



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	BAP
Paper Title:	Understanding Mental Disorders
Unique Paper Code:	2112202301
Semester:	3
Faculty:	Dr Siddharth Sagar
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	• To introduce the field of abnormal/clinical psychology. • To provide an overview of the clinical picture and etiology of the various psychological disorders. • To orient the learners to the diagnostic criteria and the related vocabulary of major psychological disorders.	1	Criteria of Abnormality,
		2	Criteria of Abnormality,
		3	Criteria of Abnormality,
		4	Causal Factors,
		5	Causal Factors,
		6	Causal Factors,
		7	Causal Factors,
		8	Causal Factors,
		9	Classification,
		10	Classification,
		11	Classification,
		12	Clinical Assessment
		13	Clinical Assessment
		14	Clinical Assessment
II		15	Generalized Anxiety Disorder
		16	Generalized Anxiety Disorder
		17	Generalized Anxiety Disorder
		18	Social anxiety disorder
		19	Social anxiety disorder
		20	Social anxiety disorder
		21	Specific phobias
		22	Specific phobias
		23	Specific phobias
		24	Agoraphobia

		25	Agoraphobia
		26	Agoraphobia
		27	Obsessive-Compulsive Disorder
		28	Obsessive-Compulsive Disorder
		29	Obsessive-Compulsive Disorder
III		30	Major Depressive disorder
		31	Major Depressive disorder
		32	Major Depressive disorder
		33	Persistent Depressive disorder
		34	Persistent Depressive disorder
		35	Persistent Depressive disorder
		36	Bipolar I,
		37	Bipolar I,
		38	Bipolar I,
		39	Bipolar II
		40	Bipolar II
		41	Bipolar II
		42	Cyclothymia
		43	Cyclothymia

Unit	Contents/Syllabus
I	Introduction: Criteria of Abnormality, Causal Factors, Classification, Clinical Assessment
II	Anxiety Disorders and Obsessive-Compulsive Disorder (Clinical Picture and Dynamics): Generalized Anxiety Disorder, Social anxiety disorder, Specific phobias, Agoraphobia; Obsessive-Compulsive Disorder
III	Depressive Disorder & Bipolar Disorders Clinical Picture and Dynamics): Major Depressive disorder, Persistent Depressive disorder, Bipolar I, Bipolar II and Cyclothymia
S. No.	Name of Authors/Books/Publishers
1.	Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2017). Abnormal psychology. (17th ed.). New Delhi: Pearson.
2.	Barlow H. & Durand V. Mark (2014). Abnormal psychology: An integrative approach. Delhi: Cengage Learning India.
3.	American Psychological Association (2022). Diagnostic and statistical manual of mental disorders (5th ed., text rev.). https://doi.org/10.1176/appi.books.9780890425787

4.	Comer, R.J. and Comer, J.S. (2021). Abnormal psychology (11th Ed.). New York, Macmillan International.
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Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3	0	1
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment		30
	• Assignment	12	
	• Class Test	12	
	• Attendance	6	
2.	Continuous Assessment (Tutorial)		
	• Activity 1		
	• Activity 2		
	• Attendance		
3.	Practical		40
	• Continuous Assessment	10	
	• End Term Written/Practical Exam	20	
	• Viva	10	
4.	End Semester Examination		90