



# Course Outline

PSYC1024

Clinical Perspectives on Anxiety, Mood and  
Stress

School of Psychology

Faculty of Science

T2, 2022

## 1. Staff

Position	Name	Email	Consultation times and locations	Contact Details
Course Convenor/ Lecturer	Dr Natalie Rogers	<a href="mailto:n.rogers@unsw.edu.au">n.rogers@unsw.edu.au</a>	By appointment	Email
Content Developer/Guest Lecturer	Ann Martin	N/A	N/A	N/A

## 2. Course information

<b>Units of credit:</b>	6
<b>Pre-requisite(s):</b>	Nil
<b>Teaching times and locations:</b>	Online via Moodle

### 2.1 Course summary

This course will provide a comprehensive overview of some of the most common mental disorders including the mood disorders (e.g. depression) and anxiety disorders. Students will learn about psychology as a science and how psychological research is performed (including animal and human studies). We will then examine how the findings from this research informs the clinical description and treatment of psychological disorders. There will be a strong emphasis on the role of environmental stress factors in the development and maintenance of depression and anxiety. Students will also explore and reflect on strategies for managing anxiety, mood and stress.

This course is appropriate for students with and without a background in science and is taught entirely online through Moodle. T

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## **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	

## **3. Strategies and approaches to learning**

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### **3.1 Learning and teaching activities**

This course is presented entirely online via the Moodle eLearning website. The 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. Optional revision exercises will be made available for each topic. Timely completion of weekly course materials will assist students in understanding 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

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.

## 4. Course schedule and structure

Each week this course typically consists of 1 hours of online lecture material and activities. Students are expected to take an additional 5 hours each week of self-determined study to complete assessments, revision, and exam preparation.

Week	Online Lecture topic/s	Online modules	Self-determined activities
<b>Week 1</b> 30/05/2022	<b>Psychology as a Science</b> Lecture 1: Introduction to the course Lecture 2: The who's who of psychology Lecture 3: The scientific method		Week 1 revision quiz
<b>Week 2</b> 06/06/2022	<b>The Science of Emotion</b> Lecture 1: What is emotion? Lecture 2: Classification of emotions Lecture 3: Theories of emotions		Week 2 revision quiz
<b>Week 3</b> 13/06/2022	<b>The Science of Fear and Anxiety</b> Lecture 1: Stimuli and cognitions Lecture 2: The physiology of fear and anxiety Lecture 3: Fearful behaviours		Week 3 revision quiz
<b>Week 4</b> 20/06/2022	<b>Introduction to Anxiety Disorders</b> Lecture 1: When do fear and anxiety become a disorder? Lecture 2: How are they similar? Lecture 3: How are they different?	Associative Learning Workshop	Week 4 revision quiz
<b>Week 5</b> 27/06/2022	<b>Anxiety Disorders</b> Lecture 1: Specific phobias Lecture 2: Generalised anxiety disorder Lecture 3: Panic disorder	Friday Mid Term Exam	Week 5 revision quiz
<b>Week 6</b> 04/07/2022	Flex Week		

<b>Week 7</b> 11/07/2022	<b>Polishing your Written Assessment</b> Lecture 1: Plagiarism and Contract Cheating Lecture 2: Paraphrasing and Summarising (YouTube video) Lecture 3: Secondary Citation in APA (YouTube video)	Sunday Written Assessment Due	
<b>Week 8</b> 18/07/2022	<b>Mood and Depression</b> Lecture 1: When does it become a disorder? Lecture 2: Depressive disorders Lecture 3: Mechanisms of depression		Week 8 revision quiz
<b>Week 9</b> 25/07/2022	<b>Treatment</b> Lectures 1 & 2: Medication and talking therapies		Week 9 revision quiz
<b>Week 10</b> 01/08/2022	<b>All Stressed Out</b> Lecture 1: A normal part of life? Lecture 2: Managing stress		Week 10 revision quiz
<b>Study period</b>  06/08/2022- 11/08/2022			
<b>Exam period</b>  12/07/2022 – 25/07/2022		TBA: Final Exam	



## 5. Assessment

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### 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	

**Late penalties:** deduction of marks for late submissions will be in accordance with School policy (see: Psychology Student Guide).

**Special Consideration:** Students who are unable to complete an assessment task by the assigned due date can apply for special consideration. Students should also note that UNSW has a Fit to Sit/Submit rule for all assessments. If a student wishes to submit an application for special consideration for an exam or assessment, the application must be submitted prior to the start of the exam or before an assessment is submitted. If a student sits the exam/submits an assignment, they are declaring themselves well enough to do so and are unable to subsequently apply for special consideration. If a student becomes ill on the day of the exam, they must provide evidence dated within 24 hours of the exam, with their application.

Special consideration applications must be submitted to the online portal along with Third Party supporting documentation. Students who have experienced significant illness or misadventure during the assessment period may be eligible. Only circumstances deemed to be outside of the student's control are eligible for special consideration. Except in unusual circumstances, the duration of circumstances impacting academic work must be more than 3 consecutive days, or a total of 5 days within the teaching period. If the special consideration application is approved, students may be given an extended due date, or an alternative assessment/supplementary examination may be set. For more information see <https://student.unsw.edu.au/special-consideration>.

**Alternative assessments:** will be subject to approval and implemented in accordance with UNSW Assessment Implementation Procedure.

**Supplementary examinations:** will be made available for students with approved special consideration application and implemented in accordance with UNSW Assessment Policy.

## 5.4. Feedback on assessment

Feedback on all pieces of assessment in this course will be provided in accordance with UNSW Assessment Policy.

Assessment	When	Who	Where
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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:

- x The Current Students site <https://student.unsw.edu.au/plagiarism>, and
- x The ELISE training site

## 8. Administrative matters

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The [School of Psychology Student Guide](#) contains School policies and procedures relevant for all students enrolled in undergraduate or Masters psychology courses, such as:

- x Attendance requirements
- x Assignment submissions and returns
- x Assessments
- x Special consideration
- x Student code of conduct
- x Student complaints and grievances
- x Disability Support Services
- x Health and safety

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

## 9. Additional support for students

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- x The Current Students Gateway: <https://student.unsw.edu.au/>
- x Academic Skills and Support: <https://student.unsw.edu.au/academic-skills>
- x Student Wellbeing, Health and Safety: <https://student.unsw.edu.au/wellbeing>
- x Disability Support Services: <https://student.unsw.edu.au/disability-services>
- x UNSW IT Service Centre: <https://www.it.unsw.edu.au/students/index.html>