

**PSYCHOLOGY 822: Scientific Foundations of Clinical Psychology I  
FALL 2012**

**Instructor:** Todd B. Kashdan, Ph.D.  
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**Day:** Monday  
**Time:** 9:00am - 11:40am  
**Place:** 10340 Democracy Lane 203N

### **Goals of the course**

This class will familiarize you with current concepts and research on adult psychopathology. Typically, we will cover diagnosis and classification, epidemiology, course, and the genetic, neurobiological, and psychosocial factors implicated in the etiology, pathogenesis, and maintenance of the disorder. Sociodemographic and cultural factors are important contextual considerations in psychopathology that are discussed throughout the course. Our discussion of treatment will be minimal.

### **Readings**

The required readings, listed below, consist of several papers per week. The readings provide greater depth on selected topics of particular importance, and to illustrate several approaches in current psychopathology research. Please read each assigned article. Focus on the main questions, findings, and implications, and don't worry if you can't grasp the technical details. It's a good idea to get as much of the assigned reading done as possible before each class meeting for three reasons: (1) you will get more out of lectures, (2) you will be a better participant in discussions, and (3) you will not be in a frenzy trying to read everything at the last minute at the end of the semester for a possible final exam.

Journal articles will be available from electronic resources or for photocopy. You will be given instructions on how to access electronic resources. For each disorder, I would like you to read relevant sections from the *Diagnostic and Statistical Manual of Mental Disorders*, fourth edition-text revision (DSM-IV-TR). It will not be listed below, but this should be done for each of the anxiety, mood, substance, and sexual disorders discussed in class. You are required to purchase it. Here is the reference:

American Psychiatric Association (2000). *Diagnostic and Statistical Manual of Mental Disorders (Fourth Edition--Text Revision)*. Washington, DC: American Psychiatric Association.

If you are interested in keeping abreast of current developments in psychopathology, the following journals are generally recognized as leaders in the field: *Journal of Abnormal Psychology*, *Journal of Consulting and Clinical Psychology*, *Behaviour Research and Therapy*, and *Clinical Psychology Review*. There are also specialty journals (e.g., *Journal of Anxiety Disorders*, *Journal of Affective Disorders*).

Optional readings will not be on the final exam. However, these readings may be discussed in class, as they shed light on innovative theories and findings for specific domains related to psychopathology.

### **Grades**

**PARTICIPATION.** Class participation—20% of grade. You are expected to come to class having read the assigned material and prepared to make comments, raise questions, and offer opinions on the comments and questions of others. Quantity is less important than quality.

1. Each week you will create 1 thought-provoking discussion question based on the readings in preparation for meeting. Discussion questions can integrate across various readings for each week (or even across weeks). Email them before class.
2. I reserve the right to employ unannounced evaluations or brief position papers in which you summarize and react to the readings for a particular topic.

**THOUGHT PAPERS.** Thought papers account for 30% of your course grade. You will write a 1-2 page "thought paper" based on the readings for that week. Thought papers can involve an interesting question

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or issue, proposing a study, or making an observation based on the readings. Summaries of readings are unacceptable. Papers **are due by 3pm on Saturday** by email. Late papers will not be accepted. Errors in grammar and spelling will be penalized. **You have to write 6 papers** for the semester.

**TERM PAPER.** 40% of grade. The paper should be an integrative review of the literature on a specialized topic, follows APA publication guidelines, and be approximately 30 (typed, double-spaced) pages (of text). Must be submitted before May 10<sup>th</sup>. You must obtain topic approval by the end of February (write 1-2 paragraphs about the topic and submit it). You will have to read, synthesize, and critically examine references beyond those required in this course. For examples of review articles, read *Clinical Psychology: Science and Practice* and *Clinical Psychology Review*. Here are 2 important articles:

Bem, D. J. (1995). Writing a review article for Psychological Bulletin. *Psychological Bulletin*, 118, 172-177. (available at: [http://comp9.psych.cornell.edu/dbem/psych\\_bull.html](http://comp9.psych.cornell.edu/dbem/psych_bull.html))  
Leary, M.R., & Baumeister, R.F. (1997). Writing narrative literature reviews. *Review of General Psychology*, 1, 311-320.

As an alternative to a literature review, you can work with your research advisor to write-up a NIH F-31 predoctoral fellowship application. More information can be obtained from me, prior students who submitted, and the NIH website- <http://grants.nih.gov/training/nrsa.htm>

**PRESENTATION.** 10% of your grade. Each student will give a 20-minute presentation to the class on any specialized topic related to this course. It makes most sense to focus on term paper topics. During finals week, 3-4 classes are devoted to presentations.

#### **Additional Course Policies**

##### **Students with Special Concerns**

If you are a student with a disability and need academic accommodations please see me and contact the Disability Resource Center (DRC) at 703-993-2474. All academic accommodations must be arranged through that office.

##### **Statement of Academic Integrity**

The instructor for this course reserves the right to enter a failing grade to any student found guilty of an honor code violation

#### **Tentative Schedule of Class Topics and Readings**

##### **1 (January 23): Administrative Information and Classification, Disorder, and Using and Critiquing DSM-IV**

Wakefield, J. C. (1992). The concept of mental disorder: On the boundary between biological facts and social values. *American Psychologist*, 47, 373-388.

Lilienfeld, S.O., & Marino, L. (1995). Mental disorder as a Roschian concept: A critique of Wakefield's "harmful dysfunction" analysis. *Journal of Abnormal Psychology*, 104, 411-420.

Widiger, T. A. & Clark, L.A. (2000). Toward DSM-V and the classification of psychopathology. *Psychological Bulletin*, 126, 946-963.

##### **Optional Readings:**

Maddux, J. (2002). Stopping the "madness": Positive psychology and the deconstruction of the illness ideology and the DSM. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology* (pp. 13-25). New York: Oxford University Press.

##### **2 (February 6): Cultural and Sociodemographic Considerations**

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*DSM-IV-TR*, pp. 27 – 37.

Chentsova-Dutton, Y.E., Tsai, J.L. (2010). Self-focused attention and emotional reactivity: The role of culture. *Journal of Personality and Social Psychology*, 98, 507-519.

Heine, S. J., & Buchtel, E. E. (2009). Personality: The universal and culturally specific. *Annual Review of Psychology*, 60, 369-394.

Lopez, S.R., & Guarnaccia, P.J. (2000). Cultural psychopathology: Uncovering the social world of mental illness. *Annual Review of Psychology*, 51, 571-598.

Ryder, A. G., Yang, J., Zhu, X., Yao, S., Yi, J., Heine, S. J., & Bagby, R. M. (2008). The cultural shaping of depression: Somatic symptoms in China, psychological symptoms in North America? *Journal of Abnormal Psychology*, 117, 300-313.

Wadsworth, M.E., & Achenbach, T.M. (2005). Explaining the link between low socioeconomic status and psychopathology: Testing two mechanisms of the social causation hypothesis. *Journal of Consulting and Clinical Psychology*, 73, 1146-1153.

### **Anxiety Disorders: General Information, Panic Disorder, and Specific Phobias**

Barlow, D. H. (2000). Unraveling the mysteries of anxiety and its disorders from the perspective of emotion theory. *American Psychologist*, 55, 1247-1263.

Merckelbach, H., de Jong, P.J., Muris, P., & van den Hout, M.A. (1996). The etiology of specific phobias: A review. *Clinical Psychology Review*, 16, 337-361.

Schmidt, N.B., Lerew, D.R., & Jackson, R.J. (1997). The role of anxiety sensitivity in the pathogenesis of panic: Prospective evaluation of spontaneous panic attacks during acute stress. *Journal of Abnormal Psychology*, 106, 355-364.

### **Optional Readings**

Riskind, J. H., Williams, N. L., Gessner, T., Chrosniak, L., & Cortina, J. (2000). The looming maladaptive style: Anxiety, danger, and schematic processing. *Journal of Personality and Social Psychology*, 79, 837 - 852.

### **3 (February 13): Generalized Anxiety Disorder and Social Anxiety Disorder**

Behar, E., Dobrow, I., Hekler, E., Mohlman, J., & Staples, A. (2009). Current theoretical models of generalized anxiety disorder (GAD): Conceptual review and treatment implications. *Journal of Anxiety Disorders*, 23, 1011-1023.

Roemer, L. & Orsillo, S. M. (2002). Expanding our conceptualization of and treatment for generalized anxiety disorder: Integrating mindfulness/acceptance-based approaches with existing cognitive-behavioral models. *Clinical Psychology: Science and Practice*, 9, 54-68.

Alden, L.E., & Taylor, C.T. (2004). Interpersonal processes in social phobia. *Clinical Psychology Review*, 24, 857-882.

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Christensen, P.N., Stein, M.B., & Means-Christensen, A. (2003). Social anxiety and interpersonal perception: A social relations model analysis. *Behaviour Research and Therapy, 41*, 1355-1371.

Kashdan, T.B., Weeks, J.W., & Savostyanova, A.A. (2011). Whether, how, and when social anxiety shapes positive experiences and events: A self-regulatory framework and treatment implications. *Clinical Psychology Review, 31*, 786-799.

Rapee, R.M., & Heimberg, R.G. (1997). A cognitive-behavioral model of anxiety in social phobia. *Behaviour Research and Therapy, 35*, 741-756.

Stein, M.B., Goldin, P.R., Sareen, J., Zorrilla, L.T.E., Brown, G.G. (2002). Increased amygdala activation to angry and contemptuous faces in generalized social phobia. *American Journal of Psychiatry, 59*, 1027-1034.

#### **4 (February 20): Post-Traumatic Stress Disorder and Obsessive-Compulsive Disorder**

**\*\*\*\*\* Paper Topics Must Be Decided and Approved!\*\*\*\*\***

Bonanno, G. A. (2004). Loss, trauma, and human resilience: Have we underestimated the human capacity to thrive after extremely aversive events? *American Psychologist, 59*, 20-28.

Ehlers, A., & Clark, D.M. (2000). A cognitive model of posttraumatic stress disorder. *Behaviour Research and Therapy, 38*, 319-345.

McNally, R.J. (2003). Progress and controversy in the study of posttraumatic stress disorder. *Annual Review of Psychology, 54*, 229-252.

Coles, M.E., Heimberg, R.G., Frost, R.O., & Steketee, G. (2005). Not just right experiences and obsessive-compulsive features: Experimental and self-monitoring perspectives. *Behaviour Research and Therapy, 43*, 153-167.

Cuttler, C., & Graf, P. (2009). Checking-in on the memory deficit and meta-memory deficit theories of compulsive checking. *Clinical Psychology Review, 29*, 393-409.

#### **5 (February 27): Mood Disorders I**

Allen, N.B., & Badcock, P.B.T. (2003). The social risk hypothesis of depressed mood: Evolutionary, psychosocial, and neurobiological perspectives. *Psychological Bulletin, 129*, 887-913.

Barnett, P.A., & Gotlib I.H. (1988). Psychosocial functioning and depression: distinguishing among antecedents, concomitants and consequences. *Psychological Bulletin, 104*, 97-126.

Bylsma, L. M., Morris, B. H., Rottenberg, J. (2008). A meta-analysis of emotional reactivity in major depressive disorder. *Clinical Psychology Review, 28*, 676-91.

Rottenberg, J., Gross, J.J., & Gotlib, I. H. (2005). Emotion context insensitivity in major depressive disorder. *Journal of Abnormal Psychology, 114*, 627-639.

#### **Optional Readings:**

Beevers, C. G. (2005). Cognitive vulnerability to depression: A dual process model. *Clinical Psychology Review, 25*, 975-1002.

## **6 (March 5): Mood Disorders II**

Addis, M.E. (2008). Gender and depression in men. *Clinical Psychology: Science and Practice*, 15, 153-168. (and read commentaries)

Joiner, Jr., T. E. (2000). Depression's vicious scree: Self-propagatory and erosive factors in depression chronicity. *Clinical Psychology: Science & Practice*, 7, 203-218.

Monroe, S.M., & Harkness, K.L. (2005). Life stress, the "kindling" hypothesis, and the recurrence of depression: Considerations from a life stress perspective. *Psychological Review*, 112, 417-445.

## **(March 12 to March 18): NO CLASS, ENJOY SPRING BREAK**

## **7 (March 19): Bipolar Disorder**

Alloy, L.B., Abramson, L.Y., Urosevic, S., Bender, R.E., & Wagner, C.A. (2009). Longitudinal predictors of bipolar spectrum disorders: A Behavioral Approach System (BAS) perspective. *Clinical Psychology: Science and Practice*, 16, 206-226.

Johnson, S. L. (2005). Mania and dysregulation in goal pursuit. *Clinical Psychology Review*, 25, 241-262.

Miklowitz, D. J., & Johnson, S. L. (2006). The psychopathology and treatment of bipolar disorder. *Annual Review of Clinical Psychology*, 2, 199-235.

Gruber, J. (2011). When feeling good can be bad: Positive emotion persistence (PEP) in bipolar disorder. *Current Directions in Psychological Science*, 20, 217-221.

## **8 (March 26): Guest Speaker: Eating Disorders [Professor? Clinician from Community]**

Fairburn, C.G., Shafran, R., & Cooper, Z. (1999). A cognitive behavioural theory of anorexia nervosa. *Behaviour Research and Therapy*, 37, 1-13.

Keel, P. K., & Klump, K.L. (2003). Are eating disorders culture-bound syndromes?: Implications for conceptualizing their etiology. *Psychological Bulletin*, 129, 747-769.

Lilenfeld, L. R. R., Wonderlich, S., Riso, L. P., Crosby, R., & Mitchell, J. (2006). Eating disorders and personality: A methodological and empirical review. *Clinical Psychology Review*, 26, 299-320.

Polivy, J., & Herman, C.P. (2002). Causes of eating disorders. *Annual Review of Psychology*, 53, 187-213.

Ruth H. Striegel-Moore, R. H., et al, (2003). Eating disorders in white and black women. *American Journal of Psychiatry*, 160, 1326-1331.

## **9 (April 2): Substance Use Disorders**

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Baker, T. B., Piper, M. E., McCarthy, D. E., Majeskie, M. R., & Fiore, M. C. (2004). Addiction motivation reformulated: An affective processing model of negative reinforcement. *Psychological Review*, 111, 33-51.

Brown, R. A., Lejuez, C. W., Kahler, C. W., Strong, D. R., & Zvolensky, M. J. (2005). Early lapse following smoking cessation: Relationship to negative affect and distress tolerance. *Clinical Psychology Review*, 25, 713-733.

Martin, C.S., Chung, T., & Langenbucher, J. W. (2009). How should we revise diagnostic criteria for substance use disorders in the DSM-V? *Journal of Abnormal Psychology*, 117, 561-575.

Muraven, M., Collins, R.L., & Nienhaus, K. (2002). Self-control and alcohol restraint: An initial application of the self-control strength model. *Psychology of Addictive Behaviors*, 16, 113-120.

Sher, K.J., Grekin, E.R., & Williams, N.A. (2005). The development of alcohol use disorders. *Annual Review of Clinical Psychology*, 1, 493-523.

#### **10 (April 9): Personality Disorders**

Clark, L.A. (2005). Temperament as a unifying basis for personality and psychopathology. *Journal of Abnormal Psychology*, 114, 505-521.

Tackett, J.L., Balsis, S.M., Oltmanns, T.F., & Krueger, R.F. (2009). A unifying perspective of personality pathology across the lifespan: Developmental considerations for DSM-V. *Development and Psychopathology*, 21, 687-713.

Trull, T. J., & Durrett, C. A. (2005). Categorical and dimensional models of personality disorder. *Annual Review of Clinical Psychology*, 1, 355-380.

Westen, D. & Shedler, J. (1999). Revising and assessing Axis II, Part II: Towards an empirically based and clinically useful classification of personality disorders. *American Journal of Psychiatry*, 156, 273-285.

Widiger, T. A. (2011a). A shaky future for personality disorders. *Personality Disorders: Theory, Research, and Treatment*, 2, 54-67.

Widiger, T. A. (2011b). The DSM-5 dimensional model of personality disorder: Rationale and empirical support. *Journal of Personality Disorders*, 25, 222-234.

#### **11 (April 16): Externalizing Disorders- Adult**

Kooij SJ, Bejerot S, Blackwell A et al (2010). European consensus statement on diagnosis and treatment of adult ADHD: the European Network Adult ADHD. *BMC Psychiatry*, 10, 67.

Krueger, R.F., Markon, K.E., Patrick, C.J., & Iacono, W.G. (2005). Externalizing psychopathology in adulthood: A dimensional-spectrum conceptualization and its implications for DSM-V. *Journal of Abnormal Psychology*, 114, 537-550.

Lynam, D.R., Caspi, A., Moffitt, T.E., Wikstrom, P.O.H., Loeber, R., & Novak, S. (2000). The interaction between impulsivity and neighborhood context on offending: The effects of

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impulsivity are stronger in poorer neighborhoods. *Journal of Abnormal Psychology*, 109, 563-574.

Newman, J.P., MacCoon, D.G., Vaughn, L.J., & Sadeh, N. (2005). Validating a distinction between primary and secondary psychopathy with measures of Gray's BIS and BAS constructs. *Journal of Abnormal Psychology*, 114, 319-323.

White, H.R., Bates, M.E., & Buyske, S. (2001). Adolescence-limited versus persistent delinquency: Extending Moffitt's hypothesis into adulthood. *Journal of Abnormal Psychology*, 110, 600-609.

## **12 (April 23): Schizophrenia**

Gaudiano, B.A. (2005). Cognitive behavior therapies for psychotic disorders: Current empirical status and future directions. *Clinical Psychology: Science and Practice*, 12, 33-50.

Heerey, E.A., Matveeva, T.M., & Gold, J.M. (2011). Imagining the future: degraded representations of future rewards and events in Schizophrenia. *Journal of Abnormal Psychology*, 120, 483-489.

Heinrichs, R. W. (2005). The primacy of cognition in schizophrenia. *American Psychologist*, 60, 229-242.

Raine, A. (2006). Schizotypal personality: Neurodevelopmental and psychosocial trajectories. *Annual Review of Clinical Psychology*, 2, 291-326.

Siever, L. J., & Davis, K. L. (2004). The pathophysiology of schizophrenia disorders: Perspectives from the spectrum. *American Journal of Psychiatry*, 161, 398-413.

## **13 (April 30): Somatoform Disorders**

Barsky, A.J., Bailey, E.D., Farna, J.M., & Ahern, D.K. (2000). Predictors of remission in DSM hypochondriasis. *Comprehensive Psychiatry*, 41, 179-183.

Brown, R.J., Schrag, A., & Trimble, M.R. (2005). Dissociation, childhood interpersonal trauma, and family functioning in patients with somatization disorder. *American Journal of Psychiatry*, 162, 899-905.

Buhlmann, U., McNally, R.J., Etcoff, N.L., Tuschen-Caffier, B., & Wilhelm, S. (2004). Emotion recognition deficits in body dysmorphic disorder. *Journal of Psychiatric Research*, 38, 201-206.

Looper, K.J., & Kirmayer, L.J. (2002). Behavioral medicine approaches to somatoform disorders. *Journal of Consulting and Clinical Psychology*, 70, 810-827.

## **Dissociative Disorders**

Allen, J.J.B., & Iacono, W.G. (2001). Assessing the validity of amnesia in dissociative identity disorders: A dilemma for the DSM and the courts. *Psychology, Public Policy, and Law*, 7, 311-344.

Bremner, J.D., Krystal, J.H., Charney, D.S., & Southwick, S.M. (1996). Neural mechanisms

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in dissociative amnesia for childhood abuse: Relevance to the current controversy surrounding the "false memory syndrome." *American Journal of Psychiatry*, 153, 71-82.

Gleaves, D.H. (1996). The sociocognitive model of dissociative identity disorder: A reexamination of the evidence. *Psychological Bulletin*, 120, 42-59.

Lilienfeld, S.O., Lynn, S.J., Kirsch, I., Chaves, J.F., Sarbin, T.R., Ganaway, G.K., & Powell, R.A. (1999). Dissociative identity disorder and the sociocognitive model: Recalling the lessons of the past. *Psychological Bulletin*, 125, 507-523.

Merckelbach, H., Deville, G.J., & Rassin, E. (2002). Alters in dissociative identity disorder: Metaphors or genuine entities? *Clinical Psychology Review*, 22, 481-497.

#### **14 (May 7): Sexual Issues and Disorders**

Balon, R. (2008). The DSM criteria of sexual dysfunction: Need for a change. *Journal of Sex and Marital Therapy*, 34, 186-197.

Basson, R. et al. (2000). Report of the international consensus development conference on female sexual dysfunction: Definitions and classifications. *Journal of Urology*, 163, 888-893.

Baumeister, R.F. (2000). Gender differences in erotic plasticity: The female sex drive as socially flexible and responsive. *Psychological Bulletin*, 126, 347-375.

Brotto, L.A., Bitzer, J., Laan, E., Leiblum, S., & Luria, M. (2010). Women's sexual desire and arousal disorders. *Journal of Sexual Medicine*, 7, 586-614.

Laurent, S.M., & Simons, A.D. (2009). Sexual dysfunction in depression and anxiety: Conceptualizing sexual dysfunction as part of an internalizing dimension. *Clinical Psychology Review*, 29, 573-585.

**15 (TBA): Presentations**

**16 (TBA): Presentations**

**17 (TBA): Presentations**

\*\*\*\*\* Paper is Due on May 10<sup>th</sup> (hand it in early!)\*\*\*\*\*