

Syllabus for B.Sc., Psychology (Major & Minor) in consonance with Curriculum framework

w.e.f. AY 2026-27

Psychology Programme Course Structure

SEM	Core / Elective Course	MAJOR	HRS	CREDITS	TOT AL	MINOR	HRS	CREDITS
IV	Core-VIII	Abnormal Psychology	3+2	3+1=4	12	Cognitive Psychology	3+2	3+1=4
	Core-IX	Statistics in Psychology	3+2	3+1=4				
	Core-X	Applied Social Psychology	3+2	3+1=4				

Semester-IV Core Course-VIII: ABNORMAL PSYCHOLOGY (Major)
(Minor Course in V Semester)

Hours-3/week

Credits-3

Unit-I: Introduction

Concept of Abnormal Behavior and Criteria for Determining Abnormality. Historical Developments. Approaches to Psychopathology- Psycho dynamic, Behavioral, Cognitive, Biological and sociocultural approaches.

Unit-II: Causes and Diagnosis of Abnormal Behavior

Biological, Psychological and Socio-Cultural Causes; Current Diagnostic Systems: Introduction to the International Classification of Diseases (ICD- 10) and Diagnostic & Statistical Manual of Mental Disorders (DSM-5).

Unit-III: Stress and Maladaptive Behavior.

What is Stress, Sources of Stress-Frustrations, Conflicts, Pressures. Factors Predisposing a Person to Stress-Crisis, Life Changes, Individual Stress Tolerance, Lack of External and Social Support. Coping with Stress-Task Oriented Coping-Attack. Compromise, Withdrawal Responses, Defense Oriented Coping - Psychological Defense Mechanisms

Unit-IV: Anxiety Disorders

Generalized Anxiety Disorder: Symptoms, Diagnostic Criteria and Causes. Specific Phobias and Social Anxiety Disorder (Social Phobia): Symptoms, Diagnostic Criteria, and Causes. Panic Disorder: Symptoms, Diagnostic Criteria and Causes. Obsessive-Compulsive Disorder: Symptoms, Diagnostic Criteria and Causes.

Unit-V: Food Intake Disorders

Anorexia Nervosa- Symptoms, Diagnostic Criteria and Causes. Bulimia- Symptoms, Diagnostic Criteria and Causes. Treatment methods.

Practicum: Hours: 2/Week Credits: 1

Any 4 practicum pertaining to the syllabus

1. Aggression Scale
2. Depression Questionnaire
3. Problem Check List
4. Security- Insecurity Scale,
5. Any other relevant experiment

Reference Books

1. Comer, R. J. (2015). Abnormal psychology. New York: Worth Publishers.
2. Carson, R.C., Butcher, J. N., Mineka, S., & Hooley, J. M. (2013). Abnormal Psychology (15thEd.). New York: Harper Collins.
3. Diagnostic and Statistical Manual of Mental Disorders. (2013). Washington, D.C.
4. The ICD-10 Classification of Mental and Behavioural Disorders. (1992). Geneva.

U.G. Four Honours - Major
Semester-IV
(Effective from the Academic Year 2026-2027)
Model Question Paper

Time : 3 Hours

Max. Marks: 75

SECTION-A

Answer any **FIVE** questions

(5X3=15 Marks)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

SECTION-B

Answer **ALL** questions

(5X12=60 Marks)

- 11.(a)
Or
(b)
12. (a)
Or
(b)
13. (a)
Or
(b)
14. (a)
Or
(b)
15. (a)
Or
(b)
