



# CEDAR CREST COLLEGE

## *Syllabus*

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**Title: The Psychology of Anxiety (PSY 303)**  
**(1-credit)**

**Class Meeting Time:** Mondays 10:00-10:50 AM

**Classroom:** Curtis 135

**Faculty:** Dr. Micah R. Sadigh

**Office:** Curtis 119

**Office Hours:** Mondays 11-12 AM; Mondays 4-5 PM; Tuesdays and Thursdays 11-12 AM; Wednesdays 4-5. Or by appointment (610-606-4666, Ext.: 3715).

**E-mail:** micasa@cedarcrest.edu

**Description:** Anxiety is a complex construct that has played a key role in the development of several theories and systems of psychology. This course explores the many dimensions of this construct through the lens of theoretical perspectives such as psychoanalysis, behaviorism, existentialism, humanism, psychophysiology, and cognitive psychology. The course will make a deliberate distinction between healthy and pathological states of anxiety. Additionally, students will gain knowledge about the differences and similarities between the experience of fear and anxiety with emphasis on the ontological nature of the latter.

**Goals:**

1. Students will gain a comprehensive knowledge with regard to the historical foundations of the study of anxiety
2. Students will gain knowledge with regard to the philosophical perspectives about the nature anxiety
3. Students will learn about the nature of anxiety as suggested by the major schools of psychology
4. Students will learn about recent scientific discoveries about the nature of anxiety

**Course objectives:**

**Upon completing the course, students will be able to:**

1. provide a comprehensive definition of anxiety
2. describe the contributions of key schools in psychology to our understanding of anxiety
3. provide information about historical and philosophical conceptualizations of anxiety
4. describe some of the key findings about the psychology and physiology of anxiety

## **A General outline of the course:**

### **Week 1**

Welcome to the age of anxiety  
The prevalence of Generalized Anxiety Disorders (Chapter 9)  
Anxiety is not a new concept: Historical and philosophical perspectives

### **Week 2**

(Chapter 1)  
Anxiety: In search of a definition  
Philosophical views predating psychoanalysis  
Contributions of psychoanalysis (Part 1)

### **Week 3**

(Chapter 3)  
Contributions of psychoanalysis (Part 2)  
Contributions of the learning theory (Part 1)

### **Week 4**

Contributions of the learning theory (Part 2)  
How do you weaken the stimulus-response bond?

### **Week 5**

**Quiz1 (9/22)**

### **Week 6**

(Handout)  
An existential perspective  
A humanistic perspective

### **Week 7**

(Chapter 5)  
The experience of panic

### **Week 8**

(Chapter 6)  
The nature of phobias  
What is agoraphobia?

### **Week 9**

(Chapter 7)  
Obsessions and Compulsions (Part 1)

**Week 10**

**Quiz 2 (9/27)**

Obsessions and compulsions (Part 2)

**Week 11**

(Chapter 8)

Social Anxiety

**Week 12**

(Handout)

Thoughts, expectations, and anxiety

**Week 13**

(Chapter 10)

Anxiety due to trauma

**Week 14**

**(Paper is due)**

How to survive in the age of anxiety

Concluding remarks

**Week 15**

**Final Quiz (12/8)**

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**Textbook:**

**Rachman, S. (2004). Anxiety (2<sup>th</sup> edition). New York: Psychology Press.**

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**In addition to the textbook, I will be providing you with classic papers that explore the psychology anxiety.**

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**The final grade for the course will be calculated based upon the following percentages:**

**Quizzes: 60%**

**Paper and Presentation: 30%**

**Additional Assignments: 10%**

**Instruction for Paper & Presentation:** Write a concise paper on any topic related to anxiety and give a brief class presentation. You may use pre-approved chapters, papers, or sections of chapters from our textbook for this assignment.

**Quizzes:** There will be three quizzes. The tentative dates for the administration of these quizzes are listed above.

**Honor Code:** Students are expected to abide by the Cedar Crest College Honor Code. Acts of misconduct (e.g., cheating during an examination, copying material on your homework, or allowing someone to use your homework) will not be tolerated. Infringements will be handled according to college policy.

**Special Accommodations:** If you require assistance due to a documented disability, I will be more than happy to help you in any way possible to meet your needs. Please see me after class. As far as tests and other assignments are concerned, I need to know about your need for special accommodations right away.

**Code of Respect:** You are encouraged to share your thoughts, reflections, ideas, and informed opinions. Such sharing will help all of us grow. However, I ask you to take care not to impose your views on others and/or make remarks that may be injurious to others. You can expect unconditional respect from me and I ask you to do the same for your fellow students.

**Classroom Protocol:** All Cedar Crest College students are expected to be familiar with and fully supportive of the college's policy regarding the honor code and academic integrity. See the Student Guide for more information regarding the enforcement of these policies. Appropriate classroom behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful classroom environment. That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and any other behaviors that might disrupt instruction and/or compromise students' access to their Cedar Crest College education.

**Plagiarism:** If plagiarism is suspected, I am bound to follow academic regulations. Plagiarism is the act of presenting the ideas, words or other intellectual property of another as one's own. The use of other people's work must be properly acknowledged and referenced in all written material. The use of material without acknowledgement is an offense.

**Grades:**

A	93.0-100%	C	73.0-76.6%
A-	90.0-92.9%	C-	70.0-72.9%
B+	86.7-89.9%	D+	67.0-69.9%
B	83.4-86.6%	D	65-66.9%
B-	80.0-83.3%	F	below 65%
C+	76.7-79.9%		

## Psychology Department Attendance Policy

The Psychology Department is committed to the principle that regular and punctual class attendance is essential to the students' optimum learning and successful academic achievement. Regular class attendance is a student obligation, and students are responsible for all work, tests and written assignments. Therefore, students are expected to be present for all class sessions. The Psychology Department's attendance policy recognizes that there will be times when attendance at class is not possible. You may think of the policy as being similar to the type used in the corporate world where each employee is given a certain number of "personal/sick days." Based on the number of regularly scheduled class meetings, you will be allowed a certain number of absences (see below) with no consequences, no questions asked. In other words, there is no distinction between excused and unexcused absences. You are of course responsible for anything covered during those missed classes, and for submitting assignments on time, regardless of whether or not you attend. Beyond the allowable number of absences, there are consequences that will adversely impact your grade, much as missing too many days of work can adversely impact your employment status. Above all else, you should carefully consider each decision to not attend class, as once your allotted absences have been used, they are gone. *It is important that students arrive for class on time. Late arrivals are very distracting, not only to the instructor, but also to fellow students. Repeated late arrivals are not acceptable and will be addressed on an individual basis.* It is each student's responsibility to understand this policy and to keep track of absences throughout the semester.

**Application to this Class:** Formal attendance will be taken during all class sessions. This class meets once per week (14 class meetings). As such, you may miss 2 classes without penalty. If you miss 3 classes, your final grade (cumulative percentage of points) will be lowered by 5%. That means that if you have earned 84% of the available points in the class, which is a B grade, you would be lowered to 79%, which is a C+. Likewise, if you have earned 77% of the points available, the penalty would take you down to 72%, which is a C-. As a reminder, a C grade (73%) is required in all Psychology courses. If you miss 4 classes, you will receive a failing grade for the course. If you miss four classes, you have missed approximately 25% of the class meetings.

## UNNECESSARY CONVERSATIONS

Unnecessary conversations during the lectures will be distracting to your fellow students as well as your professor. Those who engage in such conversations will be dismissed from class.