



**Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore**  
**Shri Vaishnav Institute of Social Sciences, Humanities and Arts**  
**Choice Based Credit System (CBCS) in Light of NEP-2020**  
**B.A. Psychology**  
**Semester IV (Batch 2023-2026)**

COURSE CODE	CATEGORY	COURSE NAME	TEACHING & EVALUATION SCHEME								
			THEORY			PRACTICAL		L	T	P	CREDITS
			END SEM University	Two Term Exam	Teachers Assessment*	END SEM University Exam	Teachers Assessment*				
<b>BAPSY401</b>	<b>Major/Minor</b>	<b>Introduction to Abnormal Psychology</b>	<b>60</b>	<b>20</b>	<b>20</b>	<b>30</b>	<b>20</b>	<b>2</b>	<b>0</b>	<b>2</b>	<b>3</b>

**Legends:** L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit.

\***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

**Course Educational Objectives (CEOs)**

At the end of this course the students will be able to:

- CEO 1: Learn the history and models of abnormality.
- CEO 2: Define concept of Anxiety and understand disorders associated with it.
- CEO3: Explain basic concepts of different mood disorders and eating disorders.
- CEO 4: Differentiate between the clusters of personality disorders.
- CEO 5: Understand different psychotic disorders.

**Course Outcomes (COs)** The student will be able to:

- CO1: Critically evaluate assumptions underlying definitions of abnormality/disorder.
- CO2: Categorize various anxiety disorders and their treatments.
- CO 3: Differentiate between types of mood disorders and eating disorders
- CO 4: Summarize the three clusters of personality.
- CO 5: Analyze nuances in the differences between different psychotic disorders

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**BAPSY401**  
**Introduction to Abnormal Psychology**

**Contents**

**Unit I**

**Introduction to Abnormal Psychology:** Concept of Abnormality, Historical Background, Brief Introduction to Classification systems (DSM-5, ICD-11), and Models of Abnormality.

**Unit II**

**Anxiety Disorders:** Generalized Anxiety Disorder, Panic Disorder, Phobias, Post-Traumatic Stress Disorder, Obsessive Compulsive Disorder

**Unit III**

**Mood Disorders and Eating Disorders:** Depressive Disorder, Bipolar Disorder; Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder

**Unit IV**

**Personality Disorders:** Cluster A : (“Odd/ Eccentric”) Paranoid, Schizoid and Schizotypal , Cluster B: (“Dramatic/ Emotional/ Impulsive”) Borderline, Narcissistic, Antisocial and Histrionic; and Cluster C: (“anxious/fearful”) Avoidant, Dependent and Obsessive-Compulsive Personality Disorder.

**Unit V**

**Schizophrenia Spectrum and Other Psychotic Disorders:** Schizophrenia, Schizophreniform Disorder and Schizoaffective Disorder; Delusional Disorder, Brief Psychotic Disorder

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**List of Practical**

- Anxiety, Depression, Stress scale
- Anorexia Test
- Mental Depression Scale
- Big Five Personality Inventory
- Case Study

**Recommended Readings:**

- American Psychological Association. (2019). **Publication manual of the American Psychological Association** (7th ed.) Washington, DC: Author. ISBN-13: 978-1433832178
- Beidel, D., Bulik, C., & Stanley, M. (2014). **Abnormal psychology**, 3rd edition. Upper Saddle River, NJ: Pearson
- Kilgus, M., & Rea, W. (Eds.) (2014). **Essential psychopathology casebook**. New York: W.W. Norton & Company
- Durand, V. M., & Barlow, D. H. (2013). **Essentials of Abnormal Psychology** (7 th Ed.). Pacific Grove, CA: Thomson-Wadsworth.
- American Psychiatric Association. (2013). **Diagnostic and statistical manual of mental disorders** (5th ed.). Washington, DC: Author

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<b>BAPSY402</b>	<b>Major</b>	<b>Basics of Research Methodology</b>	<b>60</b>	<b>20</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>3</b>

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**Course Educational Objectives:** At the end of this course the students will be able to:

**CEO1:** Know the fundamentals of psychological research.

**CEO2:** Understand basics of statistical methods and tools used in descriptive statistics.

**Course Outcome:** Upon successful completion of the course a student will be able to:

**CO1:** Explain the basics of research methods used in different fields of psychology.

**CO2:** Apply the relevant statistical tools of techniques in various domains of psychology.

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**BAPSY402**

**Basics of Research Methodology**

**Contents**

**Unit I**

**Introduction:** Research – Meaning, Scope and Significance; Types of Research; Characteristics of good research; Ethics in Psychological Research

**Unit II**

**Research Problem and Design:** Research Problems and Hypotheses –meaning, types; Variables and Types of Variables; Features of Good Research Design; Types of Research Design

**Unit III**

**Measurement and Sampling:** Measurement – meaning, type, errors in measurement; Sampling: Concept, Types of Sampling Techniques

**Unit IV**

**Data Collection:** Data - Meaning and Types of Data; Methods of data collection: Quantitative and Qualitative.

**Unit V**

**Data Analysis and Report Writing:** Hypothesis Testing; Parametric and Non-Parametric Tests (t, chi-square); Report writing- significance and steps

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**Recommended Readings**

- Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi.
- Gregory, R.J. (2006). Psychological Testing: History, Principles, and Applications (4th Ed.). New Delhi: Pearson Education.
- Neuman, W.L. (2006). Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.) Boston: Pearson Education.
- Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.) Oxford: Blackwell Publishers

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