Course Outline

PSYC1024

Clinical Perspectives on Anxiety, Mood and Stress

School of Psychology

Faculty of Science

T2, 2020

1. Staff

Position	Name	Email	Consultation times and locations	Contact Details
Course Convenor/ Lecturer	Dr Natalie Rogers	n.rogers@unsw.edu.au	By appointment	Email
Content Developer/Guest Lecturer	Ann Martin	N/A	N/A	N/A

2. Course information

Units of credit: 6

Pre-requisite(s): Nil

Teaching times and locations: Online via Moodle

2.1 Course summary

This course will provide a comprehensive overview of some of the most common mental disorders including the mood disorders (e.g. depression) and anxiety disorders. Students will learn about psychology as a science and how psychological research is performed (including animal and human studies). We will then examine how the findings from this research informs the clinical description and treatment of psychological disorders. There will be a strong emphasis on the role of environmental stress factors in the development and maintenance of depression and anxiety. Students will also explore and reflect on strategies for managing anxiety, mood and stress.

This course is appropriate for students with and without a background in science and is taught entirely online through Moodle. Due to the COVID-19 restrictions, the final exam will be held online during the formal exam period.

N.B. This course is not a treatment program for mental health disorders and should not be viewed as a substitute for professional intervention.

2.2 Course aims

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, panic disorder) and mood disorders (e.g. major depressive disorder). 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 strategies for managing symptoms of anxiety, stress and low mood.

2.3 Course learning outcomes (CLO)

At the successful completion of this course the student should be able to:

1. Demonstrate knowledge of the theoretical perspectives, models, diagnostic features, aetiology and underlying mechanisms of mood and anxiety disorders.
2. Understand the scientific method and the role of psychological research in informing theoretical understanding of mental health disorders and their treatment.
3. Demonstrate an understanding of the role that environmental factors plays in mental health disorders.
4. Critically analyse a variety of written materials (e.g. scientific reports, websites, media articles) to inform the written assessment.
5. Effectively communicate in a written format.

2.4 Relationship between course and program learning outcomes and assessments

	Program Learning Outcomes						
CLO	1. Knowledge	2. Research Methods	3. Critical Thinking Skills	4. Values and Ethics	5. Communication, Interpersonal and Teamwork	6. Application	**Assessment**
1.	Lectures, online activities		Lectures, online activities	Lectures, online activities		Lectures, online activities	Mid term exam, Written Assessment, Final exam
2.	Lectures, online activities	Lectures, online activities	Lectures, online activities			Lectures, online activities	Mid term exam, Written Assessment, Final exam
3.	Lectures, online activities	Lectures, online activities	Lectures, online activities			Lectures, online activities	Mid term exam, Written Assessment, Final exam
4.			Lectures, online activities	Lectures, online activities		Lectures, online activities	Written Assessment
5.				Lectures, online activities	Lectures, online activities, forums, peer feedback		Written Assessment

3. Strategies and approaches to learning

3.1 Learning and teaching activities

This course is presented entirely online via the Moodle eLearning website. The mini lectures will be delivered in video format (with burned-captions). Transcripts will be made available. Students should watch the lectures and write separate notes to maximise their understanding and retention of the material. The lecture material will provide you with the information required to gain an in-depth knowledge of the nature, study and treatment of common mental health issues. “Revision Exercises” will be made available for each topic. This feedback will help students gauge their understanding of the lecture material. Timely completion of all weekly course materials will assist students in gaining a proper understanding of each topic so that this knowledge can be built on in the following week’s content.

The Lecture Discussion Forum provides students with an opportunity to question and clarify the concepts and ideas mentioned in lectures. Students are strongly encouraged to engage with this forum by posting questions or comments, and reading, answering, or replying to other student’s posts to enhance understanding of the content, critical thinking, and written communication skills (i.e. CLO 5).

3.2 Expectations of students

It is expected that students are aware of UNSW Assessment policy and understand how to apply for special consideration if they are unable to complete an assignment/exam due to illness and/or misadventure.

It is expected that students have read through the School of Psychology Student Guide and, in particular, understand what constitutes plagiarism.

All news updates and announcements will be made on the ‘Announcements’ forum on the Moodle page and/or by email. It is the student’s responsibility to check Moodle and their student emails regularly to keep up to date.

The Moodle forums should be the first line of contact with the Course Co-ordinator (personal matters can be sent by email in the first instance). Due to the online nature of the course, under no circumstances are specific exam questions/answers to be discussed online.

Although this is an online course, it is expected that students dedicate the same amount of time each week to studying for this course as they would for an ‘on-campus’ course. UNSW expects that students will dedicate 150hrs to a 6UOCcourse across the term.

Given that the course content and assessable components are delivered online, it is the responsibility of the student to ensure that they have access to a computer with a stable internet connection and a browser capable of handling the features of the Moodle eLearning website and any of its content. There will be no special consideration granted due to internet connection or computer issues. In the online exams, marks will be allocated in-line with whatever progress was saved prior to the disruption. To help students establish whether or not their computer/internet access is suitable for the online exam, a test quiz is available. This quiz will not contribute to final marks and will be able to be completed multiple times in order to test computer/internet connection prior to assessments/exams.

Students registered with Disability Support Services must contact the course coordinator immediately if they intend to request any special arrangements for later in the course, or if any special

arrangements need to be made regarding access to the course material. Letters of support must be emailed to the course coordinator as soon as they are made available.

4. Course schedule and structure

Each week this course typically consists of 1 hours of online lecture material and activities. Students are expected to take an additional 5 hours each week of self-determined study to complete assessments, revision, and exam preparation.

Week	Online Lecture topic/s	Online modules	Self-determined activities
Week 1 01/06/2020	**Psychology as a Science** Lecture 1: Introduction to the course Lecture 2: The who's who of psychology Lecture 3: The scientific method		How to learn effectively Academic writing
Week 2 08/06/2020	**The Science of Emotion** Lecture 1: What is emotion? Lecture 2: Classification of emotions Lecture 3: Theories of emotions		Week 2 revision quiz
Week 3 15/06/2020	**The Science of Fear and Anxiety** Lecture 1: Stimuli and cognitions Lecture 2: The physiology of fear and anxiety Lecture 3: Fearful behaviours		Week 3 revision quiz
Week 4 22/06/2020	**Introduction to Anxiety Disorders** Lecture 1: When do fear and anxiety become a disorder? Lecture 2: How are they similar? Lecture 3: How are they different?	Associative Learning Workshop Friday 26th June: Mid Term Exam	Week 4 revision quiz
Week 5 29/06/2020	**Anxiety Disorders** Lecture 1: Specific phobias Lecture 2: Generalised anxiety disorder Lecture 3: Panic disorder		Week 5 revision quiz
Week 6 06/07/2020	Flex Week		

Week 7 13/07/2020	**Polishing your essay!** Lecture 1: Plagiarism and Contract Cheating Lecture 2: Paraphrasing and Summarising (YouTube video) Lecture 3: Secondary Citation in APA (YouTube video)	Sunday 19th July: Essay Due	
Week 8 20/07/2020	**Mood and Depression** Lecture 1: When does it become a disorder? Lecture 2: Depressive disorders Lecture 3: Mechanisms of depression		Week 8 revision quiz
Week 9 27/07/2020	**Treatment** Lectures 1 & 2: Medication and talking therapies		Week 9 revision quiz
Week 10 03/08/2020	**All Stressed Out** Lecture 1: A normal part of life? Lecture 2: Managing stress		Week 10 revision quiz
Study period 11/08/2020 - 13/08/2020			
Exam period 14/08/2020 - 27/08/2020		TBA: Final Exam	

5. Assessment

5.1 Assessment tasks

All assessments in this course have been designed and implemented in accordance with UNSW Assessment Policy.

Assessment task	Length	Weight	Mark	Due date
Assessment 1: Mid Term Exam	20 MCQ	20%	/20	9am-11:59pm 26/06/2020
Assessment 2: Written Assignment	1200 words	40%	/40	11:59pm 19/07/2020
Assessment 3: Final exam	80 MCQ	40%	/80	Exam period

Assessment 1: The Mid Term Exam will contain 20 assessed MCQs from Weeks 1 - 4 (inclusive). 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. The exam will be made available on the Moodle web page (i.e. an online exam) from 9 a.m. - 11:59 p.m. on Friday 26/06/2020. You will not be able to access the exam unless you have listened to all of the lectures to be assessed. The lecture material will not be available online during the examination. The exam is worth 20% of the total course mark. The exam will be 15 minutes long (45 seconds per question). 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 is not to be attempted “open book” with hard copies of reference material nearby, as there will not be enough time to consult reference material.

Assessment 2: A written assignment in extended response format will be required for submission via Turnitin 11:59pm Sunday 19/07/2020. The questions and instructions for this assignment will be released in Week 2. The assignment will be worth 40% of the total course mark. Additional resources will be made available on Moodle to provide further help to students on how to approach this assignment. Penalties for late submission will be in accordance with policies stipulated in the School of Psychology Student Guide (2% per day, or part thereof, including weekends). Assignments submitted after 11:59pm Sunday 2nd August will not receive a mark.

Assessment 3: The Final Exam will contain 80 MCQ taken from *all topics* 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 online during the official exam period for the term. Further details will be released as they become available.

UNSW grading system: https://student.unsw.edu.au/grades

UNSW assessment policy: https://student.unsw.edu.au/assessment

5.2 Assessment criteria and standards

Further details and marking criteria for each assessment will be provided to students closer to the assessment release date (see 4.1: UNSW Assessment Design Procedure).

5.3 Submission of assessment tasks

Essay: In accordance with UNSW Assessment Policy written pieces of assessment must be submitted online via Turnitin. No paper or emailed copies will be accepted.

Late penalties: deduction of marks for late submissions will be in accordance with School policy (see: Psychology Student Guide).

Special Consideration: Students who are unable to complete an assessment task by the assigned due date can apply for special consideration. Students should also note that UNSW has a Fit to Sit/Submit rule for all assessments. If a student wishes to submit an application for special consideration for an exam or assessment, the application must be submitted prior to the start of the exam or before an assessment is submitted. If a student sits the exam/submits an assignment, they are declaring themselves well enough to do so and are unable to subsequently apply for special consideration. If a student becomes ill on the day of the exam, they must provide evidence dated within 24 hours of the exam, with their application.

Special consideration applications must be submitted to the online portal along with Third Party supporting documentation. Students who have experienced significant illness or misadventure during the assessment period may be eligible. Only circumstances deemed to be outside of the student's control are eligible for special consideration. Except in unusual circumstances, the duration of circumstances impacting academic work must be more than 3 consecutive days, or a total of 5 days within the teaching period. If the special consideration application is approved, students may be given an extended due date, or an alternative assessment/supplementary examination may be set. For more information see https://student.unsw.edu.au/special-consideration.

Alternative assessments: will be subject to approval and implemented in accordance with UNSW Assessment Implementation Procedure.

Supplementary examinations: will be made available for students with approved special consideration application and implemented in accordance with UNSW Assessment Policy.

5.4. Feedback on assessment

Feedback on all pieces of assessment in this course will be provided in accordance with UNSW Assessment Policy.

Assessment	When	Who	Where	How
Mid Term Exam	12/10/2019	Automatic	Online	Moodle
Written Assignment	25/11/2019	Markers	Online	Moodle
Final Exam	N/A	N/A	N/A	N/A

6. Academic integrity, referencing and plagiarism

The APA (7th edition) referencing style is to be adopted in this course.

Referencing is a way of acknowledging the sources of information that you use to research your assignments. You need to provide a reference whenever you draw on someone else's words, ideas or research. Not referencing other people's work can constitute plagiarism.

Further information about referencing styles can be located at https://student.unsw.edu.au/referencing

Academic integrity is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits**:** honesty, trust, fairness, respect,

responsibility and courage.[1] At UNSW, this means that your work must be your own, and others' ideas should be appropriately acknowledged. If you don't follow these rules, plagiarism may be detected in your work.

Further information about academic integrity and **plagiarism** can be located at:

- The *Current Students* site https://student.unsw.edu.au/plagiarism**,** and
- The *ELISE* training site http://subjectguides.library.unsw.edu.au/elise/presenting

The *Conduct and Integrity Unit* provides further resources to assist you to understand your conduct obligations as a student: https://student.unsw.edu.au/conduct.

7. Readings and resources

Textbook	Nil
Course information	Available on Moodle
Required readings	School of Psychology Student Guide.
Recommended internet sites	UNSW Library UNSW Learning centre ELISE Turnitin Student Code of Conduct Policy concerning academic honesty Email policy UNSW Anti-racism policy statement UNSW Equity and Diversity policy statement UNSW Equal opportunity in education policy statement

[1] International Center for Academic Integrity, 'The Fundamental Values of Academic Integrity', T. Fishman (ed), Clemson University, 2013.

8. Administrative matters

The School of Psychology 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
- Student code of conduct
- Student complaints and grievances
- Disability Support Services
- Health and safety

It is expected that students familiarise themselves with the information contained in this guide.

9. Additional support for students

- The Current Students Gateway: https://student.unsw.edu.au/
- Academic Skills and Support: https://student.unsw.edu.au/academic-skills
- Student Wellbeing, Health and Safety: https://student.unsw.edu.au/wellbeing
- Disability Support Services: https://student.unsw.edu.au/disability-services
- UNSW IT Service Centre: https://www.it.unsw.edu.au/students/index.html