

PSY430: Alcohol Use Disorder

Fall 2021

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Office Hours: Monday-Thursday by appointment
Virtual office hours/drop-ins announced each week
*Office hours by zoom, by phone, and Learn chat

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Psychology administrative offices and advising are located on the ground floor of Logan Hall (Building 034), room 180, on UNM Main Campus.

Course Description

This is an advanced psychology course designed for those who are interested in learning the latest science about the nature and treatment of alcohol use and alcohol use disorders and the many ways in which biological, emotional, behavioral, social, environmental, cultural, and cognitive factors contribute to problematic alcohol use and the development of alcohol use disorders. You will also learn about the history of alcohol use and alcohol use disorders and different prevention and treatment approaches for alcohol use disorder. This course will not prepare students to provide treatment for individuals with alcohol use disorders (although you will learn about treatments).

Course Objectives

The following are the objectives for the course. Each module will have specific learning objectives listed on the Overview Page. The activities in each module are developed so that you can demonstrate you have met these objectives:

1. Students will be able to identify the signs and symptoms of alcohol use disorder.
2. Students will be able to recognize that alcohol use disorder symptoms exist on a continuum and are influenced by biological, psychological, social, and environmental factors.
3. Students will be able to consider how culture and history have shaped the field of alcohol use disorder.
4. Students will be able to think critically about historical, socio-political, cultural, and scientific accounts of alcohol use disorder.
5. Students will be able to analyze the empirical basis for prevention and treatments for alcohol use disorder.
6. Students will be able to identify specific evidence-based treatments for effectively treating alcohol use disorder.

Course Materials

The materials for this course will be posted on UNM Learn and are freely available via readings posted on Learn, videos posted on Learn, on YouTube, or via the UNM Library.

Course Announcements

Announcements about upcoming deadlines, guidance on responding to discussion posts and journal entries, and virtual office hours will be posted via UNM Learn on a weekly basis.

Specific Course Requirements for this Online Course

Pre-requisites: PSY332 Abnormal Behavior or equivalent abnormal psychology or psychopathology course.

Technical Skills: In order to participate and succeed in this course, you will need to be able to perform the following basic technical tasks:

- Use UNM Learn (help documentation located in "How to Use Learn" link on left course menu, and also at <http://online.unm.edu/help/learn/students/>).
- Use email – including attaching files, opening files, downloading attachments
- Copy and paste within applications including Microsoft Office
- Open a hyperlink (click on a hyperlink to get to a website or online resource)
- Use Microsoft Office applications

Technical Requirements: A personal computer with a high-speed internet connection is highly recommended for active participation and success in this course.

- Supported browsers include: [Detailed Supported Browsers and Operating Systems](#)
- Any computer capable of running a recently updated web browser should be sufficient to access your online course. However, bear in mind that processor speed, amount of RAM and Internet connection speed can **greatly** affect performance. Many locations offer free high-speed Internet access including [UNM's Computer Pods](#).
- For the best experience when using the Kaltura Media Tools inside UNM Learn, be sure to use a [supported browser](#) on a desktop.
- Microsoft Office products are available free for all UNM students (more information on the [UNM IT Software Distribution and Downloads page](#))

For UNM Learn Technical Support: (505) 277-0857 (24/7) or use the “Create a Tech Support Ticket” link in your course.

UNM Learn outages: Unexpected UNM Learn system outages are rare but, if they occur, I will advise everyone on how to proceed.

Credit Hour Statement

This is a three credit-hour course taught over eight weeks. Students are expected to complete a minimum of 12 hours of out-of-class work (or homework, study, assignment completion, and class preparation) each week in addition to 6 hours of instructional time for a total of 18 hours.

Course Content

Given prevalence rates of alcohol use disorders, it is likely that many people in the class will have either experienced alcohol-related problems or will know somebody with an alcohol use disorder. Please **do not disclose** personal health information in class by refraining from using

personal examples about you or someone you know. Please do not post to the discussion board with questions or comments about your own symptoms or another person's symptoms. The content of this course may be distressing for those with experiences with alcohol use disorder. Please reach out to the instructor, Dr. Witkiewitz, if you have questions or concerns at any time.

If you find that the course material does hit close to home, then discussing it with a professional may be helpful. Several resources for UNM students are listed below under UNM Resources.

Additional resources for concerns about drug and alcohol use:

<http://cosap.unm.edu/>
<https://alcoholtreatment.niaaa.nih.gov/>
<http://rethinkingdrinking.niaaa.nih.gov/>
<https://checkupandchoices.com/>
<https://findtreatment.samhsa.gov/>
<http://www.drugabuse.gov/patients-families>
<http://locator.apa.org>

Active Participation (Learn tracking) and Course Deadlines

UNM Learn automatically records all students' activities including: your first and last access to the course, the pages you have accessed, the number of discussion messages you have read and sent, discussion text, and posted discussion topics. This data can be accessed by the instructor to evaluate class participation and to identify students having difficulty.

Course deadlines for each module (every week of this online course):

Saturday 12:01 am Mountain – New module opens

Thursday 11:59 pm Mountain – Initial discussions posts due

Sunday 11:59 pm Mountain – Responses to posts, extra credit, and quizzes due

Students who have not completed any assignments for the course by Friday September 3rd will be automatically dropped. This course falls under all UNM policies for last day to drop courses, or change grades. Please see <http://www.unm.edu/studentinfo.html> and or the UNM Course Catalog for information on UNM services and policies. Please see the UNM academic calendar at <http://registrar.unm.edu/semester-deadline-dates/fall-2021.html> for course dates, the last day to drop courses without penalty, and for financial disenrollment dates.

Instructor Response Time

I routinely check the course for postings or emails Monday (9 am) – Friday (5 pm). You can anticipate a 24 to 48 hour response from me, Monday – Friday. I will try to respond to all weekend (Friday afternoon to Sunday) emails and postings by noon on Monday or earlier. I will grade all assignments within 10 days after submission.

Procedures for Completing Coursework

Late assignments are not accepted. All work needs to be submitted online during the module when the work is due. If you have difficulty using a tool to complete work, use the “Create a Support Ticket” link in the Course Menu and notify your instructor immediately. For

all weekly assignments (module discussion posts, quizzes) the lowest two grades will be dropped. You can miss up to two assignments and these grades (grade of 0) will be dropped. If you have to miss more than two weekly assignments then I recommend withdrawing from the course.

Assignments

Intro to Course and UNM Learn

In addition to the weekly assignments (described below), there will be three assignments in the first week of the course to familiarize yourself with the course layout and also to introduce yourself to the course. **Due Sunday August 29 11:59pm MST**

Syllabus Quiz (5 points): You are required to take a quiz on the syllabus material by the end of the 1st week of class. The quiz will be administered via Learn and you can re-take it as many times as you need prior to August 29th to receive a 100% and 5 points.

Introduction to Group Discussion Board (2.5 points): Experiment with creating a thread on the discussion board by posting an introduction of yourself to your group. Share your name, where you are from, and what you hope to learn in the course.

Send Course Message to Instructor (2.5 points): Sending the course instructor (Katie Witkiewitz, katie) a message via Course Messages. You could ask a question or just say “Hi” and introduce yourself.

Weekly Module Assignments

Each week there will be readings, videos, a quiz, a discussion post regarding your case study assignment or the readings/videos in the class, and a required response to other posts in your assigned group discussion board. There are additional assignments in week 1 of the course, as described in the table below and the course map.

Weekly Quizzes (10 points each): There will be a quiz each week covering the topics assigned in the readings and videos. The lowest 2 quiz grades will be dropped. **Quizzes are due Sunday 11:59 pm Mountain.**

Weekly Discussion Initial Posts (10 points each; approximately 100 words): Each week you will be responding to a question about your case study assignment or the reading/videos in the course to your group discussion board with a response of approximately 100 words. You must “Create Thread” to provide an initial post. You cannot see other posts until you post to the discussion board. Any copying of discussion posts of other classmates will result in a 0 grade for the initial posts. The lowest 2 discussion post grades will be dropped. **Initial discussions posts are due Thursday 11:59 pm Mountain.**

Weekly Discussion Response to Posts (10 points each; approximately 50 words): Each week you will be responding to **at least two** other posts regarding your case study assignment or the readings/videos in your group discussion board. Your response should be at least 50 words and consider the other posts in your group in evaluating your case. Any copying of discussion posts of other classmates will result in a 0 grade for the response to posts. The lowest 2 discussion post response grades will be dropped. **Please respond to posts with the fewest replies at the moment you are responding to the post.** Responses are due **Sunday 11:59 pm Mountain.**

Course Blog Posts (complete 1 of 2 posts!)

In the fourth **OR** eighth week of the course, you will create a blog post that includes a brief case formulation (week 4) and treatment recommendations (week 8) for the assigned case. You may learn from the discussion posts of classmates in your group, however your blog posts should be written by you. Any copying of discussion posts of other classmates will result in a 0 grade for the assignment.

Week 4 of the Course (30 points; approximately 200 words): In week 4 of the course, you will provide a post to the course blog. Combine your responses about your individual case study assignment from Modules 1, 3, and 4, and share your conceptualization of your case to the Course Blog. This case conceptualization should characterize your case based on whether your case study meets criteria for an alcohol use disorder, based on which symptoms of alcohol use disorder (from module 1), the biopsychosocial and cultural factors that may be important in the development of alcohol use behavior in your case (from module 3), and the sex or gender and race or ethnicity factors may be important in the development of alcohol use behavior in your specific case (from module 4). **Due Sunday 9/19 11:59 pm Mountain**

Week 8 of the Course (30 points; approximately 200 words): In week 8 of the course, you will provide a post to the course blog. Provide a brief treatment plan for your case conceptualization that should describe what treatments you would recommend for your assigned case (from modules 5, 6, or 7) and what family or marital therapies or mutual help groups would you recommend or NOT recommend for your specific assigned case (from module 8). **Due Sunday 11:59 pm Mountain**

Extra Credit Opportunities

Weekly Journal Entries (up to 20 points): Each week there will be extra credit opportunities (2.5 points each), including journal entries posted on Learn to respond to specific questions/videos/readings/podcasts about alcohol use disorders. Journal entries should be at least 100+ words to receive extra credit. **Weekly Extra Credit opportunities are due Sunday 11:59 pm Mountain.**

Course Evaluation (5 points): There will be 5 points of extra credit if 75% of the class completes the mid-course evaluation **AND** end of course evaluation.

Research Opportunity (up to 10 points): There are two ways you can earn extra credit – both options are due by **Sunday October 10th at 11:59 pm Mountain:**

(1) You can participate in a UNM Psychology approved research study. Students will earn 1 point for each hour of participation, up to 10 hours (10 points). The psychology department research coordinator will send instructions outlining how to sign up to participate in research. **OR**

(2) You may write a research paper on evidence-based treatment of a particular psychological disorder that will count toward 10 points of extra credit. Instructions for the research paper extra credit assignment are posted on UNM Learn.

Course Grades and Grading Policy

You will be evaluated in this course based on your participation in the online discussion boards and performance on quizzes. The final percentage will be calculated by dividing your total points earned (including assignments and extra credit) by **220**.

First week assignments (syllabus quiz, intro post, course message)	10
6 of 8 quizzes (10 points each, drop lowest 2 quizzes)	60
6 of 8 initial posts to discussion board (10 points each, drop lowest 2)	60
6 of 8 responses to 2 posts on discussion board (10 points each, drop lowest 2)	60
Post to Course Blog (30 points each, submit 1)	30
Extra Credit	up to 35 pts

Letter grades will correspond to your final percentage (total points/220) as follows:

A+ 97% & above	B+ 87-89%	C+ 77-79%	D+ 67-69%
A 93-96%	B 83-86%	C 73-76%	D 60-66%
A- 90-92%	B- 80-82%	C- 70-72%	F 59% & below

Expectations for Participation

- Time required (9-12 hrs per week)
- Students are expected to learn how to navigate in Learn
- Students are expected to communicate with one another in group discussion boards
- Students are expected to check course announcements weekly
- Students are expected to use the Learn course messages
- Students are expected to reach out to the instructor at any time if they need assistance or more support.
- Students are expected to keep instructor informed of class related problems, or problems that may prevent the student from full participation
- Students are expected to address technical problems immediately
- Students are expected to observe course netiquette at all times (see below)

You are encouraged to ask questions if you need assistance with the course material. If you are enrolled in the Accessibility Services program, please notify the instructor right away. The program office will contact the instructor about the services for which you are eligible.

Course-Wide System Failure

In the event of a Learn system failure on the date an assignment is due, the assignment will be due as soon as Learn is operational. An email will be sent when Learn is operational.

Netiquette

As seen in the Student Handbook (<http://online.unm.edu/help/learn/students/pdf/discussion-netiquette.pdf>), all students will show respect to their fellow students and instructor when interacting in this course. Take Netiquette suggestions seriously. Flaming is considered a serious violation and will be dealt with promptly. Postings that do not reflect respect will be taken down immediately. This course encourages different perspectives related to such factors as gender, race, nationality, ethnicity, sexual orientation, religion, and other relevant cultural identities. The course seeks to foster understanding and inclusiveness related to such diverse perspectives and ways of communicating.

Course Policy Regarding Disclosure of Personal Health Information

Students in psychology courses sometimes start to worry that they have some of the disorders they are studying. Indeed, many of the symptoms and behaviors we will discuss occur on a spectrum from “normal in some circumstances” to “abnormal causing significant distress”. Given prevalence rates of most major mental disorders it is likely that many people in the course will have either experienced some of the symptoms we discuss or will know somebody with one of the disorders covered in the course. If you find that the course material does hit close to home, discussing it with a professional may be helpful. Counseling services for UNM students are available from the Student Health and Counseling Services (<http://online.unm.edu/help/learn/support/shac/>). UNM Mental Health resources are available at <https://mentalhealth.unm.edu/>

Please do not come to the instructor or post to the discussion board or journal entries with questions about your own symptoms or another person’s symptoms. Also, please use discretion in talking about personal health issues in discussion boards and journal entries by refraining from using personal examples of mental health symptoms or disorders.

UNM Policies

Title IX: Gender Discrimination

Our classroom and our university should always be spaces of mutual respect, kindness, and support, without fear of discrimination, harassment, or violence. Should you ever need assistance or have concerns about incidents that violate this principle, please access the resources available to you on campus, especially the LoboRESPECT Advocacy Center and the support services listed on its website (<http://loborespect.unm.edu/>). Please note that, because UNM faculty, TAs, and GAs are considered “responsible employees” by the Department of Education, any disclosure of gender discrimination (including sexual harassment, sexual misconduct, and sexual violence) made to a faculty member, TA, or GA must be reported by that faculty member, TA, or GA to the university's Title IX coordinator at the [Office of Compliance, Ethics, and Equal Opportunity](#). For more information on the campus policy regarding sexual misconduct, please see: <https://policy.unm.edu/university-policies/2000/2740.html>.

Copyright Issues

All materials in this course fall under copyright laws and should not be downloaded, distributed, or used by students for any purpose outside this course.

Accessibility

In accordance with University Policy 2310 and the Americans with Disabilities Act (ADA), academic accommodations may be made for any student who notifies the instructor of the need for an accommodation. It is imperative that you take the initiative to bring such needs to the instructor’s attention, as I am not legally permitted to inquire. Students who may require assistance in emergency evacuations should contact the instructor as to the most appropriate procedures to follow. Contact Accessibility Resource Center at 277-3506 or arcsrvs@unm.edu for additional information.

UNM is committed to providing courses that are inclusive and accessible for all participants. As your instructor, it is my objective to facilitate an accessible classroom setting, in which students have full access and opportunity. If you are experiencing physical or academic barriers, or concerns related to mental health, physical health and/or COVID-19, please consult with me after class, via email/phone or during office hours. You are also encouraged to contact Accessibility Resource Center at arcsrvs@unm.edu or by phone 277-3506.

UNM Learn: [Accessibility Statement](#) - [Privacy Statement](#)

Kaltura: [Accessibility Statement](#) - [Privacy Statement](#)

Microsoft Office: [Accessibility Statement](#) - [Privacy Statement](#)

Adobe Acrobat: [Accessibility Statement](#) - [Privacy Statement](#)

Google Products (including YouTube): [Accessibility Statement](#) - [Privacy Statement](#)

Zoom: [Accessibility Statement](#) - [Privacy Statement](#)

Academic Integrity and Student Conduct

UNM believes that academic honesty is a foundation principle for personal and academic development. All University policies regarding academic honesty apply to this course. Each student is expected to maintain the highest standards of honesty and integrity in academic and professional matters. The University reserves the right to take disciplinary action, up to and including dismissal, against any student who is found guilty of academic dishonesty or otherwise fails to meet the standards. Any student judged to have engaged in academic dishonesty in course work may receive a reduced or failing grade for the work in question and/or for the course. Academic dishonesty includes, but is not limited to, dishonesty in quizzes or assignments; **plagiarizing the words of others**; claiming credit for work not done or done by others; and hindering the academic work of other students. UNM's Policy on Academic Dishonesty (<https://pathfinder.unm.edu/campus-policies/academic-dishonesty.html>) and the Student Code of Conduct (<https://pathfinder.unm.edu/code-of-conduct.html>) outline academic misconduct defined as plagiarism, cheating, fabrication, or facilitating any such act.

UNM Resources

Mental Health Resources: <https://mentalhealth.unm.edu/>

CAPS Tutoring Services <http://caps.unm.edu/programs/online-tutoring/>

CAPS is a free educational assistance program available to UNM students enrolled in classes.

UNM Libraries <http://library.unm.edu>

Student Health & Counseling (SHAC) Online Services

<http://online.unm.edu/help/learn/support/shac>