

DEPARTMENT OF PSYCHOLOGY

M.A. Psychology

Structure-I (2- Year PG Program)

DISCIPLINE SPECIFIC ELECTIVE COURSE

SEMESTER II

DSE 202: UNDERSTANDING PSYCHOPATHOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite
		Lecture	Tutorial	Practical	
DSE 202 Understanding Psychopathology	4	3	0	1	Graduation in any stream

Marks:100

Hours: 60

Credit: 4 (Lectures + Internal Assessment + Practical)

Course Objectives:

1. To develop a general orientation towards abnormal behavior and psychopathology.
2. To develop an understanding for diagnosis and classification of mental disorders.
3. To understand various models and approaches of pathological behavior.
4. To familiarize students with the common mental disorders as diagnosed in adults.
5. To equip students with the knowledge and understanding of common mental disorders of children.

Course Learning Outcomes:

1. Students will Acquire knowledge and skills for distinguishing normal and abnormal behavior and learn the criteria of determining pathological behavior.
2. Students will develop familiarity with the current diagnostic systems (current edition of the Diagnostic and Statistical Manual of Mental Disorders and International Classification of Diseases- Mental Disorder section).
3. Students will acquire knowledge about common mental disorders such as stress and related disorders, mood and anxiety disorders, dissociative and behavioral and addictive disorders.
4. Students will enrich their understanding of childhood disorders.

Course Content:

Unit 1: Introduction: Understanding of psychopathology and mental disorders; Ancient Indian concept of mental illness and mental health; Classification of mental disorders- Issues and Challenges; Classification systems- DSM 5 TR and ICD-11 **(10 Hours)**

Unit 2: Theoretical Models and Approaches: Psychoanalytical and psychodynamic; Behavioral; Humanistic-Existential; Cognitive; Biopsychosocial; Multicultural and Integrative theories; Culture and psychopathology **(10 Hours)**

Unit 3: Common Mental Disorders: Stress and Related Disorders; Mood and Anxiety Disorders; Dissociative Disorder; Behavioral and addictive disorders **(10 Hours)**

Unit 4: Childhood Disorders: Intellectual disability; Autism Spectrum Disorders; ADHD; Common mental disorders in children; Specific Learning Disorders **(10 Hours)**

Practicum: At least 2 (Two) practical based on the above-mentioned units **(20 Hours)**

Essential Readings:

1. American Psychiatric Association (2022). Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR). Washington, D.C. APA.
2. Butcher, J. N., & Hooley, J. M. (Eds.). (2018). *APA handbook of psychopathology: Psychopathology: Understanding, assessing, and treating adult mental disorders*. American Psychological Association.
3. Butcher, J. N., & Kendall, P. C. (Eds.). (2018). *APA handbook of psychopathology: Child and adolescent psychopathology*. American Psychological Association.
4. Fonagy, P., Campbell, C., Constantinou, M., Higgitt, A., Allison, E., Luyten, P. (2022). Culture and psychopathology: An attempt at reconsidering the role of social learning. *Development and Psychopathology*. 34(4):1205-1220.
5. Gautam S. Mental health in ancient India & its relevance to modern psychiatry. *Indian J Psychiatry*. 1999 Jan;41(1):5-18. PMID: 21455347; PMCID: PMC2962283.
6. Krueger, R. F., and Blaney, P. H. (eds), (2023). *Oxford Textbook of Psychopathology*, 4 edn (New York; online edn, Oxford Academic, 1 Mar. 2023).
7. Moleiro C (2018) Culture and Psychopathology: New Perspectives on Research, Practice, and Clinical Training in a Globalized World. *Front. Psychiatry* 9:366.
8. Norcross, J. C. Freedheim, D. K. and VandenBos, G. R.: (2016). *APA Handbook of Clinical Psychology-Volume 2: Theory and Research*, American Psychological Association
9. Norcross, J. C. Freedheim, D. K. and VandenBos, G. R.: (2016). *APA Handbook of Clinical Psychology-Volume 4: Psychopathology and Health*, American Psychological Association
10. Oyeboode, F. (2023). *Sims' symptoms in the mind: textbook of descriptive psychopathology*, (7th Ed), Amsterdam: Elsevier
11. Sperry, L., Sperry, J., & Bluvshtein, M. (Eds.). (2024). *Psychopathology and Psychotherapy: DSM-5-TR Diagnosis, Case Conceptualization, and Treatment* (4th ed.). Routledge.
12. Wig, N. N. (1989). Indian Concepts of Mental Health and their Impact on Care of the Mentally Ill. *International Journal of Mental Health*, 18(3), 71-80.
13. World Health Organization. (2019). *International Statistical Classification of Diseases and Related Health Problems* (11th ed.).

14. Xiang, YT., Lewis-Fernández, R., Zhao, X., Villaseñor Bayardo, S., Li, W., Luna-Zamora, R. (2024). Culture and Psychopathology. In: Tasman, A., *et al.* Tasman's Psychiatry. Springer, Cham.

Additional References:

1. Chakrapani V, Bharat S. Mental health in India: Sociocultural dimensions, policies and programs - An introduction to the India Series. *SSM Ment Health*. 2023 Dec 2;4:100277.
2. Gureje, O., Lewis-Fernandez, R., Hall, B.J. *et al.* (2020). Cultural considerations in the classification of mental disorders: why and how in ICD-11. *BMC Med* 18, 25.
3. Kaplan, I. H & Sadock, J. B., (2007) *Synopsis of Psychiatry, Behavioural Sciences/Clinical Psychiatry* London: Lippincott Williams & Wilkins
4. Sarason, L. G., & Sarason, B. R., (2002) *Abnormal Psychology: the problem of maladaptive Behaviors*. Singapore: Pearson Education