

**Category III**  
(B. A. Programme with Psychology as Non-Major discipline)

**DISCIPLINE SPECIFIC CORE COURSE DSC-05 UNDERSTANDING MENTAL DISORDERS**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

| Course title & Code                        | Credits | Credit distribution of the course |          |                     | Eligibility criteria          | Pre-requisite of the course (if any) |
|--------------------------------------------|---------|-----------------------------------|----------|---------------------|-------------------------------|--------------------------------------|
|                                            |         | Lecture                           | Tutorial | Practical/ Practice |                               |                                      |
| DSC - 05<br>Understanding Mental Disorders | 4       | 3                                 | 0        | 1                   | Passed Class 12 <sup>th</sup> | Nil                                  |

**Learning Objectives**

The Learning Objectives of this course are:

- To introduce the field of abnormal/clinical psychology.
- To provide an overview of the clinical picture and etiology of the various psychological disorders.
- To orient the learners to the diagnostic criteria and the related vocabulary of major psychological disorders.

**Learning Outcomes**

By studying this course, students will be able to:

- Distinguish between normal and abnormal behavior and learn the criteria of determining abnormality.
- Categorize and diagnose disorders according to the current diagnostic systems (current editions of the Diagnostic and Statistical Manual of Mental Disorders and International Classification of Diseases- Mental Disorders section).
- Discriminate between the various anxiety disorders and different mood disorders.

**SYLLABUS OF DSC-05**

**UNIT – I**

**(15 Hours)**

**Introduction:** Criteria of Abnormality, Causal Factors, Classification, Clinical Assessment.

**UNIT – II**

**(15 Hours)**

**Anxiety Disorders and Obsessive-Compulsive Disorder (Clinical Picture and Dynamics):** Generalized Anxiety Disorder, Social anxiety disorder, Specific phobias, Agoraphobia; Obsessive-Compulsive Disorder.

## UNIT – III

(15 Hours)

**Depressive Disorder and Bipolar Disorders (Clinical Picture and Dynamics):** Major Depressive disorder, Persistent Depressive disorder, Bipolar I, Bipolar II and Cyclothymia.

## PRACTICUM

(30 Hours)

### Practical Component:

Suggestive list of practicals:

1. Visual Media and/or text analysis as an approach to understanding mental disorders
2. Using the case study approach to understanding clinical picture of mental disorders.
3. Assessment of anxiety using any psychometric test.
4. Using Review of literature to understand anxiety disorders/depression/bipolar disorders.
5. Assessment of depression using any psychometric test.

**Tutorial component: NIL**

### Essential/recommended readings

Bansal, P. (2019). *Psychology: Debates and controversies*. New Delhi: Sage.

Barlow H. & Durand V. Mark (2014). *Abnormal psychology: An integrative approach*. Delhi: Cengage Learning India.

Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2017). *Abnormal psychology*. (17<sup>th</sup> Edn) New Delhi: Pearson.

Comer, R.J. and Comer, J.S. (2021). *Abnormal psychology* (11th Ed.). New York, Macmillan International.

Diagnostic & Statistical Manual of Mental Disorders (2022). American Psychiatric Association (5th Ed. Text Revision). American Psychiatric Publishing.

Kring, A.M., Johnson, S.L., Davison, G.C. & Neale, J.M. (2014). *Abnormal psychology* (12th ed.). New Jersey: John Wiley & Sons.

### Suggestive readings

Kearney, C. A. & Trull, T. J. (2012). *Abnormal psychology and life: A dimensional approach*. New Delhi: Cengage Learning.

Singh, A.K. (2016) आधुनिक असामान्य मनोविज्ञान (Modern abnormal psychology - Hindi), Motilal Banarsidass Pvt.Ltd.

Watters, E. (2010). *Crazy like us: The globalization of the American psyche*. Simon and Schuster.

**Note:** Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.