



FACULTY OF SCIENCE  
SCHOOL OF PSYCHOLOGY

# PSYC1024

Clinical Perspectives on Anxiety, Mood and Stress

Semester 2 2017

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<b>1. Information about the Course</b>			
<b>FACULTY</b>	Science		
<b>SCHOOL OR DEPARTMENT</b>	Psychology		
<b>COURSE CODE</b>	PSYC1024		
<b>COURSE NAME</b>	Clinical Perspectives on Anxiety, Mood, & Stress		
<b>SEMESTER</b>	S2	<b>YEAR</b>	2017
<b>UNITS OF CREDIT</b>	6	<b>LEVEL OF COURSE</b>	GeEd / Level 1
<b>ASSUMED KNOWLEDGE, PREREQUISITES OR CO-REQUISITES</b>	None		
<b>SUMMARY OF THE COURSE</b>			

### 3. 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 (e.g. specific phobia, social phobia, post-traumatic stress disorder), compulsive disorders (e.g. obsessive-compulsive disorder, substance abuse) and the mood disorders (e.g. major depressive disorder, bipolar 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-psychosocial approach to health. The course will also examine several practical strategies for managing stress.

### 4. Student Learning Outcomes

By the end of this course you will:

1.	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.	have an understanding of the scientific method and the role of psychological research in informing theoretical understanding of mental health disorders and their treatment
3.	have an understanding of the role that environmental stress plays in the manifestation of symptoms of mental health disorders
4.	have improved your critical thinking and conceptual analysis skills. These skills will enable you to critically analyse scientific reports that will inform your written assessment.

## 5. Core Graduate Capabilities and Attributes

<b>School of Psychology Core Graduate Capabilities and Attributes*</b>	<b>Level of Focus</b> 0 = No focus 1 = Minimal 2 = Minor 3 = Major
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Assessment Task	Weight	Learning Outcomes Assessed	Graduate Attributes Assessed	Date of	Feedback
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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?**

If plagiarism is found in your work when you are in first year, your lecturer may 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 in first year, such as stealing another student's work or paying someone to do your work, may be investigated under the Student Misconduct Procedures.

Repeated plagiarism (even in first year), plagiarism after first year, or serious instances, will 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

<https://www.gs.unsw.edu.au/policy/documents/studentmisconductprocedures.pdf>

### **Further information and assistance**

If you would like further information or assistance with avoiding plagiarism, you can contact the Learning Centre. The Learning Centre at The University of New South Wales has two locations:

#### **UNSW Learning Centre**

Lower Ground Floor, North Wing, Chancellery Building  
(C22 Kensington Campus – near Student Central)

<http://www.lc.unsw.edu.au/>

**Phone:** 9385 2060

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

#### **Opening Hours:**

Monday to Thursday: 9am AEDT - 5pm AEDT - a7.5.004 am20.004.1 (7W0)Tj ET 11-1.41 Td wF6.3 aawaw21u atreaw