

FACULTY OF SCIENCE
SCHOOL OF PSYCHOLOGY

PSYC1024

Clinical Perspectives on Anxiety, Mood and Stress

SEMESTER 2, 2015

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| 1. Information about the Course | | | |
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| FACULTY | Science | | |
| SCHOOL OR DEPARTMENT | Psychology | | |
| COURSE CODE | PSYC1024 | | |
| COURSE NAME | Clinical Perspectives on Anxiety, Mood, & Stress | | |
| SEMESTER | Semester 2 | YEAR | 2015 |
| UNITS OF CREDIT | 6 | LEVEL OF COURSE | General/1 |
| 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]. The final exam will be conducted during the official exam period (date and location TBA) and will be done on campus (i.e. not on Moodle).</p> | | |

2. Staff Involv(c)-46()JTJ 324.19 131.06 reW*nBT/F1 9 Tf1 0 0 1 203.9t.89 45 0.47998 ref198.77 .

3.

4. Aims of the Course

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5.

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

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| 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. |

The final exam will be a multiple choice questionnaire and will be done on campus. The long answer format essay is to be submitted online via Turnitin.

| 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 | 1, 2, 3 | 1, 2 | 17/08/2015 | - | | Immediate | Moodle |
| Mid-Session Exam – 30 MCQ online exam - | 20% | 1, 2, 3 | 1, 2 | 24/08/2015 (9am) | 28/08/2015 (5pm) | | Immediate | Moodle |
| 1000 word essay submitted to Turnitin | 40% | 1, 2, 3, 4 | 1, 2, 3, 6, 7 | 31/08/2015 | 12/10/2015 (5pm) | Pacitti | 05/11/2015 | Moodle |
| Final Exam – 80 MCQ exam | 40% | 1, 2, 3 | 1, 2 | Exam Period TBA | | | | |

1. be made available on Moodle on 17/08/2015. 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 material covered in the first two topics.

off the Internet. Sometimes students submit their work into Turnitin when they hand it in, but academics can also use it to check their work. For more information, visit the Turnitin website at <https://turnitin.com>. For more about Turnitin here: <https://teaching.unsw.edu.au/elearning>.

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 of plagiarism 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

14. Administrative Matters

The *School of Psychology Student Guide*, available on <http://www.psy.unsw.edu.au/current-students/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 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*.