignments	The textbook for this class and reading assignments are available through a collaborative annotation/discussion platform, Perusall. For each module, 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. All annotations must be your original work, and any outside sources must be cited.
Application Assignments	For each module you will complete an assignment that will ask you to apply something you learned in class. This might include reading cases of people with symptoms of a disorder and coming up with a diagnosis; or this might include watching a Ted talk and discussing it with your classmates. Some application activities will be discussions of specific supplementary readings or answers to specific discussion questions on Perusall. I will drop your 2 lowest grades on these assignments.
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 administered using Honorlock, but you will be allowed to use your own notes. 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.
Bonus	Making the Most of Learning with Perusall (0.2 added to final grade): this assignment will help you become familiar with annotations and help you be most successful with Perusall assignments. Syllabus Discussion (0.4 added to final grade): 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.

LETTER	PERCENTAGE	LETTER	PERCENTAGE
A+	97-100	C+	77-79.9
A	93-96.9	C	73-76.9
A-	90-92.9	C-	70-72.9
B+	87-89.9	D+	67-69.9
B	83-86.9	D	63-66.9
B-	80-82.9	D-	60-62.9
		F	59.9 or lower

GRADE CALCULATION



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. Adjusting grades of only some students is unfair to other students and would require me to act unethically.

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/ Dropped Grades

All course work will be due by the end of the day (11:59PM) on Fridays (except for last week of the course – see schedule for more details).

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 11:59pm deadline will NOT be accepted.** However, I know that life events may interfere with class, so there is some flexibility already included in the course design:

- 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.
- You do NOT need to request any grade drops; I will do it for you automatically 😊

Please be aware that emergencies and illnesses come up unexpectedly and grade drops are intended to help with these. Please do not use up your drops early in the course for nonemergency circumstances as more than 2 of each type of grade will not be dropped.

Office Hours/ Reviewing Quizzes

If you would like to meet with me for any reason, I encourage you to come by during office hours or visit my scheduling site (<https://tinyurl.com/DrYbarra>) and pick from one of the available times. You can also email the TA to schedule an appointment.

Reviewing Quizzes: Appointments are required to look over quizzes. Please schedule an appointment with the course TA, if possible, by using the contact information on the first page of this syllabus.

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](#).

Lecture videos will be available for you on eLearning and will cover important topics for each module, give examples of difficult concepts, and present additional information not found in text. While you will not be graded on watching these, you are expected to know the material presented and questions on quizzes will come from these videos.

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](#).

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. Use of Artificial Intelligence (AI; e.g., ChatGPT) is prohibited in this class. Any submissions written by AI will be treated as academic dishonesty. **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 All by 11:59pm
Week 1 6/2 – 6/6	Module 0: Course Introduction	<input type="checkbox"/> Perusall Practice: Syllabus (Bonus)	Fri 6/6
	Module 1: Introduction, Defining Abnormality, Historical Perspectives and Current Trends	<input type="checkbox"/> Module 1 Perusall Reading <input type="checkbox"/> Module 1 Application Assignment <input type="checkbox"/> Quiz – Module 1	
	Module 2: Theories and Treatment of Abnormality	<input type="checkbox"/> Module 2 Perusall Reading <input type="checkbox"/> Module 2 Application Assignment <input type="checkbox"/> Quiz – Module 2	
Week 2 6/7 – 6/13	Module 3: Assessment and Diagnosis	<input type="checkbox"/> Module 3 Perusall Reading <input type="checkbox"/> Module 3 Application Assignment <input type="checkbox"/> Quiz – Module 3	Fri 6/13
	Module 4: Trauma, Anxiety, and OCD Related Disorders	<input type="checkbox"/> Module 4 Perusall Reading <input type="checkbox"/> Module 4 Application Assignment <input type="checkbox"/> Quiz – Module 4	
	Module 5: Somatic Symptom and Dissociative Disorders	<input type="checkbox"/> Module 5 Perusall Reading <input type="checkbox"/> Module 5 Application Assignment <input type="checkbox"/> Quiz – Module 5	
Week 3 6/14 – 6/20	Module 6: Mood Disorders and Suicide; Non-Suicidal Self-Injury	<input type="checkbox"/> Module 6 Perusall Reading <input type="checkbox"/> Module 6 Application Assignment <input type="checkbox"/> Quiz – Module 6	Fri 6/20
	Module 7: Schizophrenia Spectrum Disorders	<input type="checkbox"/> Module 7 Perusall Reading <input type="checkbox"/> Module 7 Application Assignment <input type="checkbox"/> Quiz – Module 7	
	Module 8: Substance Use Disorders	<input type="checkbox"/> Module 8 Perusall Reading <input type="checkbox"/> Module 8 Application Assignment <input type="checkbox"/> Quiz – Module 8	
Week 4 6/21 – 6/27	Module 9: Personality Disorders and Conduct Disorder	<input type="checkbox"/> Module 9 Perusall Reading <input type="checkbox"/> Module 9 Application Assignment <input type="checkbox"/> Quiz – Module 9	Fri 6/27
	Module 10: Sexual Disorders and Gender Diversity	<input type="checkbox"/> Module 10 Perusall Reading <input type="checkbox"/> Module 10 Application Assignment <input type="checkbox"/> Quiz – Module 10	
	Module 11: Eating Disorders	<input type="checkbox"/> Module 11 Perusall Reading <input type="checkbox"/> Module 11 Application Assignment <input type="checkbox"/> Quiz – Module 11	
Week 5 6/28 – 7/3	Module 12: Mental Health and the Law	<input type="checkbox"/> Module 12 Perusall Reading <input type="checkbox"/> Module 12 Application Assignment <input type="checkbox"/> Quiz – Module 12	Thur 7/3