

FACULTY OF SCIENCE  
SCHOOL OF PSYCHOLOGY

# PSYC1024

## CLINICAL PERSPECTIVES ON ANXIETY, MOOD AND STRESS

SEMESTER 2, 2016

### Table of Contents

1. Information about the Course .....	2
2. Staff Involved in the Course .....	2
3. Course Timetable .....	2
4. Aims of the Course .....	3
5. Student Learning Outcomes.....	3
6. Graduate Attributes .....	4
7. Rationale for the Inclusion of Content and Teaching Approach.....	5
8. Teaching Strategies.....	5
9. Course Schedule .....	6
10. Assessment .....	8
11. Expected Resources for Students .....	9
12. Course Evaluation & Development.....	9
13. Plagiarism & Academic Integrity.....	



#### **4. Aims of the Course**

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 bipolar 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-psycho-social approach to health. The course will also examine several practical strategies for managing stress.

#### **5. Student Learning Outcomes**

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

1. Demonstrate a knowledge and

**6. Graduate Attributes**

<p><b>Science Graduate Attributes*</b></p>	<p><b>Level of Focus</b>                      0 = No focus                      1 = Minimal                      2 = Minor                      3 = Major</p>	<p><b>Activities/Assessment</b></p>
<p><b>1. Research, inquiry and analytical thinking abilities</b></p>	<p>3</p>	<p>Participation in online lectures and workshops. These are designed to enhance students understanding of mood and anxiety, stress, biological bases of behaviour, cognition, individual differences, learning, development, motivation and emotion, historical psychology, clinical service delivery, social policy, epidemiology. Understand science of psychology, evaluate research methods, critically analyse theoretical and empirical studies. Apply knowledge of the scientific method in thinking about problems related to mood, anxiety and</p>







10. Assessment								
Assessment Task	Weight	Learning Outcomes Assessed	Graduate Attributes Assessed	Date of		Feedback		
				Release	Submission	Who	When	How
Mid-Session Exam (online)	20%	1-4	1-6	24/08/2016 9.00 a.m.	26/08/2016; 11.59 p.m.		Immediate	Moodle
Essay (submit via Turnitin)	40%	1-5	1-6	29/08/2016	10/10/2016; 5 p.m.	Pacitti	TBA	Moodle
Final Exam (on campus)	40%	1-4	1-6	Exam Period TBA				

#### 1. Mid-Session Exam- 20%

On the Wednesday of Week 5 (24/08/2016; 9 a.m. Sydney time) a 20 question multiple-choice quiz (MCQ) will be made available online via Moodle for approximately three days (the exam will be available until Friday 26/08/2016; 11.59 p.m. Sydney time). Students will be able to sit the examination once. The exam is worth 20% of the total course mark and completion of this exam is a requirement to pass this course. The quiz will last 17 mins allowing for 51s per question. The time limit on this MCQ means that the exam 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 questions. Details about the delivery of the online quiz will be made available to students via *Moodle*. Please ensure that you check Moodle and your student email often (i.e. daily or at least bi-weekly). The material assessed in this exam will cover all material presented in weeks 1, 2, 3, 4 & 5 (i.e. topics 1-8). This mid-session exam will allow you to assess your progress in the course prior to the semester 1 cut-off da-34(ca)19(t)-5(e9(s)-6(t1 8.04 Tf1 7.05 (6(s)-6(e)19(s)7(s(l)13( )-49(c)-6(o)4(u)4(r)5(s)-6()-17( )-3t)4(d)4(e.(u)4(d)4(e)405 252.77 re6 27.6 re.6 reo nBT/F1 8.04 Tt





**How can Elise help me?**

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 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: <http://subjectguides.library.unsw.edu.au/elise>.

**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://teaching.unsw.edu.au/elearning>.

**What if plagiarism is found in my work?**

**Opening Hours:**

Monday to Thursday: 9am - 5pm and

Friday: 9am - 2.30pm

**COFA Campus Learning Centre**

**Email:** [cofalearningcentre@unsw.edu.au](mailto:cofalearningcentre@unsw.edu.au)

**Phone:** 9385 0739

