



Course Outline

PSYC1024

Clinical Perspectives on Anxiety, Mood and
Stress

School of Psychology

Faculty of Science

Summer, 2023

Updated: 04/01/2022

1. Staff

Position	Name	Email
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the bio-psycho-social approach to health. The course will also examine several strategies for managing symptoms of anxiety, stress and low mood.

2.3 Course learning outcomes (CLO)

At the successful completion of this course the student should be able to:

1. Demonstrate knowledge of the theoretical perspectives, models, diagnostic features, aetiology and underlying mechanisms of mood and anxiety disorders.
2. Understand the scientific method and the role of psychological research in informing theoretical understanding of mental health disorders and their treatment.
3. Demonstrate an understanding of the role that environmental factors plays in mental health disorders.
4. Critically analyse a variety of written materials (e.g. scientific reports, websites, media articles) to inform the written assessment.
5. Effectively communicate in a written format.

2.4 Relationship between course and program learning outcomes and assessments

Program Learning Outcomes							
CLO	1. Knowledge	2. Research Methods	3. Critical Thinking Skills	4. Values and Ethics	5. Communication, Interpersonal and Teamwork	6. Application	Assessment
1.	Lectures, online activities		Lectures, online activities	Lectures, online activities		Lectures, online activities	Mid term exam, Written Assessment, Final exam
2.	Lectures, online activities	Lectures, online activities	Lectures, online activities			Lectures, online activities	Mid term exam, Written Assessment, Final exam

3.

3. Strategies and approaches to learning

3.1 Learning and teaching activities

This course is presented entirely online via the Moodle eLearning website. The mini lectures will be delivered in video format (with captions). Transcripts will be made available for Natalie's lectures. Students should watch the lectures and write separate notes to maximise their understanding and retention of the material. The lecture material will provide you with the information required to gain an in-depth knowledge of the nature, study and treatment of common mental health issues. "Activity Sheets" will be made available for each topic. Timely completion of all weekly course materials will assist students in gaining a proper understanding of each topic so that this knowledge can be built on in the following week's content.

The Lecture Discussion Forum provides students with an opportunity to question and clarify the concepts and ideas mentioned in lectures. Students are strongly encouraged to engage with this forum by posting questions or comments, and reading, answering, or replying to other student's posts to enhance understanding of the content, critical thinking, and written communication skills (i.e. CLO 5).

3.2 Expectations of students

It is expected that students are aware of UNSW Assessment policy and understand how to apply for special consideration if they are unable to complete an assignment/exam due to illness and/or misadventure.

It is expected that students have read through the School of Psychology Student Guide and,

Students registered with Equitable Learning Services must contact the course coordinator immediately if they intend to request any special arrangements for later in the course, or if any special arrangements need to be made regarding access to the course material. Letters of support must be emailed to the course coordinator as soon as they are made available.

16/01/2023	<p>Lecture 1: Specific phobias Lecture 2: Generalised anxiety disorder Lecture 3: Panic disorder</p> <p>Polishing your essay!</p> <p>Lecture 1: Plagiarism and Contract Cheating Lecture 2: Paraphrasing and Summarising (YouTube video) Lecture 3: Secondary Citation in APA (YouTube video)</p>		
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Week 4

Mood and Depression

Week 4 Activity Sheets

23/01/2023

Lecture 1: When does it become a disorder?
Lecture 2: Depressive disorders
Lecture 3: Mechanisms of depression

Treatment

Lectures 1 & 2: Medication and talking therapies

5. Assessment

5.1 Assessment tasks

All assessments in this course have been designed and implemented in accordance with UNSW Assessment Policy.

Assessment task	Length	Weight	Mark	Due date
Assessment 1: Mid-term exam	20 MCQ	20%	/20	13/01/2023 9am-11:59pm
Assessment 2: Written Assessment	1000 words	40%	/40	29/01/2023 11:59pm
Assessment 3: Final exam	80 MCQ	40%	/80	Date TBC 9am-11:59pm

Assessment 1: The Mid-term Exam will contain 20 MCQs from Weeks 1-2 (inclusive). The exam will be made available on the Moodle web page (i.e. an online exam) from 9 a.m. - 11:59 p.m. AEDT on Friday 13/01/2023. The exam is worth 20% of the total course mark. The exam will be 15 minutes long (45 seconds per question). The short time limit on this MCQ exam will provide ample opportunity for students to read and answer all the MCQs but its brevity also means that the exam is not to be attempted “open book” with hard copies of reference material nearby, as there will not be enough time to consult reference material.

Assessment 2: The written assessment will be worth 40% of your total course mark. This document must be submitted to the Turnitin link provided on the Moodle course webpage by on Sunday 29/01/2023 11:59pm AEDT. Marks and feedback will be provided 10 working days after the due date. Any assessments submitted after this time will not be marked and will receive a grade of 0. Further details will be made available on Moodle during Week 1 to provide further help to students on how to approach the task.

Assessment 3: The Final Exam will contain 40 MCQ taken from *all topics* in the course and will be worth 40% of the total course mark. The exam will be made available on the Moodle web page (i.e. an online exam) from 9 a.m. - 11:59 p.m. AEDT on the date specified in your UNSW exam timetable. The exam will be 60 minutes long (45 seconds per question). The short time limit on this MCQ exam will provide ample opportunity for students to read and answer all the MCQs but its brevity also means that the exam is not to be attempted “open book” with hard copies of reference material nearby, as there will not be enough time to consult reference material.

UNSW grading system: <https://student.unsw.edu.au/grades>

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Academic integrity is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits: honesty, trust, fairness, respect, responsibility and courage.¹ At UNSW, this means that your work must be your own, and others' ideas should be appropriately acknowledged. If you don't follow these rules, plagiarism may be detected in your work.

Further information about academic integrity and **plagiarism** can be located at:

The *Current Students* site <https://student.unsw.edu.au/plagiarism>, and

The *ELISE* training site <http://subjectguides.library.unsw.edu.au/elise/presenting>

The *Conduct and Integrity Unit* provides further resources to assist you to understand your conduct obligations as a student: <https://student.unsw.edu.au/conduct>.

7. Readings and resources

Textbook	Nil
Course information	

8. Administrative matters

The [School of Psychology 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
- Student code of conduct
- Student complaints and grievances
- Disability Support Services
- Health and safety

It is expected that students familiarise themselves with the information contained in this guide.

9. Additional support for studentsHealth and safety70(wi)-2(th)9(33(e)t