



Indraprastha College for Women

University of Delhi

Work Plan for ODD SEMESTER – 2025

Course Name:	BA (P) Psychology
Paper Title:	Understanding Mental Disorders
Unique Paper Code:	
Semester:	III
Faculty(s):	Dr. Surabhika Maheshwari
Year:	2025

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I: Introduction	To introduce the field of abnormal/clinical psychology.	1	Criteria of Abnormality.
		2	Criteria of Abnormality.
		3	Causal Factors
		4	Causal Factors
		5	Causal Factors
		6	Classification
		7	Classification
		8	Classification
		9	Clinical Assessment
		10	Clinical Assessment
II: Anxiety Disorders and Obsessive-Compulsive Disorder (Clinical Picture and Dynamics):	To provide an overview of the clinical picture and etiology of the various anxiety disorders.	11	Generalized Anxiety Disorder,
		12	Generalized Anxiety Disorder,
		13	Social anxiety disorder,

		14	Social anxiety disorder,
		15	Specific phobias, Agoraphobia;
		16	Specific phobias, Agoraphobia;
		17	Obsessive-Compulsive Disorder.
		18	Obsessive-Compulsive Disorder.
		19	Recap
III: Depressive Disorder and Bipolar Disorders (Clinical Picture and Dynamics)	To provide an overview of the clinical picture and etiology of the various mood disorders.	20	Depressive disorder
		21	Depressive disorder
		22	Persistent Depressive disorder,
		23	Persistent Depressive disorder,
		24	Bipolar I, Bipolar II
		25	Bipolar I, Bipolar II
		26	Bipolar I, Bipolar II
		27	Cyclothymia.
		28	Cyclothymia.
		29	Recap
		30	Revisions

Unit	Contents/Syllabus
I	UNIT – I (15 Hours) Introduction: Criteria of Abnormality, Causal Factors, Classification, Clinical Assessment.
II	UNIT – II (15 Hours) Anxiety Disorders and Obsessive-Compulsive Disorder (Clinical Picture and Dynamics): Generalized Anxiety Disorder, Social anxiety disorder, Specific phobias, Agoraphobia; Obsessive-Compulsive Disorder.

III	UNIT – III (15 Hours) Depressive Disorder and 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.	Barlow H. & Durand V. Mark (2014). Abnormal psychology: An integrative approach. Delhi: Cengage Learning India.		
2.	Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2017). Abnormal psychology. (17thEdn) New Delhi: Pearson.		
3.	Comer, R.J. and Comer, J.S. (2021). Abnormal psychology (11th Ed.). New York, Macmillan International.		
4.	Kring, A.M., Johnson, S.L., Davison, G.C. & Neale, J.M. (2014). Abnormal psychology (12th ed.). New Jersey: John Wiley & Sons.		
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
	<ul style="list-style-type: none"> • Assignment/Quiz/Project/Presentation 	12	
	<ul style="list-style-type: none"> • Class Test 	12	
	<ul style="list-style-type: none"> • Attendance 	6	
3.	Practical		40
	<ul style="list-style-type: none"> • Continuous Assessment 	10	
	<ul style="list-style-type: none"> • End Term Written/Practical Exam 	20	
	<ul style="list-style-type: none"> • Viva 	10	
4.	End Semester Examination		90