



UNSW
THE UNIVERSITY OF NEW SOUTH WALES

Science

Faculty of Science
School of Psychology

GENS0005

Clinical Perspectives on Anxiety, Mood and Stress

Summer Semester (U1C), 2014-2015

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1. Information about the Course			
FACULTY	Science		
SCHOOL OR DEPARTMENT	Psychology		
COURSE CODE	GENS0005		
COURSE NAME	Clinical Perspectives on Anxiety, Mood and Stress		
SEMESTER	Summer Term (U1C)	YEAR	2014-2015
UNITS OF CREDIT	6	LEVEL OF COURSE	General Education
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 is taught entirely online using the e-learning Moodle site [https://student.unsw.edu.au/moodle]</p>		

2. Staff Contact Details				
COURSE COORDINATOR				
Name	Phone	Email	Office	Contact Time & Availability
Helena Pacitti	Contact via email	h.pacitti@student.unsw.edu.au	Mat1501	Mon-Fri (Email to arrange meeting)
LECTURERS				
Name	Phone	Email	Office	Contact Time & Availability
Dr. Joshua Broderick	N/A	N/A	N/A	All questions regarding the course content should be directed to Helena Pacitti.

3. Course Timetable				
Component	Class Number	Day	Time	Location
Lectures – Topics 1, 2, 3, 4	1, 2, 3, 4	Available Week starting	8/12/2014	Web
Lectures – Topics 5, 6, 7	5, 6, 7	Available Week starting	15/12/2014	Web
Research and Writing Skills	N/A	Available Week starting	15/12/2014	Web
Lectures – Topics 8, 9	8, 9	Available Week starting	05/01/2015	Web
Lectures – Topics 10, 11	10, 11	Available Week starting	12/01/2015	Web
Lectures – Topics 12, 13	12, 13	Available Week starting	19/01/2015	Web
Lectures – Topics 14, 15	14, 15	Available Week starting	26/01/2015	Web
Revision Week	N/A	Available Week starting	26/01/2015	
NB. Course timetables are subject to change without notice. Students are advised to check regularly for updates on the Moodle course site.				

4. Aims of the Course
<p>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 (including e.g., obsessive-compulsive disorder, social phobia, post-traumatic stress disorder) and the mood disorders (including e.g., major depressive disorder and bi-polar I and II 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.</p>

5. Student Learning Outcomes

By the end of this course you will be able to:

1.	You will 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.	You will have an understanding of the role of basic, scientific method based, psychological research in informing theoretical understanding of mental health disorders
3.	You will have an understanding of the role of environmental stress in the manifestation of symptoms of mental health disorders
4.	You will improve your skills in critical thinking and conceptual analysis. This skill will enable you to critically analyse scientific reports presented in the media.

6. Graduate Attributes

Science Graduate Attributes *	Level of Focus 0 = No focus 1 = Minimal 2 = Minor 3 = Major	Activities/Assessment
1. Research, inquiry and analytical thinking abilities	3	In conjunction with the Research and writing skills workshop, the individual essay will enable you to develop and extend your research skills and enable you to competently use databases such as Web of Science, Pubmed and PsycInfo. In completing the essay you are required to demonstrate reading beyond the studies mentioned in the lectures. You will be able to question claims that arise from myth, stereotype, pseudo-science or untested assumptions. You will be capable of interpreting numerical data in relation to broader theoretical issues.
2. Capability and motivation for intellectual development	3	You will be able to question claims that arise from myth, stereotype, pseudo-science or untested assumptions. You should be able to, and be interested in, applying the psychological principles derived from clinical psychology to your own career and life experiences.
3. Ethical, social and professional understanding	2	You will have an understanding of how clinical psychologists approach treatments with patients with a number of psychological disorders. You will consider the stigma associated with mental disorders and develop an understanding of how this stigma develops at an individual and societal level. Discussion of these issues is encouraged on the course discussion forums.
4. Communication	3	The course forums will enable you to practice communicating your ideas clearly to others as well as engage in critical discussions about the aetiology, theories and treatments of mental health disorders. You will develop critical writing skills that will be applied in the essay which requires the formation of clear, persuasive evidence based arguments.
5. Teamwork, collaborative and management skills	0	
6. Information literacy	3	Successful navigation of this course will require you to competently navigate the Moodle eLearning site to access the lectures, discussion forums and quizzes. The research and writing skills workshop will introduce you to using databases through the library website to effectively find relevant information. You will critically evaluate the content of published research studies.

* The *Graduate Attributes of the Australian Undergraduate Psychology Program* was produced as part of the Carrick Associate Fellowship project, "Sustainable and evidence-based learning and teaching approaches to the undergraduate psychology curriculum", and "Designing a diverse and future-oriented vision for undergraduate psychology in Australia", a Discipline-based Initiative funded by the Carrick Institute for Learning and Teaching in Higher Education (see Appendix II), and supported by the Australian Psychological Society, and the University of New South Wales (School of Psychology; Learning and Teaching @UNSW).

7. 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 examination (quizzes) will provide you with an opportunity to test your understanding of course material.

8. Teaching Strategies

The course is taught entirely online via the Moodle eLearning website. Lectures with a visual and audio component will be the main teaching method.

There will be a “Test Yourself” short quiz made available early in the course to allow students to gauge their understanding of the course and what level of understanding is expected in the course.

The mid-session exam and final exam will be also be held online and will be multiple choice questionnaires.

The long answer format essay is to be submitted online via Turnitin.

9. 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 online lectures (110 mins)	
	2a-What is Clinical Psychology? 2b-what is Clinical Psychology?	2 online lectures (40 mins)	
	3a-What is anxiety? 3b-What is anxiety?	2 online lectures (46 mins)	
	4a-What is mood and stress? 4b-What is mood and stress?	2 online lectures (30 mins)	
2	Researching and writing skills workshops		
	5a-What is classical conditioning? 5b-What is classical conditioning? 5c-What is classical conditioning?	3 online lectures (73 mins)	
	6a-What is operant conditioning? 6b-What is operant conditioning?	2 online lectures (53 mins)	
	7a-What is exposure? 7b-What is exposure? 7c-What is exposure?	3 online lectures (67 mins)	
3	8a-What is cognition? 8b-What is cognition? 8c-What is cognition?	3 online lectures (62 mins)	
	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 online lectures (57 mins)	
4	10a-What is the role of genetics? 10b-What is the role of genetics? 10c-What is the role of genetics?	3 online lectures (76 mins)	
	11a-What is behavioural activation? 11b-What is behavioural activation? 11c-What is behavioural activation?	3 online lectures (76 mins)	
5	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 online lectures (85 mins)	
	13a-What is social anxiety? 13b-What is social anxiety? 13c-What is social anxiety?	3 online lectures (63 mins)	
6	14a-What is perfectionism? 14b-What is perfectionism?	2 online lectures (44 mins)	
	15a-What is the function of sleep? 15b-What is the function of sleep?	2 online lectures (46 mins)	

10. Assessment

Assessment Task	Weight	Learning Outcomes Assessed	Graduate Attributes Assessed	Date of		Feedback		
				Release	Submission	Who	When	How
"Test Yourself" – 12 (non-assessed) multiple choice questionnaire (MCQ) online test	0			19/12/2014	N/A			
Mid-Session Exam – 30 MCQ online exam -	15%			9 a.m. 05/01/2015	9 a.m. 09/01/2015	Pacitti	Immediate	Moodle
1000 word essay submitted to Turnitin	40%			12/12/2014	19/01/2015	Pacitti	06/02/2015	Moodle
Final Exam – 60 MCQ exam	45%			9 a.m. 08/02/2015	9 a.m. 09/02/2015	Pacitti	Immediate	Moodle

1. **The "Test Yourself" non-assessed multiple choice (MCQ) online test** will be made available on Moodle on 19/12/2014. This will contain 12 multiple choice questions covering Topics 1, 2, 3, 4, 5 & 6, the test will be 9 minutes long (45 seconds per question). This test will allow students to gauge their understanding of the course material prior to the census date to drop the course without financial penalty (11/01/2015) and the census date to drop the course without academic penalty (11/01/2015). This quiz will be left available for the duration of the course as it will allow students to verify the capability of their computer/browser/internet connection prior to attempting the assessed MCQ tests. This test can be repeated any number of times and the results do not count towards the overall course mark.
2. **The Mid-Session Exam** will contain 30 assessed MCQs from topics 1, 2, 3, 4, 5, 6, 7 & 8. The test will be made available on the Moodle web page (i.e. an online test) at 9 a.m. on Monday 5/01/2015 and will be taken offline at 9 a.m. on Friday 9/01/2015. This means that there is a 96 hour period in which the exam will be made available for students to attempt it. The exam is worth 15% of the total course mark and completion of this exam is a requirement of this course. The exam will be 22.5 minutes long (45 seconds per question). Note that this exam provides a further assessment of your understanding of the course material and is provided before the census date to drop the course without academic or financial penalty (11/01/2015). This should allow students to make an informed decision about their progress in this course up to this point.
3. **The 1000 word essay** question will be made available on Friday 12/12/2014 and will be worth 40% of the total course mark. The essay is due on Monday 19/01/2015 by 5 p.m. and must be submitted to the Turnitin link provided on the Moodle course webpage. A brief researching and writing skills workshop will be made available on Moodle during week 2 to provide further help to students on how to approach this essay.
4. **The Final Exam** will contain 60 MCQ taken from all the topics in the course. The exam will be conducted during the official exam period for the semester, however the exam will be made available on the Moodle web page (i.e. an online exam). The final exam will become available on Moodle at 9 a.m. on Sunday 08/02/2015 and will be taken offline on Monday 09/02/2015 at 9a.m. This means that there is a 24 hour period in which the exam will be made available for students to attempt it. The exam will be 45 minutes long (45 seconds per question).

Note that all assessments are to be done online on the Moodle website. The format of all three exams made available to students will follow the same format [multiple choice questions, 45 seconds per question]. The time limit on these MCQ tests means that the exams should not be attempted "open book" with reference material nearby, as there is not enough time to consult any reference material to answer these questions. The time limit will provide ample opportunity for students to read and answer all the MCQs.

Although this course is delivered online, it is a university requirement that enrolled students be within the country whilst completing coursework and examinations.

Please note that all assessable components of the course must be attempted and submitted to pass this course. 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.

11. Expected Resources for Students	
TEXTBOOKS	No set text
COURSE MANUAL	Available via course website [Moodle - https://student.unsw.edu.au/moodle]
REQUIRED READINGS	Available via course website [Moodle - https://student.unsw.edu.au/moodle]
RECOMMENDED INTERNET SITES	<p>Moodle - https://student.unsw.edu.au/moodle</p> <p>You should be aware of policies regarding your behaviour at the university. Familiarize yourself with the following:</p> <p>Student Code of Conduct</p> <p>Policy concerning academic honesty</p> <p>Email policy</p> <p>UNSW Anti-racism policy statement</p> <p>UNSW Equity and Diversity policy statement</p> <p>UNSW Equal opportunity in education policy statement</p>

12. Course Evaluation & Development
Courses are periodically reviewed and students' feedback is used to improve them. Feedback is gathered using various means including UNSW's Course and Teaching Evaluation and Improvement (CATEI) process.

13. 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? <p>The Learning Centre assists students with understanding academic integrity and how to not plagiarise. Information is available on their website: https://my.unsw.edu.au/student/atoz/Plagiarism.html. They also hold workshops and can help students one-on-one.</p> • How can Elise help me? <p>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</p>

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: <https://my.unsw.edu.au/student/atoz/ELISE.html>.

- **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://student.unsw.edu.au/turnitin-support>.

What if plagiarism is found in my work?

If plagiarism is found in your work when you are in first year, your lecturer will 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, may also 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

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

Examples of plagiarism

Using the internet appropriately

A first year student handed in an assignment where she had copied from a website. Her lecturer realised she didn't understand you have to reference websites in the same way you reference books and journal articles. The lecturer explained how to reference and sent her to a workshop at the Learning Centre to help her improve her skills.

Working together on a math assignment

A group of Mathematics students worked together on an assignment when they had been told this was not allowed. All questions where the students had worked together were given zero, and this led to some student failing the assessment.

No referencing in an assessment

A third year student submitted a major assessment that included material from a journal article published in Canada. When his essay was submitted into Turnitin, it let the academic know that the student didn't reference the material. The student was given zero for the essay, and because it was worth 50 per cent he failed the course.

Copying design work

A final year design student used images of someone else's designs in her work and he said the designs were his own. The matter was formally investigated by his Faculty and he was found to have committed academic misconduct and failed the course.

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)

www.lc.unsw.edu.au

Phone: 9385 2060

Email: learningcentre@unsw.edu.au

Opening Hours:

Monday to Thursday: 9am - 5pm and

Friday: 9am - 2.30pm

COFA Campus Learning Centre

Email: cofalearningcentre@unsw.edu.au

Phone: 9385 0739

14. Administrative Matters

The *School of Psychology Student Guide*, available on http://www.psy.unsw.edu.au/sites/all/files/page_file_attachment/Psychology%20Student%20Guide%202014_0.pdf, 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*.