



UNSW
AUSTRALIA

Science

FACULTY OF SCIENCE
SCHOOL OF PSYCHOLOGY

PSYC1024

Clinical Perspectives on Anxiety, Mood and Stress

Semester 2 2017

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1. Information about the Course			
FACULTY	Science		
SCHOOL OR DEPARTMENT	Psychology		
COURSE CODE	PSYC1024		
COURSE NAME	Clinical Perspectives on Anxiety, Mood, & Stress		
SEMESTER	S2	YEAR	2017
UNITS OF CREDIT	6	LEVEL OF COURSE	GeEd / Level 1
ASSUMED KNOWLEDGE, PREREQUISITES OR CO-REQUISITES	None		
SUMMARY OF THE COURSE	<p>The course will provide a comprehensive understanding of several of the most common mental disorders, including the mood and anxiety disorders, from a clinical psychology perspective. The aim is to link basic psychological research (including animal and human studies) to the understanding of these major disorders, emphasising a scientific approach to the understanding of clinical psychology and psychology more generally. The course will focus upon the role of environmental stress factors in the aetiology of these disorders. The course will also examine several practical strategies for managing stress. The course and all pieces of assessment (including exams) is entirely online using the e-learning Moodle site https://student.unsw.edu.au/moodle.</p>		

2. Staff Involved in the Course				
COURSE COORDINATOR				
Name	Phone	Email	Office	Contact Time & Availability
Natalie Rogers	Contact via email	n.rogers@unsw.edu.au	Email first for advice	Mon-Fri 9am AEDT-5pm AEDT (contact via email if meeting/consult is required) Preferred contact via email
LECTURERS				
Name	Phone	Email	Office	Contact Time & Availability
Dr Joshua Broderick	N/A	N/A	N/A	All questions regarding course content should be directed to Natalie Rogers
TUTORS & DEMONSTRATORS				
Name	Phone	Email	Office	Contact Time & Availability
Nil	N/A	N/A	N/A	N/A

3. Aims of the Course

The general aim of this course is to examine clinical psychology perspectives on some of the most commonly occurring mental disorders in the general population. The disorders to be examined include the anxiety disorders (e.g. specific phobia, social phobia, post-traumatic stress disorder), compulsive disorders (e.g. obsessive-compulsive disorder, substance abuse) and the mood disorders (e.g. major depressive disorder, bipolar disorders). The course will focus upon the role of environmental stress factors in the aetiology of these disorders, with a particular focus on the bio-psychosocial approach to health. The course will also examine several practical strategies for managing stress.

4. Student Learning Outcomes

By the end of this course you will:

1.	be able to demonstrate knowledge of the major features of several mood and anxiety disorders, their aetiology and current theories and models of their underlying mechanisms
2.	have an understanding of the scientific method and the role of psychological research in informing theoretical understanding of mental health disorders and their treatment
3.	have an understanding of the role that environmental stress plays in the manifestation of symptoms of mental health disorders
4.	have improved your critical thinking and conceptual analysis skills. These skills will enable you to critically analyse scientific reports that will inform your written assessment.

5. Core Graduate Capabilities and Attributes		
School of Psychology Core Graduate Capabilities and Attributes*	Level of Focus 0 = No focus 1 = Minimal 2 = Minor 3 = Major	Activities/Assessment
1. Core knowledge and understanding	3	Acquire knowledge of abnormal psychology, biological bases of behaviour, cognition, individual differences, learning, lifespan development, motivation and emotion, historical psychology, clinical service delivery, epidemiology.
2. Research methods in psychology	2	Understand science of psychology, apply and evaluate different research methods, critically analyse theoretical and empirical studies
3. Critical thinking skills	2	Apply knowledge of the scientific method in thinking about problems related to anxiety, mood and stress.
4. Values, research and professional ethics	0	
5. Teamwork, collaborative and management skills	0	
6. Communication skills	2	Write a standard essay using American Psychological Association (APA) structure and formatting conventions.
7. Learning and application of psychology	2	Apply knowledge of psychology, society, & clinical practice.

6. Rationale for the Inclusion of Content and Teaching Approach

All teaching strategies are designed to educate students on the learning outcomes and graduate attributes outlined in the above sections (4, 5, and 6). The lecture material is intended to provide you with the majority of information required to gain an in depth knowledge of anxiety, mood and stress from the perspective of clinical psychology – not only of these specific disorders, but also of the scientific processes utilized in the study and treatment of them. The lectures will be presented as audio and visual lectures online to facilitate the encoding and understanding of the material. The research and writing skills workshop will provide you with an important introduction and development of your research skills both in finding relevant information using databases, but also in reading understanding and then clearly communicating these ideas in the essay. The mid-semester and final examinations will provide you with an opportunity to test your understanding of course material.

7. Teaching Strategies

The course content is taught entirely online via the Moodle eLearning website. PowerPoint lecture slides with accompanying audio will be the main teaching method. There will “Revision Exercises” made available for each topic to provide students with feedback so that they can gauge their understanding of course materials. The mid-session multiple choice exam will be held online. The final multiple choice exam will **ON CAMPUS** during the formal examination period. The long answer format essay is to be submitted online via Turnitin.

* Australian Psychological Accreditation Council. (2010). *Rules for Accreditation and Accreditation Standards for Psychology Courses*. Melbourne, Australia, Section 5.1.2. Retrieved from, <file:///C:/Users/cyleung/Downloads/APAC-Rules-for-Accreditation-and-Accreditation-Standards-for-Psychology-Courses---10-June-2010.PDF>

8. Course Schedule			
Week	Lecture Topic ***Note all lectures will be delivered online via Moodle***	Tutorial/Lab Content	Suggested Readings
1	1a -What is Science? 1b -What is Science? 1c -What is Science?	3 lectures (110 mins)	
	2a-What is Clinical Psychology? 2b-what is Clinical Psychology?	2 lectures (40 mins)	
2	3a-What is anxiety? 3b-What is anxiety?	2 lectures (46 mins)	
	4a-What is mood and stress? 4b-What is mood and stress?	2 lectures (30 mins)	
3	5a-What is classical conditioning? 5b-What is classical conditioning? 5c-What is classical conditioning?	3 lectures (73 mins)	
4	6a-What is operant conditioning? 6b-What is operant conditioning?	2 lectures (53 mins)	
	7a-What is exposure? 7b-What is exposure? 7c-What is exposure?	3 lectures (67 mins)	
5	Researching and writing skills workshops		
6	8a-What is cognition? 8b-What is cognition? 8c-What is cognition?	3 lectures (62 mins)	
7	9a-What are cognitive biases and problematic thoughts? 9b-What are cognitive biases and problematic thoughts? 9c-What are cognitive biases and problematic thoughts?	3 lectures (57 mins)	
8	10a-What is the role of genetics? 10b-What is the role of genetics? 10c-What is the role of genetics?	3 lectures (76 mins)	
9	11a-What is behavioural activation? 11b-What is behavioural activation? 11c-What is behavioural activation?	3 lectures (76 mins)	
10	12a-What are the negative impacts of drugs on mental health? 12b-What are the negative impacts of drugs on mental health? 12c-What are the negative impacts of drugs on mental health?	3 lectures (85 mins)	
11	13a-What is social anxiety? 13b-What is social anxiety? 13c-What is social anxiety?	3 lectures (63 mins)	
12	14a-What is perfectionism? 14b-What is perfectionism?	2 lectures (44 mins)	
	15a-What is the function of sleep? 15b-What is the function of sleep?	2 lectures (46 mins)	
13	Revision		

Assessment Task	Weight	Learning Outcomes Assessed	Graduate Attributes Assessed	Date of		Feedback	
				Release	Submission	When	How
Mid-Session Exam – 20 MCQ online exam	20%	1, 2, 3	1, 2	18/08/2017 (9am AEDT)	18/08/2017 (5pm AEDT)	18/08/2017 (5:01pm AEDT)	Moodle
1200 word essay submitted to Turnitin	40%	1, 2, 3, 4	1, 2, 3, 6, 7	21/08/2017	13/10/2017 (5pm AEDT)	TBA	Moodle
Final Exam – 80 MCQ exam – ON CAMPUS	40%	1, 2, 3	1, 2	Exam Period – ON CAMPUS		N/A	N/A
<p>1. The Mid-Session Exam will contain 20 assessed MCQs from topics 1, 2, 3, 4, 5, 6 and 7. This exam will provide you with feedback on your understanding of the course material prior to the census date, in case you need to drop the course (30/07/2017). The exam will be made available on the Moodle web page (i.e. an online exam) at 9 a.m. AEDT on Friday 18/08/2017 and will be taken offline at 5 p.m. AEDT on Friday 18/08/2017. You will not be able to access the exam unless you have listened to all of the lectures to be assessed. The exam is worth 20% of the total course mark and completion of this exam is a requirement of this course. The exam will be 15 minutes long (45 seconds per question). Starting the exam will engage online security – this will log your IP address and prevent the access of other materials on your computer (online and offline). If you attempt to access other materials during the exam, Moodle will automatically terminate the exam. The short time limit on this MCQ exam will provide ample opportunity for students to read and answer all the MCQs but its brevity also means that the exam should not be attempted “open book” with hard copies of reference material nearby, as there will not be enough time to consult reference material.</p> <p>2. The 1200 word essay will be worth 40% of your total course mark. The essay question will be made available on Monday 21/08/2017. The essay is due on Friday 13/10/2017 at 5pm AEDT and must be submitted to the Turnitin link provided on the Moodle course webpage. A researching and writing skills workshop will be made available on Moodle during Week 5 to provide further help to students on how to approach a psychological essay.</p> <p>3. The Final Exam will contain 80 MCQ taken from <i>all topics</i> in the course and will be worth 40% of the total course mark i.e. 0.5% per question (equally weighted). The exam will be conducted ON CAMPUS during the official exam period for the semester.</p> <p>Although this course is delivered online, it is a university requirement that enrolled students be within the country whilst completing coursework and examinations.</p> <p>Please note that all assessable components of the course <u>must be attempted and submitted to pass this course</u>. You must complete the mid-session exam, the final exam and submit the essay. Failure to complete any of these three components will prevent you from passing this course.</p>							

9. Expected Resources for Students	
TEXTBOOKS	No set text
COURSE MANUAL	Available via Moodle
REQUIRED READINGS	Available via Moodle
RECOMMENDED INTERNET SITES	Moodle

10. Course Evaluation & Development
Courses are periodically reviewed and students' feedback is an integral component to the improvement process. Feedback is gathered using various means including UNSW's MyExperience link which is available on Moodle.

11. Plagiarism & Academic Integrity
<p>What is plagiarism?</p> <p>Plagiarism is presenting someone else's thoughts or work as your own. It can take many forms, from not having appropriate academic referencing to deliberate cheating.</p> <p>UNSW groups plagiarism into the following categories:</p> <ul style="list-style-type: none"> • Copying: using the same or very similar words to the original text or idea without acknowledging the source or using quotation marks. This also applies to images, art and design projects, as well as presentations where someone presents another's ideas or words without credit. • Inappropriate paraphrasing: changing a few words and phrases while mostly retaining the original structure and information without acknowledgement. This also applies in presentations where someone paraphrases another's ideas or words without credit. It also applies to piecing together quotes and paraphrases into a new whole, without referencing and a student's own analysis to bring the material together. • Collusion: working with others but passing off the work as a person's individual work. Collusion also includes providing your work to another student before the due date, or for the purpose of them plagiarising at any time, paying another person to perform an academic task, stealing or acquiring another person's academic work and copying it, offering to complete another person's work or seeking payment for completing academic work. • Duplication: submitting your own work, in whole or in part, where it has previously been prepared or submitted for another assessment or course at UNSW or another university. <p>Where can I find out more information?</p> <p>In many cases plagiarism is the result of inexperience about academic conventions. The University has resources and information to assist you to avoid plagiarism. The first place you can look is the section about referencing and plagiarism in each Course Guide, as this will also include information specific to the discipline the course is from. There are also other sources of assistance at UNSW:</p> <ul style="list-style-type: none"> • How can the Learning Centre help me? The Learning Centre assists students with understanding academic integrity and how to not plagiarise. Information is available on their website: http://www.lc.unsw.edu.au/academic-integrity-plagiarism. They also hold workshops and can help students one-on-one. • How can Elise help me? ELISE (Enabling Library & Information Skills for Everyone) is an online tutorial to help you understand how to find and use information for your assignments or research. It will help you to search databases, identify good quality information and write assignments. It will also help you understand plagiarism and how to avoid it. All undergraduate students have to review the ELISE tutorial in their first semester and complete the quiz, but any student can review it to improve their knowledge: http://subjectguides.library.unsw.edu.au/elise. • What is Turnitin? Turnitin is a checking database which reviews your work and compares it to an international collection of books, journals, Internet pages and other student's assignments. The database

checks referencing and whether you have copied something from another student, resource, or off the Internet. Sometimes students submit their work into Turnitin when they hand it in, but academics can also use it to check a student's work when they are marking it. You can find out more about Turnitin here: <https://teaching.unsw.edu.au/elearning>.

What if plagiarism is found in my work?

If plagiarism is found in your work when you are in first year, your lecturer may offer you assistance to improve your academic skills. They may ask you to look at some online resources, attend the Learning Centre, or sometimes resubmit your work with the problem fixed. However more serious instances in first year, such as stealing another student's work or paying someone to do your work, may be investigated under the Student Misconduct Procedures.

Repeated plagiarism (even in first year), plagiarism after first year, or serious instances, will be investigated under the Student Misconduct Procedures. The penalties under the procedures can include a reduction in marks, failing a course or for the most serious matters (like plagiarism in a honours thesis) even suspension from the university. The Student Misconduct Procedures are available here

<https://www.gs.unsw.edu.au/policy/documents/studentmisconductprocedures.pdf>

Further information and assistance

If you would like further information or assistance with avoiding plagiarism, you can contact the Learning Centre. The Learning Centre at The University of New South Wales has two locations:

UNSW Learning Centre

Lower Ground Floor, North Wing, Chancellery Building
(C22 Kensington Campus – near Student Central)

<http://www.lc.unsw.edu.au/>

Phone: 9385 2060

Email: learningcentre@unsw.edu.au

Opening Hours:

Monday to Thursday: 9am AEDT - 5pm AEDT and

Friday: 9am AEDT - 2.30pm

COFA Campus Learning Centre

Email: cofalearningcentre@unsw.edu.au

Phone: 9385 0739

12. Administrative Matters

The *School of Psychology Student Guide* available on <http://www.psy.unsw.edu.au/current-students/student-guide>, contains School policies and procedures relevant for all students enrolled in undergraduate or Masters psychology courses, such as:

- Attendance requirements;
- Assignment submissions and returns;
- Assessments;
- Special consideration in the event of illness or misadventure;
- Student Code of Conduct;
- Student complaints and grievances;
- Student Equity and Disability Unit; and
- Occupational Health & Safety.

Students should familiarise themselves with the information contained in this *Guide*.