



蘇州大學
Soochow University

PSY 370 Mental Health

Winter 2024

Course Credits: 4

Contact Hours: 56 hours

Instructor: TBA

Email: TBA

COURSE OBJECTIVES

This course explores various aspects of abnormal psychology and mental health. Through this course, students will gain a comprehensive understanding of various mental health disorders such as anxiety, mood disorders, eating disorders, personality disorders, substance-related disorders, and more, as well as their historical context, research approaches, causal factors, assessment methods, and treatment modalities. Strategies for maintaining personal and interpersonal wellbeing will also be discussed.

Upon completion of this course, students will be able to:

1. Understand the fundamental concepts and research approaches, historical and contemporary views on abnormal psychology and mental health;
2. Identify different personality disorders and their characteristics;
3. Familiarize themselves with various psychological treatment approaches for mental health disorders;
4. Develop evidence-based strategies for promoting mental wellbeing and building resilience;
5. Foster an empathetic and non-stigmatizing attitude towards individuals experiencing mental health challenges.

PREREQUISITES

PSY 100 Introduction to Psychology

GRADING

Grades will be determined by accumulating points, with 100 points being the maximum, as follows:



ITEM	POINTS
Assignments	40 Points
Midterm 1	15 Points
Midterm 2	15 Points
Final Exam	30 Points
Total	100 Points

Late submissions will be graded at the end of the course. Grades will be assigned according to the following rule:

$A \geq 90 > B \geq 80 > C \geq 70 > D \geq 60 > F$.

We reserve the right to make adjustments to the overall grading policy.

COURSE MATERIALS

Required Texts:

James N. Butcher, Jill M. Hooley, Susan M. Mineka, Matthew K. Nock, *Abnormal Psychology*, Global Edition, Pearson Higher Ed, 2016.

Recommended (Optional) Texts or Other Materials:

None

COURSE TOPICS

MODULE	TASKS
Module 1	Topics: Topic 1: Overview and Research Approaches Topic 2: Historical Perspectives and Contemporary Views Topic 3: Causal Factors and Viewpoints Topic 4: Clinical Assessment and Diagnosis Assignment#1
Module 2	Topics: Topic 5: Stress and Physical and Mental Health Topic 6: Panic, Anxiety, Obsessions, and Their Disorders Topic 7: Mood Disorders and Suicide Topic 8: Somatic Symptom and Dissociative Disorders Assignment#2



Module 3	Topics: Topic 9: Eating Disorders and Obesity Topic 10: Personality Disorders Topic 11: Substance-Related Disorders Topic 12: Sexual Variants, Abuse, and Dysfunctions Assignment#3 Assessments: Midterm#1
Module 4	Topics: Topic 13: Schizophrenia and Other Psychotic Disorders Topic 14: Neurocognitive Disorders Topic 15: Disorders of Childhood and Adolescence Topic 16: Psychological Treatment Assignment#4 Assessments: Midterm#2
Module 5	Topics: Topic 17: Contemporary and Legal Issues in Abnormal Psychology Topic 18: Relationships and Social Support Topic 19: Self-care Practices for Personal Wellbeing Topic 20: Final Exam Review, Q&A Assessments: Final Exam

ATTENDANCE

1) Class attendance is required. Missing classes without permission will lead to decrease in overall grade.

Missing less than two classes: no penalty.

Missing more than two classes: 7% will be taken off from the overall grade.

If the instructor reports a student's frequent missing of class to the Soochow University Academic Administration Office, the student might get a written warning and might be prohibited from attending final exam.

2) Participants in this course are expected to arrive in class promptly and adequately prepared. The primary objective of this course is to critically engage with the readings and the subject matter. Therefore, course participants are expected to have completed the reading prior to class and prepare thoughtful reflections/commentaries to share with fellow colleagues.



LEARNING REQUIREMENTS

- 1) Late assignments are not acceptable and are subjected to grade deductions.
- 2) Assignments submitted in the wrong format will be counted as not submitted.
- 3) Failure to submit or fulfill any required course component results in failure of the class.
- 4) Make-up for midterm and final exams only with valid excuses, as defined by the University.
- 5) In order to earn a Certificate of Completion, participants must thoughtfully complete all assignments by stated deadlines and earn an average quiz score of 50% or greater.

TECHNOLOGY POLICY

The use of electronic devices in class is distracting, both for the user and for the rest of the class. Only non-programmable calculators can be used in the tests and exam. Any attempts to use cell phones and other electronic communication devices will be seemed as cheating. Laptops are discouraged, unless you use them for activities DIRECTLY related to the course (eg., note taking, reading course documents).

ACADEMIC INTEGRITY POLICY

Soochow University highly values the academic integrity and aims to promote the academic fairness, honesty and responsibility. Any academic dishonesty behaviors and any attempts to cheats and plagiarism will be reported to the university administration office. A written warning and the relevant penalties will be imposed. The record might be shown on the official university transcript.

DISABILITY ACCOMMODATION

Soochow University is committed to maintaining a barrier-free environment so that students with disabilities can fully access programs, courses, services, and activities at Soochow University. Students with disabilities who require accommodations for access to and/or participation in this course are welcome.

Note:



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Please contact the University Administrative Office immediately if you have a learning disability, a medical issue, or any other type of problem that prevents professors from seeing you have learned the course material.