



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(s):	Dr Siddharth Sagar
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
	- 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	Introduction
		2	Introduction
		3	Introduction
		4	Review of Literature
		5	Review of Literature
		6	Review of Literature, Rationale of the study
		7	Rationale of the study
		8	Aim/Objective, Hypothesis
		9	Methodology: Research approach, Research Design
		10	Methodology: Research approach, Research Design
		11	Sampling Technique, Measure
		12	Data Collection
		13	Data Collection
		14	Data Collection
		15	Data Collection
		16	Data Analysis
		17	Data Analysis
		18	Data Analysis
		19	Discussion
		20	Discussion, Limitation, Conclusion
		21	References

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.

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 - Assignment/Quiz/Project/Presentation - Class Test - Attendance		30
		12	
		12	
		6	
2.	Continuous Assessment (Tutorial)		0

	- Activity 1 - Activity 2 - Attendance		
3.	Practical - Continuous Assessment - End Term Written/Practical Exam - Viva		40
		10	
		20	
		10	
4.	EndSemesterExamination		90