

**Parvatibai Chowgule College of Arts & Science  
(Autonomous)  
Margao – Goa**

**MINUTES OF ONLINE MEETING  
OF THE BOARD OF STUDIES IN PSYCHOLOGY  
Held online on 23<sup>rd</sup> May, 2022 AT 10:00 a.m.**

Vide Chowgule College notice (F.133(C)/155 dated 08<sup>th</sup> May, 2022 an online meeting of this BoS was convened on 23<sup>rd</sup> May, 2022 via Google Meet. Since the number of members present represented the Quorum, the BoS began its proceedings.

Minutes are presented in the format.

**Members present:**

1. Dr. Sobita Kirtani - Chairperson
2. Mr. Aresh Naik – Member Secretary
3. Dr. Wilbur Gonsalves – Vice-Chancellor’s Nominee
4. Dr. Mahesh Pai – Academic Council Nominee
5. Dr. Aldina Braganza – Academic Council Nominee
6. Dr. Ravindra Agrawal – Industry Representative
7. Ms. Sherly Fernandes – Alumni
8. Dr. Golda Vas – Member
9. Ms. Aiswarya M. Babu – Member
10. Dr. Madhu S. K. Vanagondi – Member
11. Ms. Clizma Da Costa – Member
12. Ms. Nasreen Shaikh - Member

**Absent with intimation**

1. Mr. Karun Cherian – Member

### Proceedings

The Chairperson welcomed the members of the Board of Studies (BoS). The Chairperson introduced and explained the agenda for the meeting and Board transacted the following business:

### Agenda Items:

1. Revisions to the UG/PG Syllabus.
2. Constitution of the Academic Audit Panel Members.
3. Any Other Business

### PART A: Resolution:

#### **For the UG Section**

- i. The BoS passed the resolution to approve changes in the syllabus to the following courses at the undergraduate program with recommendations

| <b>Course Titles</b> | <b>Code</b> | <b>Nature of course</b> | <b>Recommendations (if any)</b>                      |
|----------------------|-------------|-------------------------|--|
| Psychopathology II   | PSY-III.C-6 | Core (theory)           |  |
| Psychopathology II   | PSY-III.C-6 | Core (practicum)        | To include taking case-history in the administration |

- ii. The BoS passed the resolution to approve the appointment of the following BoS members on the Academic Audit panel, as external members.
  - Dr. Mahesh Pai, Principal, Govt. College of Home Science, Miramar, Goa
  - Dr. Aldina Braganza, Associate Professor, Carmel College for Women, Nuvem, Goa
- iii. The BoS passed the resolution to approve the ‘Certificate Course on Research Methodology’ to be offered to the students

### **For the PG Section**

- i. In a discussion regarding changes to the PG structure, the BoS suggested that a course that focuses on one particular therapy of choice could be added, to enhance the learning experience of the students.

**PART B:** Important Points/ recommendations of BoS that require consideration / approval of Academic Council:

### **For the UG Section**

- i. The BoS passed the resolution to approve changes in the syllabus to the following courses at the undergraduate program with recommendations

| <b>Course Titles</b> | <b>Code</b> | <b>Nature of course</b> | <b>Recommendations (if any)</b>                      |
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| Psychopathology II   | PSY-III.C-6 | Core (theory)           |  |
| Psychopathology II   | PSY-III.C-6 | Core (practicum)        | To include taking case-history in the administration |

- ii. The BoS passed the resolution to approve the appointment of the following BoS members on the Academic Audit panel, as external members.
  - Dr. Mahesh Pai, Principal, Govt. College of Home Science, Miramar, Goa
  - Dr. Aldina Braganza, Associate Professor, Carmel College for Women, Nuvem, Goa
- iii. The BoS passed the resolution to approve the ‘Certificate Course on Research Methodology’ to be offered to the students

### **For the PG Section**

- i. In a discussion regarding changes to the PG structure, the BoS suggested that a course that focuses on one particular therapy of choice could be added, to enhance the learning experience of the students.

The foregoing minutes of the meeting were read out by the Member Secretary and they were unanimously approved by all the members present.

1. Dr. Sobita Kirtani - Chairperson
2. Mr. Aresh Naik – Member Secretary
3. Dr. Wilbur Gonsalves – Vice-Chancellor’s Nominee
4. Dr. Mahesh Pai – Academic Council Nominee
5. Dr. Aldina Braganza – Academic Council Nominee
6. Dr. Ravindra Agrawal – Industry Representative
7. Ms. Sherly Fernandes – Alumni
8. Dr. Golda Vas – Member
9. Ms. Aiswarya M. Babu – Member
10. Dr. Madhu S. K. Vanagondi – Member
11. Ms. Clizma Da Costa – Member
12. Ms. Nasreen Shaikh - Member

Signature of Member Secretary

(Mr. Aresh Naik)

Signature of the Chairperson

(Dr. Sobita Kirtani)

Date: 27<sup>th</sup> May, 2022

PART C: The remarks of the Dean of the Faculty:-

- a. The minutes are in order
- b. The minutes may be placed before the Academic Council with remark, if any.
- c. Important points of the minutes which need clear policy decision of the Academic council to be recorded.

Date:

Signature of the Dean: \_\_\_\_\_

PART D: The remarks of the Member Secretary of Academic Council:-

- a. The minutes are in order
- b. The minutes may be placed before the Academic Council with remark, if any.
- c. Important points of the minutes which need clear policy decision of the Academic council to be recorded.

Date:

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Dr. Ananya Das  
Signature of the Member Secretary,  
Academic Council

**Parvatibai Chowgule College of Arts and Science  
(Autonomous)**

DEPARTMENT OF PSYCHOLOGY

B.A. COURSE STRUCTURE (2021-22)

| SEM | CORE COMPULSORY  |                                       | CORE ELECTIVE                      |                                      |   |  | SKILL<br>ENHANCEMENT<br>COURSES              |
|-----|--|---------------------------------------|------------------------------------|--------------------------------------|---|--|--|
| I   | PSY- C-9<br>Basic Course in<br>Psychology I<br>(Practical<br>Component)  | PSY-C-10<br>Social<br>Psychology      |                                    |                                      |   |  |  |
|     |  |                                       |                                    |                                      |   |  |  |
| II  | PSY-C-11<br>Basic Course in<br>Psychology II<br>(Practical<br>Component) | PSY-II.C-3<br>Personality<br>Theories |                                    |                                      |   |  |  |
|     |  |                                       |                                    |                                      |   |  |  |
| III | PSY-V.C-7<br>Experimental<br>Psychology<br>(Practical<br>Component)      |                                       | PSY-III.E-2<br>Child<br>Psychology | PSY-III.E-4<br>Sports<br>Psychology  | PSY-III.E-3<br>Interpersonal<br>Relationships | PSY – III.E-17<br>Biological Basis of<br>Behaviour | PSY – SEC – 1<br>Self-Regulation             |
|     |  |                                       |                                    |                                      |   |  |  |
| IV  | PSY-VI.C-8<br>Psychological<br>Testing (Practical                        |                                       | PSY-IV.E-7<br>Psychology<br>of     | PSY-IV.E-6<br>Criminal<br>Psychology | PSY-IV.E-5<br>Psychology of<br>Adjustment     | PSY-V.E-9<br>Cognitive<br>Psychology               | PSY – SEC – 2<br>Basic Counselling<br>Skills |

|    |  |                            |   |  |   |                                      |  |
|----|--|----------------------------|---|--|---|--------------------------------------|--|
|    | Component)   |                            | Adolescence                                 |  |   |                                      |  |
|    |  |                            |   |  |   |                                      |  |
| V  | PSY-III.C-5<br>Psychopathology I<br>(Practical<br>Component) | PSY-V.CP<br>Project Paper  | PSY-V.E-12<br>Psychology<br>of<br>Adulthood | PSY-IV.E-8<br>Positive<br>Psychology       | PSY-V.E-11<br>Environmental<br>Psychology   | PSY-VI.E-15<br>Neuropsychology I     |  |
|    |  |                            |   |  |   |                                      |  |
| VI | PSY-IV.C-6<br>Psychopathology II<br>(Practical<br>Component) | PSY-VI.CP<br>Project Paper | PSY-VI.E-13<br>Gerontology                  | PSY-VI.E-14<br>Organizational<br>Behaviour | PSY-VI.E-16<br>Cross Cultural<br>Psychology | PSY-VI.E-18<br>Neuropsychology<br>II |  |
|    |  |                            |   |  |   |                                      |  |

**Course Title:** Psychopathology I

**Course Code:** PSY-III.C-5 (Experimental)

**Marks:** 75

**Credits:** 03

**Course Objectives:**

1. To impart knowledge and understanding of the basic concepts in Abnormal Psychology and the theories about Abnormality
2. To know the historical development of the study of abnormal behaviour, criteria and perspectives in abnormal behaviour and common classification systems,
3. To create awareness about Mental Health problems in society
4. To create a foundation for higher education, and for a career in Clinical Psychology.

**Course Outcomes:** At the completion of the course students will be able to:

- CO1: Describe various forms of assessment used to classify mental disorders/conditions
- CO2: Analyse abnormal behaviour from different theoretical perspectives
- CO3: Describe different therapeutic approaches to deal with abnormal behaviour
- CO4: Differentiate between symptoms of various mood disorders
- CO5: Differentiate between symptoms of various anxiety disorders
- CO6: Differentiate between symptoms of various eating disorders.

**Course Duration:** Each paper in Experimental subjects shall have forty five lectures of one hour duration i.e. three lectures per week over a period of fifteen weeks of a semester.

**Syllabus**

Each paper in Experimental subjects shall have forty five lectures of one hour duration i.e. three lectures per week over a period of fifteen weeks of a semester.

**UNIT I: Abnormal Psychology: An overview**

Number of Hours: 15

- A. What do we mean by Abnormality?
  - a) Indicators of Abnormality
  - b) The DSM V and ICD 11
- B. Classification of disorders
  - a) What are the advantages and disadvantages of classification?
  - b) How can we reduce prejudicial attitude (stigma) against the mentally ill?
- C. Clinical Assessment and Diagnosis
  - a) Assessment of the Physical organism: General Physical examination, Neurological examination, Neuropsychological examination
  - b) Psychosocial assessment: Assessment interview, Clinical observation, Psychological tests



## **UNIT II: Mood and Anxiety disorders**

Number of Hours: 12

- A. Depression
  - a. Major Depressive Disorder
- B. Bipolar Disorder
  - a. Bipolar I and Bipolar II Disorders
- C. Anxiety Disorders
  - a. Social Anxiety Disorder
  - b. Panic Disorder
  - c. Generalized Anxiety Disorder
  - d. Obsessive Compulsive Disorder
  - e. PTSD
- D. Eating Disorders
  - a. Anorexia Nervosa
  - b. Bulimia Nervosa
  - c. Binge-eating disorder

## **UNIT III. Theories and Treatment of Abnormality**

Number of Hours: 18

- A. Biological approaches
  - a. Causes: Brain dysfunction, Biochemical imbalances, The endocrine system, Genetic abnormalities
  - b. Treatment: Drug Therapies, Electroconvulsive Therapy and Brain Stimulation, Psychosurgery
  - c. Assessing Biological approaches
- B. Psychological approaches
  - a. Behavioral approaches and therapies
  - b. Cognitive approaches and therapies
  - c. Psychodynamic approaches and therapies
  - d. Humanistic approaches and therapies
  - e. Family systems approaches and therapy
  - f. Third-wave approaches and therapy
  - g. Assessing psychological approaches
- C. Socio-cultural approaches
  - a. Cross-cultural issues in treatment
  - b. Culturally specific therapies
  - c. Assessing socio-cultural approaches

## **References:**

1. Hooley, J. M., Butcher, J. N., Nock, M. K., & Mineka, S. (2017). *Abnormal Psychology* (17th Edition). Pearson Education Limited.
2. Nolen-Hoeksema, S. (2020). *Abnormal Psychology* (8th Edition). McGraw-Hill Education.

3. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: Author.
4. World Health Organization. (2019). *International statistical classification of diseases and related health problems* (11th ed.). <https://icd.who.int/>

### **Suggested Reading:**

1. Comer, R.J. (2005). *Fundamentals of Abnormal psychology*. (4<sup>th</sup> edi). Worth publishers. 41 Madison Avenue.
2. Davison, G.C. & Neale, J.M. (1998). *Abnormal Psychology*. (7<sup>th</sup> edi). John Wiley & sons, Inc. New York/Chichester/Weinheim/Brisbane/Singapore/Toronto.
3. Koeksema-susan Nolen. (2007). *Abnormal Psychology*. (3<sup>rd</sup> Edi) the McGraw-Hill companies, New York.

### **Web Resources:**

1. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC. Retrieved from <https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3A907fa51f-b6cb-494c-95b1-5cacf626fc55>
2. Publications and Databases of the American Psychological Association (<https://www.apa.org/pubs/>)
3. Mental health resources of the World Health Organization ([https://www.who.int/health-topics/mental-health#tab=tab\\_1](https://www.who.int/health-topics/mental-health#tab=tab_1))

**Course Title:** Psychopathology I

**Course Code:** PSY-III.C-5 (Practical Component)

**Marks:** 25

**Credits:** 1

**No. of Practicals:** 06

**Duration:** 15 Session of 2 hrs

**Practical Session:** one session per week

**Course Objective:**

1. To introduce students to different psychological screening tools
2. To enhance students ability to identify a disorder based on the symptoms

**Course Outcomes:** At the end of this course, students will be able to

CO1: Carry out a survey on mental health and compile a report

CO2: Analyse the symptoms of a case to diagnose it and suggest appropriate therapy

CO3: Administer screening tools and interpret the findings

**Syllabus:**

A. Survey (Mental Health)

B. Case Study Analysis (Mental Disorder)

C. Experiments

- a. General health questionnaire (depression/anxiety)
- b. Beck's depression inventory
- c. Leobowitz Social Anxiety scale
- d. OCD scale (YBOCS)
- e. Perceived Stress scale (Sheldon Cohen)
- f. Yale Food Addiction Scale by Gearhardt, Corbin, Brownell, 2009

## References:

1. Carson, Robert C., Butcher, James, N, Mineka, Susan and Hooley, Jill, M, (2008). Abnormal Psychology, Pearson Education Inc and Dorling Kindersley Publishing Inc., New Delhi, 13th Edition.
2. Salvatore V. Didato. (2003). The Big Book of Personality Tests: 90 Easy-To-Score Quizzes That Reveal the Real You. Black Dog & Leventhal.
3. Sarason, I. G., & Sarason, B.R. (2013). Abnormal Psychology: The Problem of Maladaptive Behavior. (11<sup>th</sup> Ed.). New Delhi: Indian Reprint by Pearson Education Hall, Taj Press.
4. Smith, E.S., Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R. (2006). Atkinson & Hilgards's Introduction to Psychology (14th Ed.- 4th Reprint). Bangalore: Thomson Business Information India Pvt. Ltd.
5. Thomas F. Oltmanns, Michele T. Martin, John M. Neale, Gerald C. Davison. (2012). Case Studies in Abnormal Psychology. 7th Edition. Wiley.

**Course Title:** Psychopathology II  
**Course Code:** PSY-IV.C-6 (Experimental)  
**Marks:** 75  
**Credit:** 03

**Course Objective:**

1. To create awareness about mental health problems
2. To provide students with a foundation for both future clinical work and future empirical studies focused on the development of psychopathology across the lifespan.

**Course Outcomes:** At the completion of the course students will be able to:

- CO1: Describe the symptoms of schizophrenia
- CO2: Describe the symptoms of dissociative disorders
- CO3: Differentiate between various types of somatic symptom based disorders
- CO4: Differentiate between various types of personality disorders
- CO5: Contrast between addictive, substance-related and non-substance related disorders

**Course Duration:** Each paper in Experimental subjects shall have forty five lectures of one hour duration i.e. three lectures per week over a period of fifteen weeks of a semester.

**Syllabus:**

**UNIT I: Addictive, Substance-related and Non-substance related Disorders**

Number of Hours: 12

- A. Substance –Use Disorder
  - a. Features, Severity and Specifiers
  - b. Substance intoxication and withdrawal
  - c. Substance/Medication-Induced Mental Disorders
- B. Alcohol-Related Disorders
  - a. Alcohol Use Disorder
  - b. Alcohol Intoxication
  - c. Alcohol Withdrawal
- C. Other Drugs and related effects
- D. Non-substance related Disorders
  - a. Internet Gaming disorder
  - b. Gambling disorder

**UNIT II: Personality Disorders**

Number of Hours: 18

- A. Classification of Personality Disorders
- B. Cluster A Personality Disorders
  - a. Paranoid Personality Disorder
  - b. Schizoid Personality Disorder
  - c. Schizotypal Personality Disorder
- C. Cluster B Personality Disorders
  - a. Antisocial Personality Disorder
  - b. Borderline Personality Disorder

- c. Histrionic Personality Disorder
  - d. Narcissistic Personality Disorder
- D. Cluster C Personality Disorders
- a. Avoidant Personality Disorder
  - b. Dependent Personality Disorder
  - c. Obsessive-Compulsive Personality Disorder

### **UNIT III: Schizophrenia, Dissociative and Somatic Disorders**

Number of Hours: 15

- A. Schizophrenia
  - a. Positive and Negative symptoms
  - b. The Development of Schizophrenia
  - c. The Schizophrenia spectrum in DSM V
- B. Dissociative Disorders
  - a) Dissociative Identity Disorder
  - b) Other Specified Dissociative Disorder
    - a. Dissociative Trance
- C. Somatic Symptom and Related Disorders
  - a) Somatic Symptom Disorder
  - b) Illness Anxiety Disorder
  - c) Conversion Disorder

**\*Probable CA idea:** Research facts about serious mental illness from 2010

### **References: Mandatory:**

1. Hooley, J. M., Butcher, J. N., Nock, M. K., & Mineka, S. (2017). *Abnormal Psychology* (17th Edition). Pearson Education Limited.
2. Nolen-Hoeksema, S. (2020). *Abnormal Psychology* (8th Edition). McGraw-Hill Education.
3. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: Author.
4. World Health Organization. (2019). *International statistical classification of diseases and related health problems* (11th ed.). <https://icd.who.int/>

### **Supplementary:**

1. Carson, Robert C., Butcher, James, N., Mineka, Susan and Hooley, Jill, M, (2008). *Abnormal Psychology*, Pearson Education Inc and Dorling Kindersley Publishing Inc., New Delhi, 13th Edition.
2. Davison, G.C. & Neale, J.M. (1998). *Abnormal Psychology*. (7<sup>th</sup> edi). John Wiley & sons, Inc. New York/Chichester/Weinheim/Brisbane/Singapore/Toronto.
3. Koeksema-susan Nolen. (2007). *Abnormal Psychology*. (3rdEdi) the McGraw-Hill companies, New York.
4. Comer, R.J. (2005). *Fundamentals of Abnormal psychology*. (4<sup>th</sup> edi). Worth publishers. 41 Madison Avenue.

**Note:** Additional articles and web resources will be provided to students as required.

**Web Resources:**

1. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC. Retrieved from <https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3A907fa51f-b6cb-494c-95b1-5cacf626fc55>
2. Publications and Databases of the American Psychological Association (<https://www.apa.org/pubs/>)
3. Mental health resources of the World Health Organization ([https://www.who.int/health-topics/mental-health#tab=tab\\_1](https://www.who.int/health-topics/mental-health#tab=tab_1))

**Paper Title:** Psychopathology II

**Paper Code:** PSY-IV.C-6 (Practical Component)

**Marks:** 25

**Credits:** 1

**No. of Practical:** 08

**Duration:** 15 Session of 2 hrs

**Practical Session:** one session per week

**Course Objective:**

1. To introduce students to different psychological screening tools
2. To enhance students ability to identify a disorder based on the symptoms

**Course Outcomes:** At the end of this course, students will be able to

1. Analyse the symptoms of a case to diagnose it and suggest appropriate therapy
2. Administer screening tools and interpret the findings

**Syllabus:**

A. Case Study Analysis (Mental Disorder).

B. Experiments

- a. Internet Addiction scale (Internet Addiction Test)
- b. Alcohol Use Disorders Identification Test (AUDIT) by John Saunders et al.
- c. Drug Assessment Scale (DAS10)
- d. Severity of Dependence Scale (SDS) By Gossop, M., Darke et al.
- e. Gambling Scale (Gambling symptoms assessment scale)
- f. Personality Disorder scale (any two, suggestions follow)
  - i. Dependence personality disorder
  - ii. Antisocial personality disorder
  - iii. Narcissistic Personality disorder scale (Jonathan Cheek)

**References:**

1. Thomas F. Oltmanns, Michele T. Martin, John M. Neale, Gerald C. Davison. (2012). *Case Studies in Abnormal Psychology*. 7th Edition. Wiley.
2. Salvatore V. DiMatteo. (2003). *The Big Book of Personality Tests: 90 Easy-To-Score Quizzes That Reveal the Real You*. Black Dog & Leventhal.
3. Smith, E.S., Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R. (2006). *Atkinson & Hilgards's Introduction to Psychology* (14th Ed.- 4th Reprint). Bangalore: Thomson Business Information India Pvt. Ltd.
4. Carson, Robert C., Butcher, James, N, Mineka, Susan and Hooley, Jill, M, (2008). *Abnormal Psychology*, Pearson Education Inc and Dorling Kindersley Publishing Inc., New Delhi, 13th Edition.
5. Sarason, I. G., & Sarason, B.R. (2013). *Abnormal Psychology: The Problem Of Maladaptive Behavior*. (11<sup>th</sup>Ed.). New Delhi: Indian Reprint by Pearson Education Hall, Taj Press.



## ANNEXURE A

### **Board of Studies Meeting – Department of Psychology**

**Held on 23<sup>rd</sup> May, 2022**

#### **(Summary of changes incorporated in the syllabus)**

- Changes for the UG program**

| <b>Sem</b> | <b>Course Title</b>                        | <b>Changes Proposed</b>                           | <b>Specify the reason for the change</b>  |
|------------|--|---|---|
| VI         | Psychopathology II (theory)                | Interchanging units I and III within the syllabus | Unit III contains topics that are addressed in the practical and as such it suits learning better if these are tackled in the classroom first in detail before addressing them in the practicum slots.  |
| V          | Psychopathology I (practicum)              | Increase the practical sessions to 08 from 06     | Since these are the last two semesters of the program, the students are already well versed with practicum procedures and manage to complete their reports with minimal supervision/feedback. Thus the time saved could be used to expose them to more sessions to enhance their skills of administering different tests and screening tools.   |
| VI         | Psychopathology II (practicum)             |   |   |
| IV/V       | Certificate course in Research Methodology | Introducing this as an offering to all students   | <p>This course was already being conducted for the last 2 years as a Bridge Course by the department (just before Semester V classes began) for students who intended to do their TY projects in Psychology. This course seeks to introduce principles, practices and tools of research and data collection so that the students are clear about their tasks ahead. This has been observed to have benefits for students and the project guides.</p> <p>We now plan on offering this as a certificate course to all students.</p> |

- No changes done for the PG program**