UNSW Course Outline

This course will provide a comprehensive overview of emotions research, how this produces

Course Details & Outcomes

Class Timetable

PSYC1024 Clinical Perspectives on Anxiety, Mood and Stress - 2023

Course Code : PSYC1024
Year : 2023
Term : Term 3
Course Code : PSYC1024
Academic Unit : School of Psychology
Delivery Mode : Online
Delivery Format : Standard
Delivery Location : Kensington

General Course Information

Standard

feelings of stress and how these concepts relate to some of the most common mental disorders - depression and anxiety disorders. Students will learn about psychology as a science and how psychological research is performed (including animal and human studies). Throughout the course we will examine how the findings from this research informs the clinical description of disorders and the treatment of anxiety, stress and low mood.

This course is appropriate for students with and without a background in science and is taught entirely online through Moodle. The final exam will be held online during the formal exam period.

N.B. This course is not a treatment program for mental health disorders and should not be viewed as a substitute for professional intervention.

Course Aims

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, panic disorder) and mood disorders (e.g. major depressive disorder). The course will focus on the nature of emotions and the role that they play in depression and anxiety disorders. The course will also examine strategies for managing stress.

Course Learning Outcome

Course Learning Outcomes
CLO1: Demonstrate knowledge of the theoretical perspectives, models, diagnostic features, aetiology and [illegible]

Moodle once the exam window has closed.

Assessment Length

15 mins / 20 MCQs

Assignment submission Turnitin type

Not Applicable

Final examination

The Final Exam will contain 80 MCQ taken fror ṇ Ṛ s ٮسخي l’ l’

Special Consideration. Special Consideration applications should include a medical certi f cate or other

Week 3 : 12 June - 16 June	Topic	The Science of Fear and Anxiety
Week 4 : 19 June - 23 June	Topic	Introduction to Anxiety Disorders
Week 5 : 26 June - 30 June	Topic	Anxiety Disorders
Week 6 : 3 July - 7 July	Other	Flex Week
Week 7 : 10 July - 14 July	Topic	Polishing your Written Assessment
Week 8 : 17 July - 21 July	Topic	Mood and Depression
Week 9 : 24 July - 28 July	Topic	Treatment
Week 10 : 31 July - 4 August	Topic	All Stressed Out

Attendance Requirements

Students are strongly encouraged to attend am č ⅝ Æ n

N/A

Staff Details

Position	Name	Email	Location	Phone	Availability	Education Learning Support Contact	Primary Contact
Convenor	Natalie Rogers	n.rogers@unsw.edu.au			Online via appointment Mon-Fri	No	Yes