

## 1. BASIC INFORMATION

<b>Course</b>	Psychopharmacology
<b>Degree program</b>	Bachelor's Degree in Psychology
<b>School</b>	Biomedical and Health Sciences
<b>Year</b>	Fourth
<b>ECTS</b>	6
<b>Credit type</b>	Optional
<b>Language(s)</b>	English
<b>Delivery mode</b>	Campus-based
<b>Semester</b>	First
<b>Academic year</b>	2020-2021
<b>Coordinating professor</b>	Elina L. Boycheva

## 2. PRESENTATION

“Psychopharmacology” is taught in the first semester of the fourth year of the Bachelors’ degree in Psychology.

This course examines the history, rationale, pharmacology, and putative mechanism of action of drugs used in the treatment of disorders of the central nervous system (CNS).

Specific drug classes to be considered include antidepressants, anxiolytics, and antipsychotic medications. Emphasis will be placed on neuroscientific processes underlying mental pathology, pharmacological treatment, as well as the neurobiological underpinnings of drug addiction.

## 3. COMPETENCIES AND LEARNING OUTCOMES

The following table shows the relationship between the competencies developed during the course and the learning outcomes pursued:

<b>Competencies</b>	<b>Learning outcomes</b>
CBM4 CE1, CE2, CE15, CE27, CE28 CT5	<b>LO1:</b> Study the effects of active ingredients of pharmacological treatments on mental and neurological pathologies as well as the alterations produced by drugs of abuse.

CBM1, CBM2, CBM3,  
CBM5  
CBPS4  
CT4

**LO2:** Learn the cause-effect relationships between pharmacological treatments and behavioral changes, as well as the mechanisms of drugs of abuse.

## 4. CONTENT

1. Introduction: structure and function of the nervous system
2. Research methods in neuropsychopharmacology
3. Principles of psychopharmacology, pharmacokinetics, and pharmacodynamics
4. Chemical signaling
5. Major neurotransmitter systems
6. Antipsychotics
7. Anxiolytics
8. Antidepressants
9. Drug abuse and addiction

## 5. TEACHING-LEARNING METHODOLOGIES

The types of teaching-learning methodologies used are indicated below:

- Lectures
- Problem solving
- Practical activities
- Oral presentation

## 6. LEARNING ACTIVITIES

Listed below are the types of learning activities and the number of hours the student will spend on each one:

**Campus-based mode:**

Learning activity	Number of hours
Practical activities	20 h
Problem solving	25 h

Lectures	30 h
Self-study	50 h
Test of knowledge	5 h
Research	15 h
Tutorials	5 h
TOTAL	150 h

**Online mode:**

Learning activity	Number of hours
Online lectures	5h
Reading content	25h
Formative assessment	10h
Problem solving	15h
Online tutorials	5h
Practical activities	10h
Research	10h
Conferences	20h
Self-study	50h
Total	150h

## 7. ASSESSMENT

Listed below are the assessment systems used and the weight each one carries towards the final course grade:

Assessment system	Weight
<i>Case analysis and problem-solving</i>	30%
<i>Midterm 1</i>	25%
<i>Oral presentations</i>	10%
<i>Portfolio</i>	10%
<i>Midterm 2</i>	25%

When you access the course on the *Campus Virtual*, you'll find a description of the assessment activities you have to complete, as well as the delivery deadline and assessment procedure for each one.

## 7.1. First exam period

To pass the course in the first exam period, you must obtain a final course grade of at least 5 out of 10 (weighted average). In any case, you will need to obtain a grade of at least 5.0 in the final exam in order for it to count towards the final grade along with all the grades corresponding to the other activities. You will also need to obtain a grade of at least 5 in each compulsory activity in order for it to count towards the final grade of the subject. Each mandatory activity or exam in which the student has not reached the minimum requirement (5) will need to be evaluated in the Second Exam Period.

The mandatory activities will be facilitated as the subject progresses. To obtain the points corresponding to this section it is essential to deliver the mandatory activities by the indicated date. The delay in the delivery of a paper/ activity can result in a penalty or the failure of the activity.

Each mandatory activity would be graded from 0-10. A grade of 5 is necessary in order to compute the activity into the final grade. Otherwise the student will be considered suspended in the first exam period and will be qualified with a grade of 4 in the subject.

## 7.2. Second exam period

To pass the course in the second exam period, you must obtain a final grade of at least 5 out of 10 (weighted average).

In any case, you will need to obtain a grade of at least 5.0 in the final exam in order for it to count towards the final grade along with all the grades corresponding to the other activities.

You will also need to obtain a grade of at least 5 in each mandatory activity in order for it to count towards the final grade of the subject. The student must deliver the activities not successfully completed in the first exam period after having received the corresponding corrections from the professor, or those that were not delivered in the first place.

## 8. SCHEDULE

This table shows the delivery deadline for each assessable activity in the course:

Assessable activities	Deadline
<i>Case analysis and problem-solving</i>	Weeks 3-13
<i>Midterm 1</i>	Week 10
<i>Oral presentations</i>	Week 15
<i>Portfolio</i>	Week 15
<i>Midterm 2</i>	Week 18

This schedule may be subject to changes for logistical reasons relating to the activities. The student will be notified of any change as and when appropriate.

## 9. BIBLIOGRAPHY

- Dziegielewski, S.F. (2006). Psychopharmacology Handbook for the NonMedically Trained. W W. Norton & Company.
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- Usher, K., Foster, K., Bullock, S. (2008). Psychopharmacology for Health Professionals. Mosby.

## **10. DIVERSITY MANAGEMENT UNIT**

Students with specific learning support needs:

Curricular adaptations and adjustments for students with specific learning support needs, in order to guarantee equal opportunities, will be overseen by the Diversity Management Unit (UAD: Unidad de Atención a la Diversidad).

It is compulsory for this Unit to issue a curricular adaptation/adjustment report, and therefore students with specific learning support needs should contact the Unit at [unidad.diversidad@universidadeuropea.es](mailto:unidad.diversidad@universidadeuropea.es) at the beginning of each semester.

## 11. How to communicate with your professor

Whenever you have a question about the content or activities, don't forget to post it to your course forum so that your classmates can read it. You might not be the only one with the same question!

If you have a question that you only want to ask your professor, you can send him/her a private message from the *Campus Virtual*. And if you need to discuss something in more detail, you can arrange an advisory session with your professor.

It's a good idea to check the course forum on a regular basis and read the messages posted by your classmates and professors, as this can be another way to learn.

## 12. Study recommendations

When you study at university, you need to plan and be consistent from the first week. It's very useful to exchange experiences and opinions with professors and other students, as this will help you develop core competencies such as flexibility, negotiating skills, teamwork, and, of course, critical thinking.

To help you, we recommend using a general method of study based on the following points:

- Study systematically and at a steady pace.
- Attend class and regularly check the course forum on the *Campus Virtual* so that you keep up to date with what's happening.
- Participate actively in the course by sharing your opinions, doubts and experiences relating to the topics covered and/or suggesting new topics of interest for discussion.
- Read the messages posted by your classmates and/or professors.

Active participation in physical and virtual classroom activities is of special interest and academic value. You can participate in many different ways: asking questions, giving your opinion, doing all the activities your professor suggests, taking part in collaborative activities, helping your classmates, etc. This way of working requires effort, but it will help you get better results as you develop your competencies.

### **13. Satisfaction surveys**

Your opinion matters!

The European University encourages you to participate in the satisfaction surveys to analyze the strengths and areas for improvement regarding the teaching staff, the bachelor's degree and the teaching-learning process. The surveys will be available at the designated space in your virtual campus or via email. Your participation is necessary to improve the quality of the degree.

Thank you very much in advance for your participation.



