

NMKRV DEGREE COLLEGE FOR WOMEN
III B.A V SEMESTER

Program Code: NMKCESP12, NMKCJEP13 & NMKCJKP14

Subject Code: PSY5.1

Subject Title: ABNORMAL PSYCHOLOGY
2020-2023

48 HOURS
3 Hours/Week

Objectives:

1. To understand the discipline of Abnormal Psychology through its rich clinical description and its contribution to advancing knowledge.
2. To analyse behavioral deviance, aberrations, and problematic behavior that have failed to meet the requirements of adaptation and of social acceptability.
3. To comprehend the recently integrated DSM- 5 taxonomy and diagnostic criteria in to the description of the various types of disorder, noting the changes in terminology.

Learning Outcome:

To be able to identify behavioral patterns and distinguish between routine or mild deviance and serious problematic aberrations that may need clinical assistance. To be able to decide on the course of action for the individual concerned and offer suitable directions.

Books Recommended:

- Butcher, N. James; Hooley, M. Jill ; Mineka Susan, Adapted by Kapur Preeti (2020). *Abnormal Psychology*. (17th Ed.). Pearson India Education Services Pvt. Ltd.,
- Carson, C. Robert; Butcher, N. James; Mineka Susan; Hooley, M. Jill,(2008). *Abnormal Psychology*. (13th Ed.). Dorling Kindersley (India) Pvt. Ltd., (#)

UNIT 1: INTRODUCTION

9 Hours

Page No

1.1 Definition of Abnormality

3

1.2 Historical & Contemporary views of Abnormal Behaviour

35-48

1.3 Indicators of Abnormality-

4-5

1.3.1 Subjective Distress

1.3.2 Maladaptiveness

1.3.3 Statistical Deviancy

1.3.4 Violation of the standards of society

1.3.5 Irrationality and Unpredictability

1.3.6 Dangerousness

1.4 Definition of Mental Disorder (DSM 5)

6

1.5 Classification of Mental Disorder (in brief)

1.5.1 ICD

1.5.2 DSM

1.5.3 Advantages & Disadvantages of DSM-5 classification.

8-9

ADDITIONAL READING: Facts & Myths of Abnormal Behaviour

UNIT 2: PSYCHOLOGICAL PERSPECTIVES OF ABNORMAL BEHAVIOUR

9 Hours

Page No

2.1 Sigmund Freud's Psychoanalytical Theory

83-86

2.1.1 Levels of Consciousness

2.1.2 Structure and Dynamics of Personality

2.1.3 Psycho-Sexual Stages of Development

2.1.4 Ego-Defense Mechanisms

2.2 Newer Psychodynamic Perspective

86-89

2.2.1 Ego Psychology

2.2.2 Object-Relations Theory

2.2.3 Interpersonal Perspective

2.2.4 Attachment Theory

2.3 Behavioral Perspective

90-94

2.3.1 Classical Conditioning

2.3.2 Operant Conditioning

2.3.3 Observational Learning

2.4 Cognitive-Behavioral Perspective

94-98

2.4.1 Albert Bandura

2.4.2 Aaron Beck

2.5 Humanistic And Existential Perspective

90

Additional Reading:

Biological & Social Perspective of Abnormal Behavior

72-82 & 99-111

UNIT 3: STRESS AND MENTAL HEALTH

9 Hours
Page No

3.1 Stress

154-157

3.1.1 Definition and Description

3.1.2 Factors predisposing a person to stress

3.1.3 Characteristics of Stressors

3.2 Stress related Mental Disorders

174-193

Adjustment Disorder caused by-

3.2.1 Unemployment

#155

3.2.2 Bereavement

#155

3.2.3 Divorce or Separation

#156

3.3 Acute Stress Disorder; Clinical Picture

3.4 Post Traumatic Stress Disorder

3.4.1 Clinical Picture

3.4.2 Causes

3.4.3 Treatment

ADDITIONAL READING:

- Stress and Physical Health
- Positive Psychology, Martin Seligman (1998)

159-174

UNIT 4: DISORDERS OF CHILDHOOD & ADOLESCENCE **(Clinical Picture, Causes & Treatment)**

9 Hours
Page No

4.1 Disruptive Disorder-

614-618

4.1.1 Oppositional Defiant Disorder

4.1.2 Conduct Disorder

4.2 Neurodevelopmental Disorder-

620-640

4.2.1 Attention Deficit Hyperactivity Disorder

4.2.2 Autism Spectrum Disorder

4.2.3 Intellectual Disability

ADDITIONAL READING:

- Tic Disorders,
- Specific Learning Disability
- Internalizing and Externalizing Disorders, Nolen, Hoeksema, and Rusting, 1999.

628-630

630-632

**UNIT 5: ANXIETY, OBSESSIVE COMPULSIVE,
SOMATIC SYMPTOMS & DISSOCIATIVE DISORDERS** **9 Hours**
(Clinical Picture, Causes & Treatment) **Page No**

5.1 ANXIETY DISORDERS 201-232

- 5.1.1 Specific Phobia
- 5.1.2 Social Anxiety Disorder (Social Phobia)
- 5.1.3 Panic Disorder and Agoraphobia
- 5.1.4 Generalized Anxiety Disorder

5.2 OBSESSIVE COMPULSIVE DISORDER 233-242

5.3 SOMATIC SYMPTOMS & RELATED DISORDER 310-322

- 5.3.1 Somatic Symptom Disorder
- 5.3.2 Conversion Disorder

5.4 DISSOCIATIVE DISORDERS- Clinical Picture.

325-341

- 5.4.1 Depersonalization/ Derealization Disorder
- 5.4.2 Dissociative Amnesia
- 5.4.3 Dissociative Identity Disorder

Additional Reading:

- OCD Related Disorders- Body Dysmorphic Disorder, Hoarding Disorder 243-249
And Trichotillomania
- Somatic Symptoms Related Disorders- Illness Anxiety Disorder, Factitious Disorder 323-324
DID- Case studies