

MINOR- SEMESTER -II

Programme	B. Sc. Psychology				
Course Title	Understanding Psychological Disorders				
Type of Course	Minor without Practicum				
Semester	II				
Academic Level	100-199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	4	4	-	-	60
Pre-requisites	NIL				
Course Summary	This course aims to provide students with a comprehensive understanding of abnormal behaviour and various psychological disorders.				

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	Understand the meaning of Abnormal Behaviour.	U	F,C	Instructor-created exams / Quiz
CO2	Explain the clinical characteristics of Schizophrenia and Mood Disorders.	U	F,C	Assignment /Quiz
CO3	Recognize the symptoms associated with Somatic and Dissociative	U	F,C	Group discussion/test

	Disorders.			paper
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CO4	Define and distinguish anxiety, obsessions, stress, and their respective disorders.	U	F,C	Seminar presentation
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs (48 +12)	Marks (70)
I	Abnormality and Schizophrenia 15 Hours		12	17
	1	Meaning of Abnormality	2	
	2	DSM V and Definition of mental disorder.	2	
	3	Schizophrenia. Clinical Picture: Delusions, Hallucinations, Disorganized Speech and Behaviour,	2	
	4	Positive and Negative Symptoms	2	
	5	Schizoaffective Disorder	1	
	6	Schizophreniform Disorder	1	
	7	Delusional Disorder.	2	
II	Mood Disorder		12	18
	8	Unipolar disorder	1	
	9	Major depressive disorder, persistent depressive disorder,	3	
	10	Specifiers of MDD.	2	
	11	Bipolar disorders: mania, bipolar 1 and 2 disorders, cyclothymia	2	
	12	Suicidal behaviours: Suicidal ideation, warning signs, non-suicidal self-injury	4	
III	Anxiety, obsession, stress and their disorders		13	20
	13	Anxiety disorder: fear and anxiety.	1	
	14	Phobias: Specific phobia, social phobias, agoraphobia Generalized Anxiety disorder, Panic disorder.	2	
	15	Obsessive, compulsive and related disorders	2	
	16	Body dysmorphic disorder, OCD, Hoarding, Trichotilomania, excoriation.	4	
	17	Stress and stressors- Coping strategies, stress disorders: Adjustment disorder-Post traumatic stress disorder; acute stress disorder.	4	

IV	Somatic Symptoms and Dissociative disorders		11	15
	18	Somatic Symptom and related disorders: somatic symptom disorder	2	

	19	Conversion disorder, illness anxiety disorder,	3	
	20	Factitious disorder	2	
	21	Dissociative Disorders - Depersonalization/ Derealisation Disorder,	2	
	22	Dissociative Amnesia/Fugue, Dissociative Identity Disorder (DID)..	2	
V	Mental Health Stigma: Historical Misconceptions and Contemporary Challenges		12	
	1	Examine historical perspectives on abnormality, highlighting prevalent misconceptions in society.		
	2	Explore sensitive topics concerning mental health, including recent news updates from social media platforms.		
	3	Encourage students to critically evaluate research studies, identify gaps in knowledge, and propose future directions for research in the field.		
	4	Explore how cultural, religious, and philosophical beliefs have shaped perceptions of abnormal behaviour throughout history, leading to stigmatization and discrimination against individuals with mental health conditions.		

Mapping of COs with PSOs and POs :

	PSO1	PSO2	PSO3	PSO4	PSO5	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	2	1	-	1	1	2	-	1	-	1	1	1
CO 2	2	1	-	-	1	2	-	1	-	-	1	1
CO 3	2	1	-	-	1	2	-	1	-	-	1	1
CO 4	2	1	-	-	1	2	-	1	-	-	1	1

MINOR-SEMESTER-III

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