

PSYC 503.27

The Psychology of Addictions

Winter 2015

<b>Instructor:</b>	Dr. Daniel McGrath	<b>Lecture Location:</b>	SA 243
<b>Phone:</b>	403-220-7268	<b>Lecture Days/Time:</b>	TR 12:30 – 1:45
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<b>Office:</b>	A216		
<b>Office Hours:</b>	TR 2:00 – 3:00		

### Course Description and Goals

This course has been designed primarily as a seminar and discussion course but will also include some lecture material. This course will provide students with a comprehensive overview of the psychology of addiction and addictions-related issues. Potential topics include: defining addiction, theories on the nature of addictions, impact of addictions on individuals and society, epidemiology, co-morbidity, underlying mechanisms, treatment options, prevention, and a detailed focus/emphasize on common individual substance use and behavioural disorders (e.g., alcohol, smoking, pathological gambling).

### Prerequisites

PSYC 200 & 201–Principles of Psychology I & II

PSYC 312 – Experimental Design and Quantitative Methods for Psychology

Consent of the Department

### Required Text

There is no required text for this course; however, students may choose to purchase an optional text for more background information on substance use and addiction. The text can be purchased from the university bookstore or online. A recommended text is:

*McKim W. & Hancock, S. (2013). Drugs and Behavior: An Introduction to Behavioral Pharmacology (seventh edition). Pearson Canada; Toronto, ON. ISBN-10: 0205242650*

### Required Readings

Each week, students will be responsible for reading a series of addictions-focused journal articles which serve as the basis for in-class discussion. There are no assigned readings for the first scheduled class. All required readings will be provided on the D2L class page at least one week in advance. It is essential that all articles are read to ensure stimulating and engaged in-class discussions.

### Evaluation

(1) Summary/Thought Papers	10%
(2) Article Presentation	20%
(3) Major Presentation	25%
(4) Research Proposal ( <b>due April 9, 2015</b> )	25%
(5) Participation	20%

### **(1) Summary/Thought Papers (10%)**

Each student is required to submit one (1) summary/thought paper per week. **(Note. You do not have to submit a thought paper for the class where you are presenting).** The thought papers are worth 2% each for a total of 10% of the final grade. You are free to choose which article you wish to write about from the list assigned (but you are still required to READ ALL of the assigned articles). Papers are due at the beginning of the class for which the readings were assigned. Further details on grading criteria will be provided on the course D2L site. Thought papers are your opportunity to thoroughly provide any thoughts/feelings/insight that occurred while you were reading the articles. This type of work is an important exercise in promoting critical thinking in psychology. Please attend to the following details:

- Each summary/thought paper should be a MAXIMUM of 1 page single-spaced
- Put your ID# and name at the top of the page
- First, provide a succinct summary of the research article (one paragraph). Describe what the topic was; what the research question(s) of interest was; how this question(s) was answered (what population?, what methodology used?); what did the researchers find? etc.
- Second, provide your thoughts/reactions on the article (two to three paragraphs).

### **(2) Article Presentation (20%)**

Each student is required to present and discuss one (1) journal article in class. Articles will be chosen by the student from the reading list provided by Dr. McGrath. Students will be randomly assigned to their 'presentation day' and will then choose one article to present from the list provided for that specific class. The article must be chosen at least one week in advance of the presentation, and students must advise Dr. McGrath of the article they have chosen. The choice of articles is first-come-first-serve, and the same article cannot be presented by more than one student. More information on the structure and expectations of the presentation will be provided in class.

### **(3) Major Presentation (25%)**

Students will also be responsible for a major presentation. Students will be required to present as a pair (two students working together on one topic). The topic of the presentation will be chosen by students in advance on a first come first serve basis. A list of topics will be provided in class and your presentation will focus on fully covering one specific addictive disorder and the most recent empirically-based research concerning prevention and treatment. More information on the structure and expectations of the presentation will be provided in class.

### **(4) Research Proposal (25%)**

The major written assignment for the class is an APA style research proposal focusing on any one aspect of addictions. The goal of this assignment is to give students an opportunity to explore a research area of interest within addictions psychology in more depth. When writing the proposal, students should adhere to APA guidelines (6th edition). Each proposal is to be written individually and must be an original research idea. More information on the structure and expectations of the proposal will be provided in class. The research proposal is due April 9, 2015.

### **(5) Participation (20%)**

All students are expected to attend classes (including those in which you are not presenting) and to actively encourage and participate in discussion. Write down discussion questions prior to class and bring them with you. Students must also be prepared to answer questions posed by your instructor and fellow classmates following class presentations. It is required that everyone act professionally and be

respectful of the thoughts/expressions of others in class. More detail on how participation will be graded will be provided in class.

### **Department of Psychology Grade Distribution Policy**

The distribution of grades in Psychology courses (the percentage of A grades, B grades, etc.) will be similar to the distribution of grades in other courses in the Faculty of Arts. The Department monitors the grade distributions of 200-, 300-, and 400-level courses in the Faculty to ensure that the grade distributions in Psychology courses are comparable. Based on these reviews, students can expect that 1) up to 30% of grades in 200- and 300-level psychology courses will be “A” grades (A+, A, and A-), and 2) up to 40% of grades in 400-level psychology courses will be “A” grades.

### **Department of Psychology Criteria for Letter Grades**

Psychology professors use the following criteria when assigning letter grades:

**A+ grade: *Exceptional Performance.*** An A+ grade indicates near perfect performance on multiple choice and short answer exams. For research papers/essays/course projects/presentations, an A+ grade is awarded for exceptional work deserving of special recognition and is therefore not a common grade.

**A, A- Range: *Excellent Performance.*** Superior understanding of course material. Written work is very strong in terms of critical and original thinking, content, organization, and the expression of ideas, and demonstrates student’s thorough knowledge of subject matter.

**B Range: *Good Performance.*** Above average understanding of course material. Written work shows evidence of critical thinking and attention to organization and editing but could be improved in form and/or content.

**C Range: *Satisfactory Performance.*** Adequate understanding of course material. Knowledge of basic concepts and terminology is demonstrated. Written work is satisfactory and meets essential requirements but could be improved significantly in form and content. Note: All prerequisites for courses offered by the Faculty of Arts must be met with a minimum grade of C-.

**D range: *Marginally meets standards.*** Minimal understanding of subject matter. Written work is marginally acceptable and meets basic requirements but requires substantial improvements in form and content. Student has not mastered course material at a level sufficient for advancement into more senior courses in the same or related subjects.

**F grade: *Course standards not met.*** Inadequate understanding of subject matter. Written work does not meet basic requirements. Student has not demonstrated knowledge of course material at a level sufficient for course credit.

### **Grading Scale**

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

As stated in the University Calendar, it is at the instructor’s discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades. To determine final letter grades, final percentage grades will be rounded up or down

to the nearest whole percentage (e.g., 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

### Tentative Lecture Schedule

Ideally in table format with date of class, topics to be covered, and chapters/readings to be read. Due dates for tests/exams and assignments should be included in this schedule as well.

Date	Topic/Activity/Readings/Due Date (revise and add columns & rows as necessary)
T Jan 13	Winter term lectures begin. Introduction to the course
R Jan 15	Defining Addiction, Historical Perspectives, Addiction & Society, Epidemiology
T Jan 20	Defining Addiction, Historical Perspectives, Addiction & Society, Epidemiology cont.
R Jan 22	Theories of Addiction
F Jan 23	<i>Last day to drop Winter Term half-courses.</i>
M Jan 26	<i>Last day to add or swap Winter Term half courses. Last day for change of registration from audit to credit or credit to audit.</i>
T Jan 27	Theories of Addiction cont.
R Jan 29	Neurobiology of Addiction
F Jan 30	<i>Fee payment deadline for Winter Term fees.</i>
T Feb 3	Neurobiology of Addiction cont.
R Feb 5	Psychological & Social Factors in Addiction
T Feb 10	Psychological & Social Factors in Addiction cont.
R Feb 12	Psychological Treatments for Addiction
Feb 15-22	<i>Reading Week. No lectures. University open (except Family Day).</i>
M Feb 16	<i>Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.</i>
T Feb 24	Psychological Treatments for Addiction cont.
R Feb 26	Behavioural Addictions
T Mar 3	Behavioural Addictions cont.
R Mar 5	Presentations
T Mar 10	Presentations
R Mar 12	Presentations
T Mar 17	Presentations
R Mar 19	Presentations
T Mar 24	Presentations
R Mar 26	Presentations
T Mar 31	Presentations
R Apr 2	Presentations
T Apr 7	Presentations
R Apr 9	Presentations; <b>Research Proposal Due</b>
T Apr 14	Presentations
W Apr 15	<i>Winter Term Lectures End. Last day to withdraw from full courses and Winter Term half</i>

	<i>courses.</i>
Apr 18-29	<i>Winter Term Final Examinations.</i>

### **Late Assignment Policy**

The thought papers and research proposal are due by 4pm on the assigned due dates (see above). Assignments can be dropped off in class or in the assignment dropbox located at the Department of Psychology Main Office (2nd floor of Administration Building). Late assignments will have 10% deducted per day including weekends. Late research proposals will not be accepted after April 15, 2014 and subsequently will receive a grade of zero.

### **Reappraisal of Grades**

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class; no reappraisal of term work is permitted after the 15 days. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

### **Plagiarism and Other Academic Misconduct**

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

### **Academic Accommodation**

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 403-220-8237. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

### **Absence From A Test/Exam**

Makeup tests/exams are NOT an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have 48 hours to contact the instructor and to schedule a makeup test/exam. Students who do not schedule a makeup test/exam with the instructor within this

48-hour period forfeit the right to a makeup test/exam. At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written within 2 weeks of the missed test/exam.

### **Travel During Exams**

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official December and April examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered except under exceptional circumstances. Students are advised to wait until the final examination schedule is posted before making any travel arrangements.

### **Freedom of Information and Protection of Privacy (FOIP) Act**

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or via the Department Office (Admin 255), or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

### **Course Credits for Research Participation (Max 2% of final grade)**

Students in most psychology courses are eligible to participate in Departmentally approved research and earn credits toward their final grades. **A maximum of two credits (2%) per course, including this course, may be applied to the student's final grade. Students earn 0.5% (0.5 credits) for each full 30 minutes of participation.** The demand for timeslots may exceed the supply in a given term. Thus, students are not guaranteed that there will be enough studies available to them to meet their credit requirements. Students should seek studies early in the term and should frequently check for open timeslots. Students can create an account and participate in Departmentally approved research studies at <http://ucalgary.sona-systems.com>. The last day to participate in studies and to assign or reassign earned credits to courses is **April 15, 2015**.

### **Evacuation Assembly Point**

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at <http://www.ucalgary.ca/emergencyplan/assemblypoints>. Please check this website and note the nearest assembly point for this course.

### **Student Organizations**

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 170 and may be contacted at 403-220-5567.

**Student Union VP Academic:** Phone: 403-220-3911

[suvpaca@ucalgary.ca](mailto:suvpaca@ucalgary.ca)

**Student Union Faculty Rep.:**

Phone: 403-220-3913

[socialscirep@su.ucalgary.ca](mailto:socialscirep@su.ucalgary.ca)

### **Student Ombudsman's Office**

The Office of the Student Ombudsmen provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or [ombuds@ucalgary.ca](mailto:ombuds@ucalgary.ca) (<http://www.su.ucalgary.ca/services/student-services/student-rights.html>).

**Safewalk**

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year.

Call 403-220-5333.

**Important Dates**

The last day to drop this course with no "W" notation and **still receive a tuition fee refund** is **January 23<sup>rd</sup>, 2015**. Last day for registration/change of registration is **January 26<sup>th</sup>, 2015**. The last day to withdraw from this course is **April 15<sup>th</sup>, 2015**.