

COURSE TITLE	ABNORMAL PSYCHOLOGY
COURSE CODE	10PY0704
COURSE CREDITS	4

Objective:

- 1 To provide a comprehensive understanding of the fundamental concepts of health psychology, including the interplay of social, emotional, cognitive, and physical aspects of health.
- 2 To analyse health behaviours, barriers to their adoption, and apply health behaviour theories to promote well-being.
- 3 To explore health-enhancing behaviours such as exercise, nutrition, and stress management, and their impact on overall health.
- 4 To examine psychological factors like happiness, life satisfaction, resilience, optimism, and hope in promoting well-being and holistic health

Course Outcomes: After completion of this course, student will be able to:

- 1 To articulate the role of psychology in healthcare
- 2 To discuss the roles that health psychologists play in promoting wellness and in addressing and treating psychological factors related to health and illness
- 3 To describe behavioural factors that influence wellness and that play a role in the prevention, development, course, and outcome of many human diseases and health problems
- 4 To use various theoretical frameworks to understand health beliefs and predict health behaviours
- 5 To identify specific challenges and opportunities for psychologists in the health care system of India.

Pre-requisite of course: Foundational knowledge of core psychological principles and research Knowledge of psychometric theory and ethical considerations in psychological assessment.

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
3	1	0	50	30	20	0	0

Contents : Unit	Topics	Contact Hours
1	Psychopathology and Diagnostic Standards Concept of Mental Health, Normality v/s Abnormality, Psychopathology, Violence & mental health law ethics, Understanding diagnostic standards – Classification systems, ICD and DSM, Importance of Mental Health, Reducing the stigma, Adults: Bullying, Academic Grades, Body Image, Relational Issues, Sexual Orientation	12

Contents : Unit	Topics	Contact Hours
2	Neurotic and Childhood Disorders Anxiety-related disorders, Obsessive Compulsive-related disorders, Mood disorders, Suicide & Basic Understanding and Preventive Treatment Measures, Developmental Disorders and Learning Disabilities	8
3	Psychosis and Neurocognitive disorders Schizophrenia and other psychotic disorders, Disorders of Ageing & Cognition	12
4	Mental Health Intervention Psychological Interventions – CBT, DBT, Behavioural Therapies , Psychoeducation and Models of Psychoeducation , Psychological First Aid, Technology & Other Future Trends	13
Total Hours		45

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Issues related to Abnormal Psychology Issues related to abnormal psychology	15
Total Hours		15

Textbook :

- 1 The new Oxford textbook of psychiatry (3rd ed.), Geddes, J. R., Andreasen, N. C., & Goodwin, G. M., Oxford University Press, 2020
- 2 A short textbook of psychiatry (7th ed.), Ahuja, N., Jaypee Brothers Medical Publishers., 2024

References:

- 1 Abnormal psychology and casebook in abnormal psychology., Abnormal psychology and casebook in abnormal psychology., Barlow, D. H., Wadsworth, 2017
- 2 (2014). Case studies in abnormal psychology (2nd ed.), (2014). Case studies in abnormal psychology (2nd ed.), Comer, R. J., & Gorenstein, E. E., Worth Publisher , 2014

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
10.00	15.00	20.00	20.00	20.00	15.00

